



Get Over Tobacco
Taking Control with Power

TAKING CONTROL

**A Guided Self-Help Nicotine Addiction Recovery Course
of Case Managed Approach to Tobacco Cessation Help**

**A Wholistic Two-Week Guided Course of Education and Instructions in Lifestyle-
Changing Strategies to Eliminate Physical and Psychological Dependence on
Tobacco Use and its product Nicotine. Emphasis is on Changing Behaviors,
Proper Nutrition, Exercise, Coping with Stress, and Spiritual Renewal. A
Newstart!**

Start Living and Enjoy the Rewards!

Participant's Workbook

Linda Royer, PhD, RN

FrameWork Health, Inc.

2023

Your Notes

TAKING CONTROL

A Guided Self-Help Nicotine Addiction Recovery Course

“You the individual can do more for your own health and well-being than any doctor, any hospital, any drug, any exotic device.”

—Joseph A. Califano, Former U.S. Secretary of Health, Education, & Welfare

Features

- 14 daily messages in proven quitting strategies and motivating activities
- Partner support guidelines
- Wholistic education to improve health through nutrition, exercise, and coping with stress
- Optional inspirational audio talks

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A C K N O W L E D G E M E N T S

The concept of a self-managed tobacco cessation program would not have come about without the overt and implied suggestions of smokers who need intensive guidance and encouragement, and who also want a more convenient program they can fit around their personal time constraints. The author knew that it is important to their success to have continued follow-up to assure them that they are doing well and that someone significant cares.

So, research began on a three-year project back in 1993. Encouragement from other health professionals was critical in the early days to give assurance that we were on the right track. Sharing the idea with Dr. Elvin Adams of Burleson, Texas, who then lived in the Washington, D.C. area, was beneficial. Dr. Adams had served several years on the staff of the Office on Smoking and Health with the U.S. Public Health Service. He participated in several of the Surgeon General's reports. Long time an advocate of balanced living and wholeness, he has promoted tobacco cessation avidly. His advice was to "go for it".

When the first draft of this idea was formulated, copies were sent to other health professionals known to be interested in the nicotine addiction issue for critique purposes.

Other encouragers were:

Dr. Michael Eriksen and Albert T. Kondo, Ph.D. of the University of Texas MD Anderson Cancer Center, Health Promotion Program, Houston, Texas.

Dr. Linda Ferry, Director of Preventive Medicine, J.L. Pettis Memorial Veterans Hospital, Loma Linda, California, and Dr. Walter Thompson, MD, FACS, of Hinsdale, Ill.

Dr. Michael Cummings, Ph.D., Director of Smoking Control Program, Roswell Park Cancer Institute, Buffalo, New York. Their careful evaluation of the script and concept was very important. Candid suggestions were received with appreciation and incorporated into the program with the envisioned goal.

The talent and skill of Adrian Westney, Jr. in composing the theme and variations and assisting in the early audio production was invaluable. Studiohouse North, a private Christian recording studio in the Washington, D.C. area, provided hours of recording and engineering skill with the best of digital equipment then designed to allow for upgrade to compact disc. Bob Shaw and his engineers provided invaluable guidance in the audible impact of this program.

A big hug of appreciation went to Chester Damron, M.Div., who provided the voice to the full program then, and continues to inspire in portions today. He conducted numerous smoking cessation programs and was a natural for daily guiding the participant in recovery.

Underlying all of the ideas and contributions of talent to the making of *Taking Control* is the ever-available blessing of God. This is His vehicle to repair health, restore a balanced lifestyle, and refresh the spirit. Whether the participant uses the bonus recording, "Taking Control with Power from Heaven", or not, he/she will still be renewed with God's blessing. The author gives praise to God for the cascade of ideas that has culminated in a method for others to live free of tobacco.

OUTLINE OF AN OBJECTIVE-BASED PROGRAM

Day One _____ Page 8

Self-inspection; Readiness; Preparation

- Contemplation
- Program Overview
- The Advantage of a Partner
- Exploring Feelings, Seeing Your Value
- The Four Inventories

Day Two _____ Page 16

Defining Your Goals and Purpose; More Preparation

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- Reversibility of Damages
- Review of Benefits in Quitting
- Present Stress Level Evaluation
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- Preparations for Day One of Freedom
- Choosing Your Partner - Contracting

Day Three _____ Page 28

Making an Informed Decision; "We're Off!"

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- Weapons Against Cravings

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*Implementing Several New Quitting Strategies;
Learning about Control*

- Congratulations - First 24 hours
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- Today's Diet; Beginning an Exercise Program; Observing Non-Smokers; Using Optimism
- More on Weapons of Defense Against the Urge; Building Strategy
- Who is in Control?
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Learning How to Solve Problems

- Problem Solving; Dealing with Relapse
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- Review of Diet; Exercise; Quitting Skills

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- Reporting the Egg Experience
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Weekend's Edge

- Planning for the Weekend
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- Tobacco Harm in the Family Circle

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The Power of the Mind; Learning How to Relax

- Intrigue at the Center of the Brain
- Relaxation Inventory

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Work Rewards; How is My Work Environment?

- Quitting Strategies for the Worksite
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*Reinforcing Beneficial Life Patterns With
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- From Concern over Technique to Natural
- Nutrition: Weight Control; Activities
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Improving Your Mental Health

- Happiness; Celebrating Life
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Practicing Independence

- Reversing Burnout
- Strengthening Independence Skills
- Benefit Review

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Healing through Investment in Others

- Moving attention from Self to the others
- Relapse Symptom Checklist
- Reminders

Day Fourteen _____ Page 65

G R A D U A T I O N

HOW TO USE THIS PROGRAM

This booklet serves as a daily visual guide to be used together with the daily audio-video message series. It can be used as a workbook, a reference, a journal, or a document of your involvement in successful mastery of your life.

The Partner Guide

The Partner Guide is a brochure for the person you choose to be your partner. It contains instruction in how to give you encouragement and firm support on a day-to-day basis.

The Audio/Video Series

There is a message for each day of the program, 14 in all, on the videos. These give you the benefit of education and discussion that you would experience in a group support program.

They are meant to be used daily. Do not attempt to listen to more than one each day.

Changing a life pattern takes deliberate steps and time to think about new instruction.

Later, you may want to use these messages as reinforcement at moments of discouragement or weakness. They will remain a dependable resource for you.

You will have a Mentor to encourage you and a phone coach as well.

If you wish to gather some non-smoking friends together to host your own support group, you may do so. Just report to us of the outcome on the website contact form.

Group Method Support

Often smokers say they would like to have all the members in their household

participate with them in learning how to quit successfully. In this way everyone they share space and time with knows about the purpose in quitting and the strategies to make that change.

This program has been developed to assist in making cessation a group effort where desired without eliminating the benefit to the individual who wishes to go it alone.

Optional Spiritual Support

Throughout the 14 sessions faith in God's power to assist in your life change is offered in the belief that whatever efforts we make to change our lives they are strengthened by our connection with Heaven and God, the Source and Sustainer of all life.

You Can Take Control of Your Health!

Here is how you are going to do it with our help and the help of your Partner, your Mentor, and group. You don't need to struggle with that "monkey" on your back anymore.

1. You will explore your experience with nicotine and the practice of tobacco use.
2. After being informed about the expectations of this program and about the damage tobacco has or most likely will inflict on your life, you will make a commitment to quit using nicotine-laden tobacco products "cold turkey" with or without a nicotine aid such as a patch, gum or spray.
3. Daily guidance in eating, exercise, rest, relaxation, and stress-coping will help you focus on your goal.
4. Understanding the power of addiction and how you can overcome it will help you improve other areas of your life as well.
5. Once you feel natural about not smoking, you will look for ways to help others feel as good as you do.

CONSIDERING...

The fact that you have engaged in *Taking Control* indicates your seriousness to quit the use of tobacco. Perhaps you have gone through several independent attempts to stop or have been through group support sessions, only to revert back to tobacco sometime later.

Or perhaps you have never felt the urgency to quit until recently when you became more aware of how much you are hurting your health and shortening your life (Smokers lose an average of 10 years of life), not to mention the risk you place on your family members or friends.

You long to quit. But, how can you be sure that this effort will give you lifetime victory over your body's need of nicotine?

The success of this experience you are about to enter may depend on these important elements:

1. Your conviction and commitment
2. Positive support of your partner, friends, and/or family
3. Your acceptance of power from your Creator

The reason drug programs like Alcoholics Anonymous and Narcotics Anonymous are successful is that participation is based on these concepts.

We feel you are going to enjoy this program because it guides you into developing a lifestyle that makes you feel physically well and clean, that decreases episodes of illness, and allows you to obtain peace and control.



Contemplation

Launching into an experience that will change the way you live can be disturbing. You may have a lot of questions . . .

"What will my friends say?"

"Will my spouse aid or hinder my efforts?"

"How will this affect my work?"

"Will I really feel better? "

"How much will it cost me in time and money?"

"Can I really do it?"

"I want to do it, but will I be successful?"

It is important for you to be confident that you can begin.

Determination

To be successful over the long haul you must determine within yourself that you really want to do this; that you want better health. That you want to take back the control of your life through choices, and that you want to enjoy the pleasure of accomplishing what you set out to do.

Match that determination with assurance that you *can* do it and you will step out into a new life.

Here are some confidence-building tips:

- Be positive and reflect back into your life to the other successes you experienced and list them

- Make a list of people you know who have quit smoking successfully. Try to identify the key to their success. Interview them if you like. Bring what you think are valuable ideas into your program.

- List the people around you who care about your efforts to quit, those who pledge support.

DAY ONE

EVALUATING MY TOBACCO USE; GETTING READY

Objectives

1. Find out what this program is like
2. Learn about the personal cost to me of tobacco use
3. Look around for people to support me in this effort
4. Seriously consider making preparation for a two-week survival impact
5. Think of myself as an eager survivor!

We advise that you set aside two days in a row to begin CMATCH.

There are activities to do and preparations to make over the next two days before making your commitment to really begin. Your readiness is critical.

An important life-changing decision like this should not be entered into irrationally. You need time to think about it. You will want to plan and organize your time and energy over the next two weeks. This will assure success.

Get you family or group together to have a Launching Party. Keep the celebration on a more serious mood. Enlist the support of each one.

Researchers will say that the body and the mind require a period of at least 14 to 21 days to effect a change in lifestyle.

Preparing to Start

Here is the immediate agenda:

1. Purchase 2 weeks' supply of frozen or fresh fruit juices such as grape, apple, pineapple, or citrus. For this week do not buy cranberry, prune, or cherry juices. Vegetable juice and broth are also appropriate. If you enjoy hot drinks plan on herb tea or a cereal hot drink. Caffeine-containing drinks are detrimental to elimination of nicotine from the body. (At the end of the next chapter, "Day Two," is a more complete list of the food items you should have on hand.)
2. Plan an exercise program. Consult your doctor about exercise and/or diet change, if necessary.
3. Make an appointment with your dentist to have your teeth cleaned.
4. Buy nutritious snacks
5. Select a day and time for quitting and collect all your tobacco ritual stuff for trashing at that time. Plan a definite

disposal method for getting them out of your environment.

6. Arrange the group session schedule with your household members

7. Choose a non-smoking, sensitive but firm partner.

Choosing a Partner

The term "Partner" implies one who experiences an event or situation with another. The partner shares in success and slumps as well. He or she has an invested interest in the outcome of the venture.

In this event the partner who assists the participant in *Taking Control* should have the following characteristics:

- A concern for your success in breaking free from smoking or chewing tobacco
- Be available, by telephone or visit, if necessary, to assist
- Have positive confidence in your relationship
- Be a good listener, non-critical and non-judgmental
- Be a non-smoker. One who previously smoked and successfully quit is usually excellent.
- Be willing to sign the Partner Contract found in Day Two of this Workbook

Am I Ready to Quit?

We at *Taking Control* understand the seriousness of this decision-making phase. That's why we go to great lengths to explore with you the background of your tobacco use pattern. That's why we lay before you so many positive reasons why you should take the most satisfying step forward of your life!

You should be sure that you really desire to eliminate this intimate friendship with nicotine entirely from your life. You should replace it with something beneficial, not destructive.

Today, with the aid of your audio/video lesson and Workbook, you will have an opportunity to learn why you smoke and to think through the concept of quitting.

The following 4 inventories lead you through a process of self-examination. You will be able to identify why you smoke, what or who influences you to quit, how dependent you are on nicotine, how much you want to quit, and how much the smoking lifestyle is costing you.

How Do I Start?

Begin with video #1 or Day One and follow the instructions. Explanation is given in how to complete and

interpret the Workbook activities.

Sit in a quiet place with a pen or pencil and a calculator, this program kit, and your audio-video device.

Allow yourself at least one hour today and one hour tomorrow for these activities. Most other days will require less time. If you plan to schedule your Guidance Session at the beginning of each day over the next two weeks you will have consistency and organization in the process of quitting tobacco use.

Plan to have strong visual reminders around you immediately on awakening so that the first morning urge to smoke or chew is defeated.

Your earliest waking moments should be focused on your strategy for the day and a renewing of commitment to a healthy way of life.

Our Group

On this first day with your group you may wish to discuss how you are going to work together. After listening to the day's instructions, you may begin to relate to each other how each of you who use tobacco got started. You may find that, because your reasons for being together in this

focused effort are different than in your usual social activity, strengths and weaknesses in yourselves will emerge you were unaware of.

Don't be fearful; you will find others may have been struggling with secret concerns that are very similar to yours. Now you will have an ally.

Working together in a group requires some guidelines or rules so that each member has the assurance of trust and freedom of expression. Here are some suggestions:

1. First of all, agree that when making your rules, all are included, and all interests are represented.
2. Set goals daily that are achievable and agreed upon for the group and each individual.
3. Practice open communication. Respect the thoughts and feelings of each member and keep expressions of emotion and opinion in trust within the group.
4. Keep focused on the purpose: helping one or more members quit the use of tobacco and the opportunity to enjoy good health.
5. Accept controversy and conflict over this important matter of addiction recovery. Work for peace and acceptance. Affirm each other.

TAKING A LOOK AT MY REASONS TO SMOKE/VAPE

Here are some statements made by people to describe what they get out of smoking cigarettes. If you vape, please also complete this inventory. How often do you feel this way when using them?



Important: Answer every question	Always	Often	Occas'ly	Seldom	Never	Total
A. I smoke in order to keep myself from slowing down.						
B. Handling a cigarette is part of the enjoyment of smoking it.						
C. Smoking cigarettes is pleasant and relaxing.						
D. I light up a cigarette when I feel angry.						
E. When I have run out of cigarettes I find it almost unbearable until I get them.						
F. I smoke cigarettes automatically without even being aware of it.						
G. I smoke cigarettes to perk myself up.						
H. Part of the enjoyment of smoking comes from the steps I take to light up.						
I. I find smoking cigarettes pleasurable						
J. When I feel uncomfortable or upset about something, I light up a cigarette.						
K. I am very much aware when I'm not smoking.						
L. I light up without realizing I still have one in the ashtray.						
M. I smoke tobacco to give me a "lift"						
N. When I smoke a cigarette, part of the enjoyment is watching the smoke as I exhale.						
O. I want a cigarette most when I'm comfortable and relaxed.						
P. When I feel "blue" or want to take my mind off cares and worries, I smoke						
Q. I get a real gnawing hunger for a cigarette when I haven't smoked for a while.						
R. I've found a cigarette in my mouth and didn't remember putting it there.						

How to Score

1. Add the numbers you have circled for each lettered question in the column to the right under Total. Then refer to the Key on the following page and transfer the corresponding totals to the lines below each matching letter.
2. Add the 3 scores on each line to get your final totals. Any score 11 and above is high; 7 and below are low; indicating the factor that most influences you to smoke.

TAKING A LOOK AT MY REASONS TO SMOKE, Results

A + G + M = _____ Stimulation

B + H + N = _____ Handling

C + I + O = _____ Pleasurable Relaxation

D + J + P = _____ Crutch: Tension Reduction

E + K + Q = _____ Craving: Psychological Addiction

F + L + R = _____ Habit

*Your earliest waking moments should be focused on
your strategy for the day and
a renewing of your commitment to a healthy way of life.*



DOES THE WORLD I LIVE IN MAKE IT HARD TO SMOKE/VAPE

As you answer each question, circle your chosen number in the columns to the right . . . Areas where you score 5 or 6 will indicate the part of your world that can be a help to you. A score of 3 or 4 shows a situation that may hurt your chances of staying off tobacco. Avoid contact with these	True or Mostly True	False or Mostly False
A. Doctors have decreased or stopped their smoking of cigarettes in the past 10 years.		
B. In recent years there seem to be more rules about where you are allowed to smoke.		
C. Cigarette advertising makes smoking appear attractive to me.		
D. Schools are trying to discourage children from using nicotine products.		
E. Doctors are trying to get their patients to cut down or quit smoking and chewing.		
F. Someone has recently tried to persuade me to cut down or quit tobacco use.		
G. The constant repetition of cigarette advertising makes it hard for me to quit smoking or chewing.		
H. Both government and private health organizations are actively trying to discourage people from use.		
I. A doctor has, at least once, talked to me about my tobacco habit.		
J. It seems as though an increasing number of people object to having someone smoke near them.		
K. Some cigarette advertising in the media makes me feel like smoking.		
L. Congressmen and other legislators are showing concern for smoking and health.		
M. The people around you, particularly those close to you (e.g. relatives, friends, fellow workers), may make it easier or more difficult for you to give up tobacco use by what they say and do. Which answer below describes your situation?		
1. They make it much more difficult than it would be otherwise.		
2. They make it somewhat more difficult than it would be otherwise.		
3. They make it somewhat easier than it would be otherwise.		
4. They make it much easier than it would be otherwise.		

How to Score

1. Enter the numbers you have circled above in the spaces below above the corresponding letters, putting the number you have circled to Question A over line A, Question B over B, etc.

2. Add the 3 scores across each line to get your totals and place them in the box to the right of categories.

Scores can vary from 3 to 6: 6 is high; 5, high middle; 4, low middle; 3, low

A	+	E	+	I	=	DOCTORS
B	+	F	+	J	=	GENERAL CLIMATE
C	+	G	+	K	=	ADVERTISING INFLUENCE
D	+	H	+	L	=	KEY GROUP INFLUENCES
			+	M	=	INTERPERSONAL INFLUENCES

DO I WANT TO REPLACE MY HABIT WITH SOMETHING GOOD?

For each statement, circle the number that most accurately indicates how you feel. For example, if you completely agree with the statement, circle 4, if you agree somewhat, circle 3, etc.

Important: Answer every question.	completely agree	somewhat agree	somewhat disagree	completely disagree
A. Cigarette smoking might give me a serious illness.	4	3	2	1
B. My tobacco use sets a bad example for others.	4	3	2	1
C. I find cigarette smoking, vaping, or chewing a messy kind of habit.	4	3	2	1
D. Controlling my habit is a challenge to me.	4	3	2	1
E. Smoking causes shortness of breath.	4	3	2	1
F. If I quit it might influence others to quit.	4	3	2	1
G. Cigarettes cause damage to clothing and other personal property.	4	3	2	1
H. Quitting smoking or chewing would show that I have willpower.	4	3	2	1
I. My tobacco use will have a harmful effect on my health.	4	3	2	1
J. My tobacco smoking or chewing influences others close to me to take up or continue the habit.	4	3	2	1
K. If I quit smoking, my sense of taste or smell would improve.	4	3	2	1
L. I do not like the idea of feeling dependent on nicotine.	4	3	2	1

How to Score

A	+	E	+	I	=	HEALTH
B	+	F	+	J	=	EXAMPLE
C	+	G	+	K	=	ESTHETICS
D	+	H	+	L	=	MASTERY

Scores can vary from 3 to 12. Any score 9 and above is high; any score 6 and below is low. Listen for interpretation and comments on tape #1. Hold those reasons for quitting with the highest score in careful consideration. Discuss them with your partner or group as a declaration of your studied intent and set your goals by these opinions.

AN APPRAISAL OF MY SITUATION

The Reasons I Smoke/Chew Tobacco/Vape

Place a checkmark in the box(es) that most describe(s) your attachment to tobacco.

- | | |
|--|---|
| <input type="checkbox"/> STIMULATION | I use tobacco/nicotine to keep myself perked up and alert |
| <input type="checkbox"/> HANDLING | I like the feel of the cigarette in my hands. I like to ritual of lighting up. |
| <input type="checkbox"/> PLEASUREABLE RELAXATION | I just like to smoke; it brings me pleasure for many reasons. |
| <input type="checkbox"/> TENSION REDUCTION | I use tobacco/nicotine to calm me down, overcome anger, help me cope with stress. |
| <input type="checkbox"/> CRAVING: PSYCHOLOGICAL ADDICTION | I just have to have it! I can't be without my nicotine. |
| <input type="checkbox"/> HABIT | It's just something I do. I can smoke without even realizing it! |

These are the Most Difficult Situations I Expect While Quitting Tobacco Use . . .

Broad suggestions are social events, travel, business meetings/conferences, time alone, times of stress, times of celebration, reading/relaxing, watching TV. Try to be specific in stating what will bring you a challenge in avoiding tobacco.

My Corrective Strategies

List your strategies on the lines below opposite the difficult situation on the left.

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

Refer back to this page daily to update your information. Place a bold checkmark beside the situation that you conquered and place a date beside.

WHAT IS THE COST OF MY SMOKING/VAPING HABIT?

Cost of My Cigarettes Per Year

1. ESTIMATE number of cigarettes smoked/vape sessions per day.
For chewers or snuff users, the number of packages used per day. 1. _____
2. MULTIPLY line #1 by 365 for number of cigarettes per year. 2. _____
3. DIVIDE line #2 by 20 for number of packs per year. 3. _____
4. MULTIPLY line #3 by cost per pack for cost per year. 4. _____
5. TOTAL COST OF MY CIGARETTES PER YEAR 5. \$ _____



Indirect Costs from My Smoking Habit Per Year

- Lighters and other paraphernalia _____
- Lost work due to smoking-related illness _____
- Additional dental/medical care and prescriptions _____
- Higher health insurance premiums (about 5 percent) _____
- Extra trips to store to buy cigarettes _____
- Burned clothing, furniture, and carpets _____
- Extra cleaning of house, drapes, and car or truck to remove odors _____
- Extra dry cleaning of clothing to remove odor _____
- Added medical expenses for others in household for upper respiratory illnesses due to exposure to sidestream smoke/vapor _____
- Loss in income for a job application rejection due to smoker status _____
- Other related expense _____

6. TOTAL INDIRECT COSTS PER YEAR 6. \$ _____

Yearly Cost of My Smoking/Vaping Habit

7. ADD lines #5 and #6 for TOTAL COST PER YEAR. 7. \$ _____

To Date Cost of My Smoking/Vaping Habit

8. MULTIPLY line #7 by the number of years I have smoked. 8. \$ _____

Future Cost of My Smoking/Vaping Habit if I Don't Stop

9. SUBTRACT my present age from 69 (average smoker's life expectancy) for number of years I could still waste money. 9. \$ _____

10. MULTIPLY line #9 by line #7 for FUTURE COST POTENTIAL. 10. \$ _____

Future Savings for Stopping the Habit Now

11. SUBTRACT my present age from 76 (the average non-smoker's life expectancy) for number of years I can save money. 11. \$ _____

12. MULTIPLY line #11 by line #7 for 12. \$ _____

My Future Savings When I Stop Smoking/Vaping. 13. \$ _____

DAY TWO

MAKING PREPARATIONS TO QUIT

Objectives

1. Build my case against tobacco/nicotine with facts
2. Make preparations
3. Build my support system

Your relationship with nicotine and the ritual of tobacco use is a disease of addiction, however you may look at it. Experts agree on that. It is robbing you of your most valuable asset—above all the money you may have in the bank, all the stocks or commodities you've invested in, all the things you own. It is destroying the house you dwell in nail by nail—your body, your health.

Now you can think of health not just as having less colds this year or no more chest pains, but you can be confident that health is freedom.

While nicotine and its fellow hazardous crew were robbing you of beauty, glow, and breath, you were building a case of fraud against them.

The Court is in Session

"The People vs. Tobacco" will convene.

The message in today's lesson describes to you:

- the nature and process of addiction
- the physical damage potential to your health
- what reversible changes you can expect after quitting
- and the endless list of benefits in quitting

You will state your preference for quitting, make preparations for your life change and sign the contract with your partner, if you haven't already done so.

Today you begin to form your preference to eliminate tobacco's influence over you.

"The most reassuring fact of life is that the human species is equal to its needs; but there is no problem, however bulging or complex, beyond effective human response.

What is most significant of all about the human brain perhaps is that it enables the individual to do something that no one has done before. So long as this is so, human beings are the most privileged species on earth." (*Head First*, by Norman Cousins, published by E.P. Dutton, New York, 1989, p. 74.)

Get ready for an exciting and satisfying experience!

TAKING A CLOSER LOOK AT YOUR NICOTINE AGENT

In most commercial cigarettes only about 15% of the total nicotine appears in mainstream smoke; twenty-five percent is released to sidestream smoke; 15-25% is deposited in the butt or filter tip. The rest is decomposed in the fire.

The lungs, brain, spleen, and liver have a high affinity for nicotine. Depending on the urinary pH, some nicotine is lost through the kidneys--commonly in the range of 5-10%.

Nicotine requires an alkaline environment for absorption, thus oral, nasal mucous membranes and lungs absorb it well. And from the stomach and intestine it is degraded in the portal system or liver. The skin absorbs it well, making it a hazard especially to the tobacco harvesters.

REVIEW OF DAMAGE TO THE SMOKER'S BODY



	On the Eyes	Impairs vision and judgement because of constricted blood vessels
	On the Ears	Reduces attentiveness to sounds (This presents a danger to drivers, athletic performers, and to flight crews)
	On the Heart	Accelerates rate, may disturb rhythm
	On the Blood	CO + Hb = carboxyhemoglobin(carbon monoxide mixing with hemoglobin) Deprives tissues of Oxygen leading to extra demand, causing Angina Shortness of Breath Increased Blood Pressure Platelet stickiness-coagulation Vasoconstriction Promotes Cholesterol deposits
On the Lungs	Increases respiratory rate Cilia are paralyzed by cyanide, nicotine Destruction of air sacs, leading to oxygen dependency	Tar is deposited on mucous membranes Increase in mucous, irritation Leads to bronchitis, emphysema, cancer
On the Skin	Decreases temperature, lowering loss, tolerance to cold Skin wounds heal more slowly Cancer of mouth or throat	Causes wrinkles, poor elasticity, off color Vitamin C which promotes healthy skin is depleted
On the Central Nervous System	Arousal or Relaxation (temporary) Anxiety related to withdrawal	Tremors
In the G.I. Tract	Decrease in appetite Vomiting Esophageal reflux (backflow of acid) Dental caries	Diarrhea Stomach ulcers Cancer of the Pancreas - incidence rate is 2x's higher
Urinary Tract	Kidney & Bladder cancer - 3x's greater occurrence in men; higher in whites than in blacks. Smoking is the greatest risk factor; 47% of bladder cancer deaths are due to smoking	
Tract	Prostate cancer - The 2 nd leading cause of death in men in U.S. 80% of cases are found in men more than 65 yrs.	
In the Reproductive System	May present risk to pregnancy, causing prematurity, miscarriage, and stillbirth Babies of women who smoke may weigh less at birth. May have detrimental effect on child's growth, intellectual development, and behavior. Cervical cancer - risk factors are multiple sex partners & exposure to sexually transmitted diseases and smoking. 80% survival rate with early detection.	

MORE ON DAMAGES . . .

More on effects to the skin and mucous membranes:

Oral cavity and pharyngeal cancer (mouth & throat) is found most frequently in men older than 40 yrs. Cigarette, cigar, pipe smoking and spit tobacco coupled with excessive consumption of alcohol are the factors that lead to this; 81% survive by 1 year, but surgery is usually radical. Refer to the story of Dave on Day 3.

More on effects to the lungs:by smoking

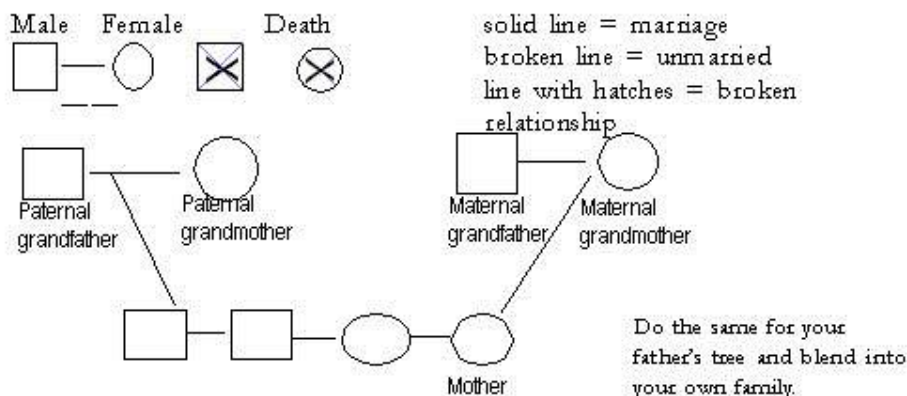
- The 1-year survival rate for lung cancer is 41%. The 5-year rate is 10 %.
- Those who smoke 2 or more packs/day have mortality (death) rates 12-25 x's greater than nonsmokers.
- There is a recent trend toward finding cancer cells far out in the borders of the lungs, showing that smokers inhale deeply to override filtering devices and low nicotine content cigarettes to achieve satisfaction.
- Smoking is the most important risk factor in lung cancer development; it is increased by breathing industrial fumes and matter.
- Yearly 125,552 die of cancer of the respiratory tract
- On average, smoking adults die 14 years earlier than non-smokers

GENOGRAM

Among your group, or by a personal look, think about people in your family tree who suffered with and/or died from an illness. Then note whether they were a smoker or chewer of spit tobacco. Mark that information on a diagram like this called a *genogram*.

You may wish to return to this exercise again as you become more aware of how the body responds to nicotine and other tobacco poisons. You will remember Uncle Harry's yellow teeth and fingers, and Aunt Bernice's persistent cough. And you will remember the smell on Uncle Samuel's skin when he used to scoop you up in his arms as a child.

Follow this legend of symbols for gender of individuals and relationships.



The Health Benefits of Quitting Compared to Persistent Smokers . . .

Body System/Disease	Benefit
Stroke Risk	Reduced to that of a person who has not smoked after 5-15 years
Cancers of Mouth, Throat, and Esophagus	Halved 5 years after quitting
Cancer of the Larynx	Reduced after quitting
Coronary Heart Disease	Risk is cut by 1/2 one year after quitting and is nearly the same as a never smoker after 15 years
Chronic Obstructive Lung Disease	Lung cancer risk drops by as much as half 10 years after quitting
Bladder Cancer	Risk is halved a few years after quitting
Peripheral Artery Disease	Risk is reduced in a few years after quitting
Cervical Cancer	Risk is reduced in a few years after quitting
Low Birth Weight Baby	Risk drops to normal if a mother quits before pregnancy or during first trimester

From the Centers for Disease Control and Prevention -
http://www.cdc.gov/tobacco/data_statistics/sgr/2004/posters/benefits/index.htm

Hazards of Second Hand Smoke

The scientific evidence indicates that there is no risk-free level of exposure to secondhand smoke.

Supporting Evidence

- ☐ Short exposures to secondhand smoke can cause blood platelets to become stickier, damage the lining of blood vessels, decrease coronary flow velocity reserves, and reduce heart rate variability, potentially increasing the risk of a heart attack.
- ☐ Secondhand smoke contains many chemicals that can quickly irritate and damage the lining of the airways. Even brief exposure can result in upper airway changes in healthy persons and can lead to more frequent and more asthma attacks in children who already have asthma. [From the Surgeon General's 2006 Report at <http://www.surgeongeneral.gov/library>]

The Tobacco Leaf Story

The preparation of tobacco for consumption involves harvesting the tobacco leaves and curing them by any one of several drying methods. The cured tobacco leaves are shredded, and various strains of leaves are blended to give whatever mixture is commercially desirable. Often flavorings and coloring are added to enhance the tobacco mixture's appeal, as well as chemicals that facilitate even burning. Finally, the mixture is used to manufacture cigarettes, pipe tobacco, and chewing tobacco or is wrapped in specially cured tobacco leaves to make cigars.

The most familiar chemical constituent of tobacco is nicotine, but when tobacco is burned, approximately 4,000 other chemical substances are released and carried in the smoke including:

- acetone
- acrolein
- carbon monoxide
- methanol
- ammonia
- nitrous dioxide
- hydrogen sulfide
- traces of various mineral elements including cyanide and iron
- traces of radioactive elements
- acids
- insecticides
- fungicides

60 of these are carcinogens or known to be cancer-causing elements.

Besides these chemical compounds, tobacco smoke also contains countless microscopic particles that contribute to the yellowish-brown residue of tobacco smoke known as tar.

The most physically harmful effects of smoking come not from nicotine, but from certain other chemical constituents of cigarette smoke, including benz(a)pyrene and nitrosopiperidine, which can cause cancer. The particles that make up tar also can damage body tissues, particularly those in the respiratory system.

[From the American Cancer Society website]

"Many substances are added to cigarettes by manufacturers to enhance the flavor or to make smoking more pleasant. Some of the compounds found in tobacco smoke include ammonia, tar, and carbon monoxide. Exactly what effects these substances have on the cigarette smoker's health is unknown, but there is no evidence that lowering the tar content of a cigarette lowers the health risk.

Cigarette manufacturers were not required to give out information to the public about the additives used in cigarettes, which made it harder to determine their possible health risks. But with the passage of a federal law, manufacturers must submit lists of ingredients to the Food and Drug Administration (FDA) starting in 2010.

[Visit the CDC website to keep up with the latest statistics at CDC.gov.

The Tobacco Leaf Story, cont'd

Tobacco farmers and manufacturers argue that if tobacco sales are regulated under the rules of the U.S. Food and Drug Administration and if controls are tightened so extremely that local demand for their product will decline, the farmers and processing employees will be sent into poverty.

Here are some interesting findings about the growth of tobacco and reasonable alternatives:

- About 100 million people worldwide depend directly or indirectly on tobacco cultivation for their livelihoods.
- It is grown commercially in 100 countries, 78 of those are in the Third World.
- Through their farming practices vast tracts of land have been deforested and pesticides and fungicides spread so far and wide that a negative environmental impact is felt.
- The paradox of tobacco growing in lands where health needs are extensive and poorly funded and the realization that the use of tobacco will increase the demand for health care is too ludicrous to comprehend.

Alternatives to Tobacco Growing:

- o Flowers for export: roses, carnation, aster, dried flowers
- o Vegetables: canned or freeze dried
- o Beverages
- o Fruits
- o Seed exports: vegetable, grass, flowers, and food crops
- o Essential oils
- o Herbs and spices

The cigarette is recognized by scientists as a miniature chemical factory. Before it is lit, it contains approximately 2500 or more components - depending on what the farmer added to the soil or applied to the plant. Pesticides, fertilizers, and other agricultural agents become incorporated in the tobacco leaf.

Once the cigarette is lit the mainstream vapor or gas contains about 500 more smoke components.

The tar (dry weight of the conglomeration of all suspended little particles in the smoke, minus the nicotine and water) is dark and thick in appearance and has the potential to act as a tumor initiator. Because of the sizes of the particulates in it, it can reach down to the alveoli, the small air sacs in the lung.

In most commercial cigarettes only about 15% of the total nicotine appears in mainstream smoke; twenty-five to forty percent is released to sidestream smoke; 15-25% is deposited in the butt or filter.

Tobacco farming is the plants are started in a seedbed. The soil is with chemicals or planting seed. Then as very susceptible to varieties of weeds!

The entire plant bed is mulch. After about 8-10



intensive. It is done in 2 stages: fertile, finely-tilled, well-drained finely pulverized, then sterilized burned, or steamed prior to the seedlings grow, they are insects, nematodes, and many covered with a special cloth or weeks, they are big enough for



transplanting into fields prepared by fumigants to destroy nematodes and other parasites.

Later, when the flower appears it is lopped off to promote a larger plant. If disease does reach the plant, it will still reach the warehouse auctions. The worst is sold abroad.

Harvesting is also labor intensive, often done by hand through several processes such as wilting, curing, grading for market.

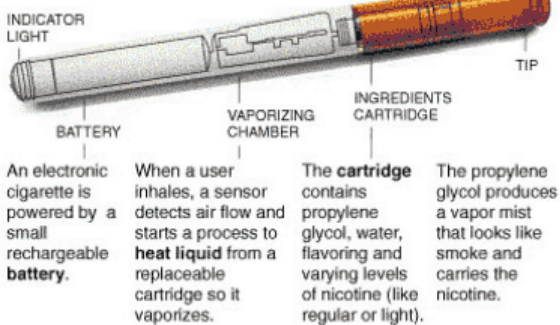


“So, Aren’t eCigarettes Safer,” You Say?

An emerging popular device to satisfy the nicotine crave and yet looks chic (because it resembles a flash drive) and can be recharged in your computer, can be kept in your pocket safely, and is touted as being safer than traditional cigarettes. It is the JUUL and it certainly appeals to the youth because of its appearance and flavors in the available “juice pods.”

The JUUL holds nicotine that is twice as concentrated as nicotine in regular cigarettes and is highly addictive. So, what is in the liquid pod? Glycerol, propylene glycol, nicotine, benzoic acid, and food-grade flavoring. While exposing the delicate tissues of the respiratory tract and the mouth to these ingredients is worrisome enough, the greater concern is the ease of attracting children and youth to addiction of habitual use of nicotine. E-cigarettes have grown into a \$4 billion industry in the U.S.

Electronic cigarettes deliver an odorless, smokeless dose of nicotine to users.



A research report supported by NIH and the FDA was posted on the [Library of Medicine](#) in which the heating of the fluids in the JUUL. ecigarette was examined, with particular concern about the reaction of benzene in relationship to ambient air in the U.S. There were variations of chemical analysis results depending on the type of device used. In 2002 benzene was named the largest single known cancer-risk air toxin in the U.S. Therefore, these devices, in emitting the large vaporous cloud on exhalation, expose the non-smoker in the vicinity to risk.

What are the Side Effects of Vaping?

Dry mouth -- Dizziness -- Cough -- Dry skin -- Itchiness -- Dry eyes -- Nosebleeds
Chest pain -- Increased blood pressure -- Increased heart rate -- Nausea -- Vomiting
These are all common side effects to the smoker of traditional cigarettes, too.

The question is: Why subject your amazingly created body to these insults?

POTENTIAL BENEFITS AFTER QUITTING TOBACCO USE

Directions: Circle the number in front of each benefit which you personally desire very much. Write in any additional reasons you have to stop smoking.

Physical Benefits

1. Improved senses of taste and smell and enjoyment of food
2. Whiter teeth and fresher tasting mouth, elimination of brown tongue and bad breath
3. Improved appearance by delaying the aging process
4. Better skin color and lip color from improved circulation
5. Improved general health
6. Increased stamina and energy
7. Lower pulse rate and blood pressure
8. Warmer hands and feet from improved circulation
9. Elimination of heart pain
10. Breathing deeply without coughing elimination of phlegm
11. Reduced risk of diseases such as coronary heart disease, bronchitis, emphysema, Bergers Disease (bad circulation in legs and feet), stomach ulcers, cancers of all types

Financial Benefits

1. The dollar amount saved by not buying cigarettes
2. Avoiding indirect costs of smoking such as higher insurance rates and burn damage to clothes and furniture
3. Avoiding the cost of major smoking-or chewing- related illness
4. Investment income from money that would previously have been spent on tobacco use

Other: _____

Social Benefits

1. More time to devote individually to work, family and friends
2. Not offending others by blowing smoke on them or burning them
3. No longer annoying other people by smelling up public places or other people's homes and cars
4. Breath is fresh and unoffensive when visiting with others
5. House, vehicle, and clothes smell fresher
6. No danger of damaging family or other people's property with ashes
7. Can enjoy no-smoking social situations such as the theater, church, weddings without being impatient to escape to a smoking area
8. Fellow taxpayers and insurance policy holders will not have to pay more than their fair share to cover the financial burden of smoking-induced disease
9. No unnecessary financial and time burdens on family members because of illnesses brought on by smoking
10. Not burdened by carrying around cigarettes and smoking paraphernalia
11. Positive feedback from family and friends
12. Showing an image of self-control
13. More employable for many jobs where smoking is considered a disadvantage or a hazard
14. No need to look for or clean up ashtrays
15. Fewer accidents caused by distraction of the smoking behaviors

Other: _____

More Benefits Desired . . .

Emotional Benefits

1. The joy of wisely spending the financial benefits on something you really want
2. Improved self-image and sense of well-being
3. Control of my own life (I am no longer a slave to nicotine.)
4. Increased self-confidence for problem solving and future plans
5. Feelings of accomplishment and pride
6. Happier, with no guilt over cigarettes or need to make excuses
7. Joy in setting a good example for children and others

Other: _____

8. Knowledge and experience in being a winner

It is Time to Begin to Commit . . .

YOUR PREFERENCE

The one who is most concerned about your tobacco use and most eager for you to make the decision to quit is the One Who made you . . . the Creator of the atoms and the Universe, of Life. Because He loves you with an unconditional, immeasurable love, He wants the best for you.

He has an interest in helping you reach your potential in all spheres of life: physical, mental, emotional, spiritual. Consult Him on this decision and ask for His support.

After considering the many benefits I can enjoy by breaking free of the nicotine habit, I definitely prefer to be free from smoking and other forms of tobacco use.

Signature

YOUR EARLY PREPARATION LIST



1. Gather up all tobacco use paraphernalia for trash disposal or burning
2. Make an appointment with the dentist for teeth cleaning
3. Make an appointment with or consult your physician for exercise and diet clearance
4. Stock up on:
 - fresh or frozen juices (excluding cranberry, cherry, prune, or plum)
 - fresh fruit & vegetables for raw munchies
 - whole grain bread and crackers
 - herbal tea, broth
 - low-fat, easily digestible meal items
 - low-fat milk, low-fat cheese, unless lacto-vegetarian
5. Hide caffeine beverages and soda pop
6. Plan to get at least eight hours of sleep each night
7. Plan a moderate exercise program
8. Plan projects, a hobby, that will involve the use of your hands
9. Buy walking shoes
10. Grease up your bicycle
11. _____
12. _____
13. _____
14. _____



YOUR CONTRACT WITH YOUR PARTNER

Wishing to assist _____ as much as I am able in Taking Control over dependency on the use of tobacco, either smoked or smokeless, I pledge to provide the following support:

1. To be available on a daily basis by either telephone or visit.
2. To encourage progress with positive statements of encouragement and emphasis on accomplishments of both short-term and long-term goals.
3. To kindly and firmly remind of risk behavior when necessary.
4. To tell him/her what I think is best but avoid coercive guidance or pressure - allow for independent decision-making.
5. To remain a sensitive, encouraging friend even when angry, hostile behavior is expressed, knowing that this may be an expression of stress or frustration and low self-esteem.
6. Helping _____ to avoid any smoking environment, or other smokers.
7. Other _____

Signatures:

Partner _____

Participant _____

YOUR NOTE PAGE

You may use this page to record your goals and chart their progress. An example format is given.

My Goals

*Sunday evening:
I plan to inform my spouse of quitting plans and hope for needed support.*

My Progress

*Monday afternoon:
It was difficult, but since he doesn't smoke, he is very willing to help me and will join me in each session. I have not smoked for 14 hours! He calls me every 2 hours today to encourage me.*

My Rewards

We are planning to go out to eat Thursday night.

DAY THREE We're Off!

Objectives

1. Respect Nicotine as an enemy.
2. Learn how tobacco is used
3. Learn what motivates smokers to quit
4. Learn effective quitting skills.
5. Make a commitment to quit
6. Preparations for a NEWSTART

The changes you make in this program in the areas of Nutrition, Exercise, and Mental Health are the prescription for reducing and managing stress. So, you will really learn valuable coping skills.

The Natural Elements of a NewStart

Nutrition - Adequate and balanced

Exercise - Regular and challenging

Water - Used fresh for drinking and cleansing

Sunshine - Activity outdoors; promotion of natural mood elevator

Temperate, balanced living

Air - Fresh and invigorating

Rest and Relaxation - A regular pattern

Trust in Power from Heaven

Some smokers convince themselves that changing to smokeless tobacco is a relatively safe alternative to inhaling.

On the contrary, one who uses tobacco tucked in the cheek is getting 4 times the nicotine of a smoker and puts himself at tremendous risk for cancer.

Combined Methods for Quitting

New research about methods of quitting that work for some people addicted to nicotine show that pharmaceutical aids to quitting like nicotine patches, gum, and spray may be necessary for short term; carefully administered use when individuals are severely addicted. And for some who also have symptoms of depression, anti-depressant medication prescribed and monitored by a physician or nurse practitioner are proving effective.

With all of these methods, additional guidance in changing lifelong habits and creating new ways of thinking about life and health are essential to long-term success.

Governing Your Thoughts

Tobacco , nicotine, & smoke no longer fit in your life. You are the maker of your thoughts. From them your behavior develops. Focus your mind on things that build health, things that enhance your relationships with other people, things that contribute toward the improvement of the world you live in, things that keep you in tune with your Creator.

Group Suggestions . . .

Here are some suggestions for you and your support group:

1. Set up a pre-determined schedule of support calls so that either someone will call you or you them every 3 hours today to encourage. You may want to continue this over the next 2 months--gradually decreasing the frequency of calls/day.
2. If you live in the household together, those who wish to continue smoking may arrange to do so outside and away from your presence and from others who are quitting.
3. Try to remove reminders of tobacco use from your sight.
4. Post messages about your quitting goals in strategic places around the house and worksite where you are likely to consider smoking.



IMPORTANT INFORMATION ABOUT SMOKELESS TOBACCO

Approximately 20% Americans now use tobacco products. Actually, it is difficult to determine just how many smokeless tobacco users there are, because surveys fail to attract answers from many people.

Fragile mucous membranes of the mouth and gums are at risk to the carcinogenic effects of smokeless tobacco. Repeatedly, cancerous lesion or tumor is found between the cheek and the gum where tobacco is kept by the user. Pervasion to the structures of the neck involving the lymph nodes leads to drastic surgery that leaves the survivor in various degrees of disability, some to the point of taking nourishment only from a tube that leads to the stomach.

Other hazards of smokeless tobacco use are the damage to the teeth and gums, the effects of added sugar to the unpleasant-tasting tobacco to make it palatable, and the high sodium content from the 500 to 1,050 milligrams of salt added to each package.

If one is concerned about sugar intake and tooth decay and salt intake and high blood pressure, this is not the thing to do! If one values his appearance, his years of unspoiled oral health, and maybe even his life, this is not the thing to do!

Consequences

Cancer of the Head

Cancer of the head and neck occur mostly in men over 50 years of age. In the early stages only vague symptoms and minimal findings may be noted. If an individual is at risk because of oral tobacco use, the health professional must be alert to suspicious signs. The user should be aware of blockage in the nasal passages, nosebleeds, and draining ear infections that block the eustachian (ear) tube if cancer of the nasal passages and structures behind are suspected.

Common symptoms of early cancer of the mouth, or oral cavity, include pain, ulcers that do not heal, and changes in the fit of dentures.

For suspected cancer further back of the mouth, symptoms are usually not recognized early, but in later stages a persistent sore throat or earache on one side and difficulty moving the jaw will be noted. Hoarseness maybe a sign of cancer of the voice box.

Not a Safe Alternative to Smoking

Many young people have begun to use smokeless tobacco thinking it is a safe alternative to smoking. In response to this growth of use two reports from the Surgeon General's office and NIH have concluded that the use of smokeless tobacco is *causally* related to oral cancer and gum recession, that it can lead to dependence on nicotine, and that it is not a safe alternative to smoking.

The findings of this study are based on knowing the following acts about leaf tobacco:

- Chewers have been found to use approximately 7 grams of tobacco at a time, but the nicotine content in the average "chaw" (7.8 mg. per gram) is about half that in a dip of snuff.
- The pH is also lower (6.5), resulting in 8 percent of the nicotine being absorbed and a dose of nicotine similar to that provided by a dip of snuff.
- Users who consume 8-10 dips or chews a day receive a nicotine dose equal to that taken by a heavy smoker (30-40 cigarettes daily).

WHAT HELPS YOU QUIT SUCCESSFULLY?

Motivational Factors

- A desire to overcome minor smoking-related symptoms (coughing, wheezing, shortness of breath)
- An expectation that your future health and quality of life will be improved.
- A sense that you are personally vulnerable to the consequences of smoking
- A desire to master the control of this problem and enjoy high self-esteem
- An expectation of many quitting benefits-health, freedom, social, and economic
- An expectation of success
- An expectation that benefits will outweigh difficulties
- Support and encouragement from family, friends, work associates

Learning Effective Quitting Skills

- *Quitting abruptly instead of tapering off*
- Using a variety of coping methods for withdrawal symptoms, such as deep breathing, positive thinking, and specific cigarette substitutes (See last page of this lesson).
 - Using a variety of methods to remain off cigarettes, such as avoiding temptations to smoke, finding alternative ways to relax and cope with stress (such as hobbies or exercise)
 - Using substitute self-rewards to counteract sense of loss and prevent relapse (To be discussed in lesson 4)
 - Taking a long-range, systematic problem-solving approach

Social Supports

- Personalized quit-nicotine advice and support
- Encouragement, inspiration, and advice from ex-users
- Good community resources (education and income)

Smoking Habit Factors

- Decreased number of cigarettes smoked and dependence on them
- Less reliance on cigarettes for regulation or control of negative feelings
- Past success in quitting for six months or more
- Good stress management skills

(Taken from CA - A Cancer Journal for Clinicians, published by The American Cancer Society, Vol. 38, No.4)

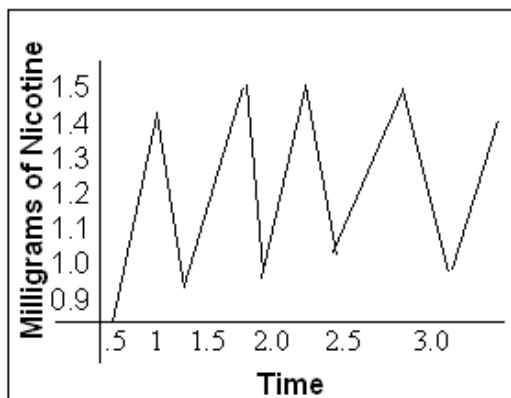


SMOKING - CHEWING-VAPING PATTERNS D/T NICOTINE

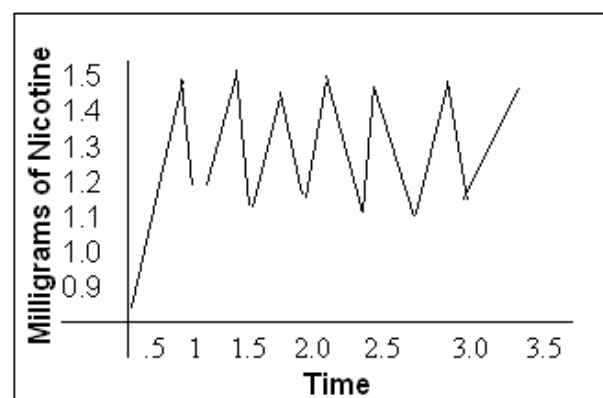
The first cigarette of the day produces a high peak of nicotine in the blood plasma. Later ones give less until the level drops off at night while you are asleep. By morning craving has set in because you are in the trough and you urgently light up again. The graphs below illustrate two types of smokers:

The **Mountain Toppers** who allow the nicotine levels to drop considerably into a trough before they light up another cigarette. They may be required to perform this pattern because of their work restrictions or may wish to smoke less and depend less on the euphoric satisfaction.

The **High Riders** smoke more frequently to maintain the euphoric high or pleasure of the drug, thus keeping the nicotine level at a sustained high and avoiding the trough. Individuals who use this pattern of smoking display severe addiction and need much more support in cessation.



MOUNTAIN TOPPERS



HIGH RIDERS

WHAT WEAPONS CAN YOU USE AGAINST THOSE CRAVINGS?

You probably realize that while your diet and exercise are helping you to eliminate nicotine, your mind is still working overtime to sustain an old habit. So, you must reorder your thinking.

First, as a Christian and a believer in the power of our Creator, I suggest that your first line of defense is prayer. Listen to the audio file "Taking Control With Power from Heaven" for guidance in how to pray. Then try some or all of these healthy activities:

- Go to an open window or door, or outside, and breathe slowly and deeply ten times.
- Take a walk and deep breathe, sing, listen to music tapes for a walking program.
- Do something productive with your hands like work on a hobby, play tennis, hang wall paper, bake bread.
- Munch on a low-calorie snack.
- Brush your teeth with mint toothpaste. Stimulation like that is not only distracting, but it aids in eliminating nicotine.
- Take a warm shower, followed by a cool shower and a terry rub down.
- Drink an 8-oz. glass of water flavored with mint or lemon
- Repeat to yourself "I am free of tobacco and I love it!"
- Call your partner or your group for help.

TODAY'S ACTIVITY GUIDE

Environmental "Sweep" *This is a fun adventure your whole support group can do with you.*



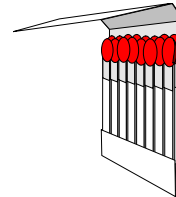
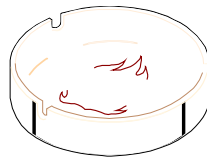
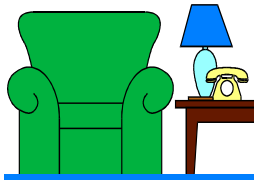
In getting ready, you were supposed to gather all your tobacco products and the paraphernalia that goes with it for trashing. You may do that now if you haven't already done

so...

- Look around the house, the car or truck, and your worksite, even your leisure or recreation site. There are things and rituals there that have supported your habit.

Eliminate them or change them.

List rituals - those things you do even without thinking in the search, light-up and smoke phases



- The upholstery smells like tobacco, your car or truck also smell, and you probably have tobacco products stashed in secret pockets, no doubt. Get rid of them and shampoo the upholstery, the carpets, if necessary.

- The position of your favorite chair suggests the old ritual of a smoke after dinner. Change it, move it, recover it.

- Check your jacket pockets, the bedside stand, that organization and telephone spot in the kitchen, the usual rest area in the garage or work shed. There are many places you need to clean, rearrange, or eliminate today.

Meal Plan for Today and Tomorrow

Before beginning to make alterations to your diet, consult with your physician or nurse if you have been on a special or therapeutic diet.

Drink only fluids today and tomorrow - natural juices, water, herbal tea, broth. Tomorrow add fresh, whole fruit. If you get extremely hungry, you may eat whole grain bread, crackers or cereal. You will gradually add solid food to your menu that is easily digested and wholesome. Refer to the Nutritional Supplement for vegetarian ideas and recipes.

Other Changes to Assure Success

- Avoid mind-altering drugs such as alcohol, sedatives, tranquilizers (if you are on an anti-depressant, remain on it.).

- Closely observe non-smokers - what do they do with their hands? How do they cope with stress?
- Review the Benefit List.
- Announce to your friends, co-workers and family that you are now a non-smoker.
- Plan your activities so that your hands and mind are busy.

Refer to the Day Six chapter in this book to get a head start on an easy method to counter "the urge" through relaxation exercises. Some experts describe these as a "high speed" way to repress craving.

MAKING A COMMITMENT


THIS IS THE FIRST DAY OF THE REST OF YOUR LIFE

ARE YOU EXCITED?

**THE REST OF YOUR LIFE IS THE REAL YOU, THE FREE YOU.
YOU ARE NO LONGER A HOSTAGE.**

YOU ARE TAKING CONTROL.

Mark it on your calendar; make your commitment in writing below and on the commitment pocked card in this kit or make a small copy.



MY COMMITMENT TO HEALTH

Because I choose to be in control of my body and am breaking free of the lethal hold of tobacco, I place my signature on the line below to signify the seriousness of my resolve.

I am Now a Non-smoker!

Name

Date

I feel better knowing that I am in control rather than being controlled. That's freedom!

Download your miniature commitment card, sign it also, and carry it around daily in your pocket where your tobacco product used to be.

Day Four

HOW TO MAKE POSITIVE CHANGES & GAIN CONTROL

Objectives

1. Learn to cope with emotional changes
2. Plan rewards
3. Begin diet and exercise programs
4. Learn arguments for discouraging moments
5. Determine who is in control

You have passed the first 24 hours free of tobacco use! You deserve a hug! You are well on your way to **Taking Control** of your life and being free of nicotine's grasp!

Now you can proudly wear a button that says "I've Taken Control!" or "With Power from Heaven, I've Taken Control!" Keep in the race.

You are a Winner!

Listen to your audio/visual message today for information about controlling cravings, recognizing mind and body changes when nicotine and its fellow poison buddies are leaving, and things you can do to make quitting easier. Develop an attitude of: *"time is too valuable to waste on a habit that was wasting me."*

It is very important to your success that you keep your mind clear. Avoid the use of alcoholic beverages and mind-altering drugs. That even includes stimulants like caffeine! Your mind must be clear and alert, your nerves relaxed and ready to respond.

What can you do when you:

- feel irritable
- feel anxious
- have difficulty concentrating
- are restless
- have sleepless nights
- feel changes in your digestive system?

Please follow today's suggestions. These problems *can* be resolved. Current investigation is revealing the presence of depression in some smokers, indicating perhaps, that smoking is a method of dealing with negative emotions and as a treatment for depression. We want to learn better, healthy ways to elevate our moods. It certainly is worth a try, isn't it?

PLANNING REWARDS

Because most of us love celebrations, parties, and other social gatherings, this is an excellent time to set some goals with the help of your family, household, or support group. Making positive changes in your life is reinforced when you plan rewards. Use the lines on the left to record your rewards for those selected times when you may need incentives. Congratulate yourself for remaining in control.

NUTRITIOUS MENU PLAN FOR THE WEEK

Group Suggestions:

1. Obtain a calorie counter from your local supermarket, bookstore, health department or hospital nutritionist
2. Each person mark a diet recall record for the last 3 days - record all foods and drink consumed at meals and between as snacks - compute the calories using the counter values.
3. Now, over the next 5 days follow this diet plan and compare calorie figures.
4. You may wish to go a step further and figure the average number of calories consumed in each plan.
5. And you may wish to calculate cost.

There are several websites to help you calculate/count Calories. Begin with the USDA site at <https://www.nal.usda.gov/fnic/calculators-and-counters> . Then visit a meal planning app and enjoy putting meals together in a plan – ForksoverKnives.com

Introduction

The diet plan for this program is based on natural foods: natural in source, natural in preparation. Seasonings are modified, reduced fat and sweets are emphasized. If you are on a medically prescribed diet and must calculate dietary elements, please consult with your physician or dietitian before starting this meal plan. Otherwise, you will find this menu very basic. The Nutrition Guide in this kit provides you with interesting alternatives in a natural diet. The recipes have been chosen for ease in preparation and digestibility.

Some Cautions:

Because you are learning more about food interactions and effects of food and drug combinations, it is important during these two weeks to avoid the following food items:

- coffee
- tea (with caffeine)
- alcoholic beverages
- carbonated beverages
- Avoid cranberry, prune and plum juices the first 2-3 days
- hot peppers, salsa
- spicy condiments such as mustard and horseradish
- coldcuts, spiced and red meats
- high-fat, junk, or fried food

High saturated fat content, empty calories, and nitrites interfere with the building of a healthy immune system and add burden to digestion.

Day One Include:

- water (6-8 large glasses; flavor it with lemon or herb, if you like)
- herb tea
- fresh and frozen fruit juices: orange pineapple, apple, grapefruit, grape, papaya

Developing the practice of drinking a glass of liquid one half hour before your meal, rather than during, optimizes digestion.

- Drink a beverage when you feel a need to smoke.

NUTRITIOUS MEAL PLANNING CONTINUES . . .

Day Two Add:

- fresh, frozen, dried, canned fruit
- soups
- whole grain crackers
- raw vegetable sticks and chunks: carrots, celery, cauliflower, broccoli, green peppers, celery
- sunflower seeds
- skim/ low-fat milk and dairy or substitute with tofu, almond, or soy milk products

Day Three Add:

- whole wheat bread
- whole-grain cereals
- sandwiches-low-fat, salads, soups
- skim/low-fat milk and dairy products or substitute with tofu or soy milk

Day Four Add:

- fresh and frozen vegetables (steamed or boiled and lightly seasoned)
- Low fat protein entree

Please refer to the Nutrition Guide for suggestions in vegetarian cooking.

Day Five and Beyond:

Return to a balanced and nutritious mixed diet, but keep it low in saturated fat, sugar, cholesterol and salt. Avoid most fried foods. Follow these guidelines in selecting a tasty, nutritious regular diet:

- Include generous amounts of fresh or frozen fruits, vegetables, whole grains, and nuts.
- Avoid commercially processed foods which tend to be high in fat, salt, and preservatives.
- Eat the proper amount to maintain body weight. (We will address this in the Day Ten chapter.)
- Eat your meals at regular times in a relaxed and cheerful mood.
- Continue drinking 6-8 large glasses of water/day, particularly responding to your thirst.



EXERCISE BENEFITS

The benefits of regular exercise to you are invaluable for a feeling of well-being as well as improved health.

Consider these positive body changes that occur when you enjoy an exercise program:

- Your **Heart** becomes more efficient; resting heart rate decreases; it is more able to cope with abnormally stressful situations.
- Your **Blood Vessels** become more flexible and increase in number throughout the body, including the heart.
- The **Blood** increases in volume and the oxygen-carrying capacity increases.
- Your **Lungs** enjoy increased vital capacity and become more efficient.
- Your **Tissues** become lean, replacing fat tissue.
- Your **Muscles** become improved in tone, more efficient in action, and stronger.
- Your **Stomach** produces less acid; bowel activity is increased, making transit time shorter, regular.
- Your **Endurance** is improved.
- Your **Mental fatigue** is relieved
- Your **Sleep** comes easier and is more soundly and refreshing.
- Your **Immune System** is tuned up and disease is more easily resisted.
- Your **Self-Image** is improved.

Preparing for Your Fitness Program

1. The first important step, if you haven't already done so, is to check with your doctor if you have a condition or disease for which you are being treated. There may be some limitations or advice he should give you.
2. If you haven't been exercising, begin slowly and regularly in building strength and endurance. "No Pain, no gain" is no longer a standard for fitness. Respond to your body. Tension on the muscles is the normal challenge you should experience, but if actual pain is felt, back off in that particular activity and later begin more slowly and smoothly.
3. You should establish a "training heart rate" to guide you in safe limits. That way you will get the most out of your program and decidedly improve your cardiovascular fitness. To do that you should exercise (briskly walk, do aerobic dancing or exercise, bicycle, jump rope, etc.) for 10 minutes; then immediately locate your pulse (easiest found on side of neck in front of large muscle bundle) and count it for 10 seconds. Don't press hard on this area. Then multiply by .6 to get the rate for a minute. Using it as a multiplier gives you your low-end rate. Using .8 gives you your upper limit of training heart rate. Do not exceed this. Please use the formula on the next page.

FITNESS WALKING

Warming Up

It is necessary to warm up your muscles before starting out. For fitness walking this means stretching the back, the long muscles of the back of the leg and the front thigh, raising the torso for maximum expansion to allow adequate respiration, and stretching the calf muscles. Flexion and extension of the hips is a must.

Consult sources approved by The American Heart Association or The College of Sports Medicine for instructions. There is a magazine entitled **Walking** on the news-stands that gives excellent guidance.

A warm-up period of 10-15 minutes is adequate. Then start out at an even pace, build rhythm and speed as you go.

Technique and Style

Most fitness experts recommend at least 20 continuous minutes of brisk walking three times a week after the warmup to maintain basic fitness. To improve fitness or to lose weight, slowly develop a program in which you walk longer and more often, perhaps 45 to 60 continuous minutes 5 or 6 times a week

Brisk, or fitness walking, means moving at a rate of at least four miles/hr. (a 15-min. mile), with arms swinging, shoulders erect, lungs breathing deeply, and a mild sweat developing. Your heart should be beating at training rate during this time.

For most of us, the style is doing what comes naturally, but at a faster, more intense rate. The body is tilted just a little forward, the back is straight, the buttocks are tucked in, and the legs reach out farther in each stride. As each foot falls, the heel should touch the ground squarely and then the entire foot should roll toward the toes. Do not bounce or spring forward, but maintain a smooth, rolling, and flexible movement.

Breathe deeply. Play a game of breathing in slowly during four strides, then slowly exhaling during 6 strides. Use your abdominal muscles while breathing.

Pace your progress. After 2 or 3 weeks of walking at one pace and you feel comfortable at it, challenge yourself by increasing the speed or adding some aerobic arm exercises to your activity. In another month, increase the length of walking time and the distance. After another month, make it more interesting by changing the terrain - choose some hills. Join a walking club, plan a walking vacation in the future, join a benefit walk. The March of Dimes, American Cancer Society, and others have one every year in many communities.

Equipment

You don't need much for walking, but certain things are essential for comfort and monitoring progress.

Good, well-fitted shoes are a must. Read up on what is most appropriate for walking. As you may know, there are a variety of fitness shoes now that are designed for special activities. Those for walking need a specially-constructed padded heel and room for the toes to flex. Moisture-absorbing socks should be worn.

Loose-fitting clothes in layers provide comfort and adequate protection depending on the weather. A watch with a second hand or digital second indicator is necessary to monitor your heart rate and your mileage.

Training Heart Rate Formula		
_____	Maximum Rate	_____
_____	Subtract Your Age	_____
_____	Subtract Resting Heart Rate	_____
<u> .60 </u>	Multiply by	<u> .80 </u>
+	Add Resting Heart Rate	_____ +
_____	Training Heart Rate	_____
<input type="text"/>	=	<input type="text"/>

ARGUMENT MEASURES FOR WITHDRAWAL DISCOURAGEMENT



It's too hard to quit.	You aren't giving up anything worthwhile. You are becoming a winner. It's not easy, but millions of people have done it.
It is agony to go without.	Sometimes it can be rough. Use all the suggestions of this program if necessary to kill the urge and it will be easier.
I've tried to quit hundreds of times. I won't be able to stick it out this time either.	We learn by trying. Consider your past good practice. This time you have more information, you have learned more skills. And you have learned what usually draws you back to cigarettes.
Tobacco helps me relax.	Nicotine is a biophasic drug which first stimulates and then depresses. Exercise and a warm bath will give true relaxation. A walk in fresh air will dispel feelings of anxiety.
Nicotine helps my concentration	Smoking actually deprives your brain of oxygen, so the perceived power of concentration is short-lived.
If I stop using it , I'll gain weight.	There are better methods of weight control.
I won't know what to do with my hands.	You can keep your hands occupied in many other ways. Substitute that object with a pencil, polished stone. Whittle. Knit or crochet. Take up a new hobby. Doodle or draw. Volunteer in a community project.
Sometimes I have an overwhelming desire for it.	This is not unusual. You probably get the strongest desire for a cigarette at times when you smoked most frequently before. It's the association that rules. You can help yourself by avoiding high-risk situations as much as possible or planning ahead on what methods you can use to discourage those urges.
I might as well give up. I blew it!	Smoking one cigarette or using one wad of tobacco does not mean failure. It sets you back in your progress. You have also had some success. You must think about this - set your mind on the positive. You have learned where you are weak. But you really love being free of nicotine and value the benefits more.



A QUIZ ON “WHO IS IN CONTROL?”

**Where have you placed the responsibility of your health?
Who and what are controlling your life?**

Circle the answer that best fits you.

If I get sick it is caused by:

- a. my own behavior
- b. disregarding the laws of health
- c. circumstances beyond my control
- d. God’s will

When I recover from an illness, it is usually the result of:

- a. my cooperation with the laws of health
- b. answered prayer
- c. miracle drugs
- d. people such as doctors, neighbors, family, and friends who have been taking care of me
- e. good luck

My good health is dependent on:

- a. my own choices to live a healthy life-style
- b. doing only what my doctor tells me
- c. nothing. I will have good health no matter what happens.
- d. accident
- e. good fortune

**My health is controlled by my
life-style plus:**

- a. my determination
- b. genetic factors
- c. health professionals
- d. the environment
- e. the government

If you circled **a** and **b** on most of the questions, you are in control. If you circled answers **c**, **d**, and **e**, you believe other factors determine your health status. The closer your thinking is to the **a** and **b** answers, the better prepared you are to take charge of your life and become free from tobacco use. (The answers **c**, **d**, and **e** are not necessarily wrong; it’s just a matter of growth.)

A LESSON IN FRAGILITY: THE EGG EXPERIENCE

Over the next 2 days you are encouraged to “care” for a fresh egg so that it is protected from breakage as you take it with you wherever you go.

Keep a diary of your experiences in this box.

Enlist the help of your group if you are in one.

On Day Six gather around and listen to the message, and chat about this experience and what it reveals to you about life.

I had to _____

It made me feel _____

People are saying _____

Others have this advice _____

It reminds me of _____



Day Five

LEARNING HOW TO SOLVE PROBLEMS

Objectives:

1. Reinforcement of:
 - diet plan
 - exercise plan
 - quitting skills
2. Learn problem-solving principles
3. Learn how to handle a relapse
4. Learn how stages of a grief process relate to putting nicotine in the grave.

You may feel that your problems are overwhelming this week.

Our time today is devoted to finding ways to cope and when possible to develop solutions.

We suggest that you review your inventory in the Day One lesson on "Why Do I Smoke or Vape?"

What was the overall reason for your using it? Was it:

Handling - liking the way the cigarette felt between your fingers and your lips and liking the ritual of searching in your pockets for it, posturing to light up?

What can you do now for a healthy behavior?

- For an immediate substitute, manipulate a smooth object in your fingers, stroke your fingers through your hair or that of your loved one, finger yarn or soft fabrics.
- Prepare and examine a healthy snack such as berries, grapes, veggies and place them slowly between your lips before munching.
- Apply your hands to a hobby and train your mind and body in a new ritual related to productive activity.

Stimulation - or drug effect

Ways to avoid depression or decreased energy periods:

- Eat a careful nutritious diet and lots of pure and/or flavored water,
- Exercise regularly and breathing deeply, with some activity in the sun or outdoors,
- Enjoy pleasurable relaxation and reduction of tension,
- Get adequate sleep.

Habit/Craving

You first must make a choice of whether you desire to quit or not and is it now? This program is a process of retraining the mind and personality to replace that habit with a healthier lifestyle.

Ten Commandments for Problem Solving

I

Thou shalt ask the Lord thy God for help. He never tires of thy asking, and He is generous in giving wisdom.

II

Thou shalt deal with one problem at a time. It is risky and dangerous to hassle with multiple problems all at once.

III

Thou shalt take sufficient time to “cool off” in thy private setting. Do not keep heat under thy collar as no good is accomplished if thou art boisterous.

IV

Thou shalt talk to the person or persons involved. Communication is golden!

V

Thou shalt communicate in a quiet place.
The blare of the radio or TV is hard on thy nerves.

VI

Thou shalt patiently listen to the other side, not interrupting until it is completed.

VII

Thou shalt admit that thou art not perfect and that thou art not free from mistakes.

VIII

Thou shalt always be kind and tactful - knowing the difference between “tact” and “tack”.
One heals; the other hurts.

IX

Thou shalt be willing to give in if thou art wrong. It will enhance thy character.

X

Thou shalt forgive and forget - enjoying the resulting peace and happiness.

Problem-Solving Formula

1. Break down into small parts and identify
 - a. the people involved
 - b. the event
 - c. the responsibility - who?
 - d. the resources
2. How much can I delegate to others?
3. What can I do?
4. Prioritize the now and later
5. Be realistic about what can be done



The process of quitting a friendship with Nicotine is much like the grief process many pass through when losing a loved one.

Denial

Finding excuses to continue to smoke by arguing that it won't harm you even in the face of convincing evidence.

Bargaining

Trying to buy more time before a decision must be made by making conditional promise.

Anger

Expressing impatience and criticism about tobacco control and cessation efforts in society and in one's own community and predicting failure.

Guilt

Remorse for not quitting sooner before it had cost family and you so much concern.

Depression

Becoming discouraged when the quitting process does not go as well as you expected.

Acceptance

Recognizing the change and acknowledging benefit and strength.



You may have seen the world in shades of grey when you awoke this morning. After the passing of time and a different perspective, the world now looks rosy because you are gaining control. Just like the changing images in these frames.

Day Six

DEFINING THE EXPERIENCE OF A CHANGING MINDSET

Objectives

1. Learn about the fragility of life and responsibility toward it by evaluating my egg experience
2. Learn about the power of the mind and the biochemical processes that contribute to stress
3. Learn the 7 secrets for coping with stress

Learning to Cope with Stress

Stress is the cumulative effect of normal and abnormal pressures of daily living that test the individual's ability to cope.

People who can meet the demands of life:

- do something about their problems as they arise
- accept their responsibilities
- shape their environment whenever possible; otherwise they adjust to it
- plan ahead but do not fear the future
- welcome new ideas and experiences
- use their natural capacities and talents
- set attainable and realistic goals for themselves
- get satisfaction from what they accomplish

Think Bubbles

Suppose you lack ideas for creating a new future. Here is a graphic technique for shaping ideas known as "Think Bubbles," adapted from Michael Michalko's book, *ThinkerToys*:

Think Bubbles allow you to organize your mind in a variety of ways and lets you see relationships between different parts of the problem. You are actually developing a map of your mind's thought process. *That's the importance of this exercise - the process.*

Step One: Sit down with paper and writing materials and state the challenge or problem at the top or in the center of your paper (whatever your creative thought directs you to do). While looking at that, jot down all the impressions that come to mind. Perhaps you want to separate them from each other by an encircling cloud, a different color, a box, position.

Step Two: Connect those ideas or impressions that are similar or of equal importance. Be flexible and imaginative.

Step Three: Concentrate only on the key words in your phrases; think about the associations they stir.

Step Four: Now do something absurd - connect ideas or items that are unrelated or isolated. Consider how these might work together or relate to each other. Pretty soon you will see clusters forming. This makes the information more accessible to the brain, because the brain maps thought in a similar method to this.

An Example might be:

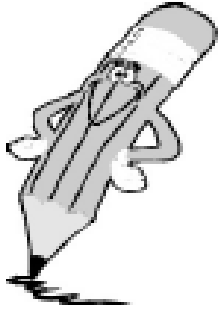
"Carpooling to work with smokers now that I am a non-smoker"

Impressions might be alternatives like bus, train, own vehicle, another car pool; barriers to each; identity of another like you; campaign to change smokers into nonsmokers; and the ideas begin to flow.

Step Five: Now step back or leave this map for a while. When you return you may have fresh ideas or perspectives to add. You may move bubbles around to satisfy new concepts or new information.

This visual technique allows you to explore all the facets and facts in a manner that your brain can relate to, resulting in choices toward solution.

This space is for your ThinkBubble exercise . . .



COPING WITH STRESS THROUGH RELAXATION AND EXERCISE

Learning to Cope with Stress

Stress is the cumulative effect of normal and abnormal pressures of daily living that test the individual's ability to cope.

A Peaceful Mind

There are two days in the week about which I never worry.

Two carefree days kept sacredly free from fear and apprehension.

One of these days is yesterday - and the other day I do not worry about is tomorrow.

—Robert Burdette

Tension may occur at any time: at work, while doing activities at home, at night when you are trying to go to sleep. Choose appropriate exercises from these pages to provide relaxation.

Movements while sitting

1. While both feet are on the floor, arch your toes towards the heel and hold for 5 counts. Then point your toes toward your nose and hold 5 counts. Relax 10 counts.
2. Straighten both legs and extend both feet by pointing the toes away from your head. Count five and relax for 5 counts. Repeat 10 times.
3. Tighten the abdominal muscles, pull in, and count to five. Relax slowly for the count of 10.
4. Take a deep breath, raise your chest without raising your shoulders and hold to count of 5. Exhale slowly and repeat 10 times.
5. Place one hand on your chin and push to resist the movement of your head in the opposite direction. Turn your head to the right slowly, hold for 2 counts, then slowly turn your head to the left and hold for 2 counts. Relax. Press your hand against your forehead and hold for count of 5 and release.
6. While sitting in a firm chair with arms, push your body up with your arms, thighs parallel to the floor, toes pointed to the floor. Repeat 3-5 times slowly.
7. With your back straight, encircle your arms in front of your abdomen and slowly spread them in an ever-widening circle outward and upward like an opening flower, inhaling slowly while doing so, until your arms are raised straight above your head. Hold to count of 3. Then slowly lower to sides. Repeat 5-10 times.
8. Squeeze your buttocks together to count of 2 and release. Repeat 5 times.

Standing movements

1. For waiting in line - Stand with your left foot about 18 inches in front of your right foot. With your left knee slightly bent and back straight, lift right heel off floor and shift weight onto left foot. Hold for 3 seconds. Then lower right heel and shift weight to right foot. Straighten left knee and lift left foot, keeping heel on floor. Hold again. Repeat 5 times.
2. With back in alignment, buttocks tucked in, raise arms and arms slowly lowering in front; arch your back from buttocks upward and round your shoulders until hands swing

LEARNING HOW TO COPE WITH STRESS THROUGH RELAXATION AND EXERCISE

More on Relaxation . . .

Standing movements, cont'd

over head; lower hips while bending knees to less than 90° past your feet on either side to the back. Slowly straighten torso with arms at sides and inhale.

3. Pin your shoulders as flat as possible to a wall, elbows bent at shoulder height, hands raised. Slowly, without moving any other part of the body, bring the elbows forward with your forearms only, till the palms touch the wall down at waist level. Hold for a count of 3, then release.

Movements to relax face

1. Press your lips together for 5 counts, then relax for 5.
2. Wrinkle your forehead. Raise your eyebrows. Hold for 5 and relax.
3. Shut your eyelids tightly for 5 counts; relax for 5.
4. Drop lower jaw and widen eyes, hold for 3. Relax.
5. Grimace and relax.

Movements for hands

1. Clench fists for count of 5, then relax. Repeat 10 times.
2. Spread fingers on table or desk and raise fingers one-by-one, starting with thumb. Then press each one individually onto the table surface and release.

Stretching Angel * Illustration on next page.

To increase your vital capacity (ability to breathe in to the max.):

Stand with feet together, head up.

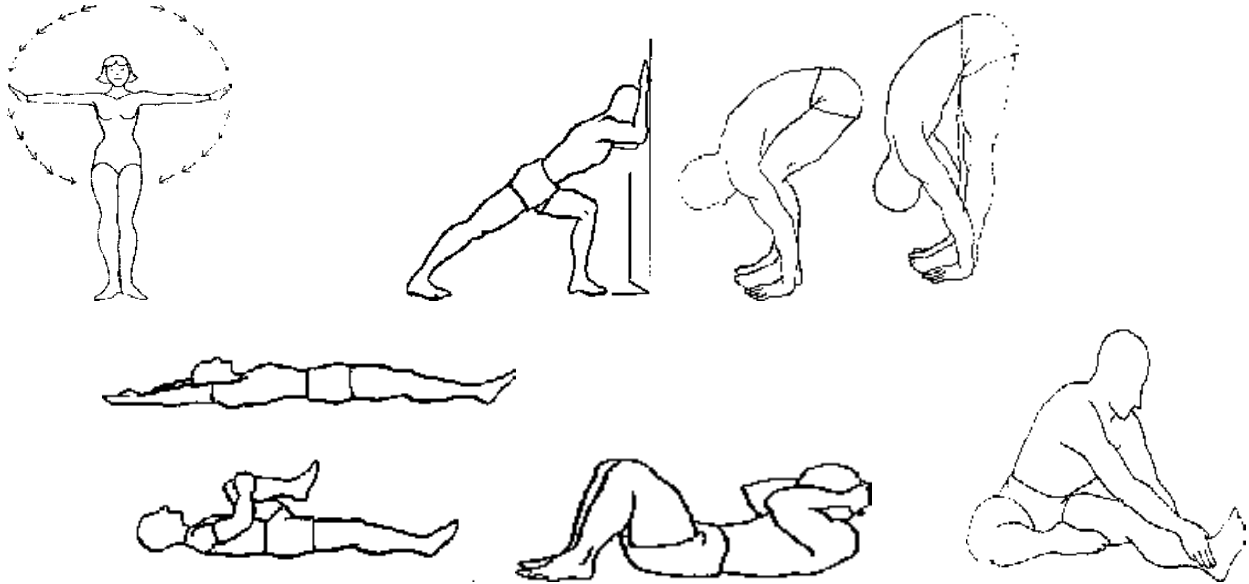
Clench both fists tightly together; raise both arms, with clenched fists, forward and up over your head, holding fists firm throughout motion.

When arms are overhead, open the palms; lower the arms to the side, keeping the palms at right angles to the body all the way down.

Relax arm and hand at the sides of the body. Repeat 10 times.

Standing Hamstring Stretch

1. Stand upright 4-5 steps from a wall.
2. Bend one leg forward while keeping your opposite leg straight.
3. Lean against the wall, keeping your head, spine, pelvis, extended leg and ankle in a straight line.
4. Keep your rear foot with heel down and parallel to your hips.
5. Exhale, bend your arms, move your chest toward the wall, and shift your weight forward.
6. Hold the stretch and relax for a count of 10-20.



Floor Stretch

1. Lie supine with arms overhead, feet together.
2. Stretch out as far as you can reach.
3. Move arms in a semicircle down to sides while drawing your knees toward your chin.
4. Hug your knees and hold for count of
5. then release one leg and extend it.
6. Alternate the same maneuver with the other leg.

Abdominal Crunch*

1. Lie on the floor supine with knees at a right angle, hands clasped behind your head.
2. Draw your shoulders off the floor with the contraction of your abdominal muscles, and not pulling with your hands.
3. Hold for count of 2, then release. Repeat rhythmically for 8 times, relax for 2, and repeat.

Seated Three-Point Stretch*

1. While sitting upright on the floor with one leg bent and the other outstretched as shown, exhale and bend at the waist, lowering your extended upper torso onto your thigh. Reach for your ankles and later for your instep.
2. Hold the stretch and relax for a count range of 5-10.
3. Repeat for the other side.

Seated Three-Point Stretch*

1. While sitting upright on the floor with one leg bent and the other outstretched as shown, exhale and bend at the waist, lowering your extended upper torso onto your thigh. Reach for your ankles and later for your instep.
2. Hold the stretch and relax for a count range of 5-10.
3. Repeat for the other side.

Day Seven

THE COMING WEEKEND

Getting ready for the weekend requires special preparation.

Listen carefully to today's message for suggestions in making weekend days a breeze. Include your group in weekend plans for support and understanding. Discuss together opinions on the best ways to handle the situations proposed by Chet.

*

"I am happy not smoking. My soul thrives on the satisfaction I feel from sticking to this momentous decision."

*

"I am not kidding myself on the installment plan anymore. It feels awesome"

*

You can be as successful in not smoking as you can in playing tennis or the saxophone, in mowing the lawn, or in tying your shoes. It just takes practice.

*

Quitting isn't as hard as staying quit. It can't be done with your will power . . . it is done by surrendering.

*

Sharing past and present experiences with other new non-smokers in a group provides satisfaction of a different sort.

*

Worry is the interest paid by those who borrow trouble

—George Lyons

Unscramble These Lifestyle Remedies

1. HSFERRIA _____	5. EPRU TRWEA _____
2. UHNISSEN _____	6. PELSE _____
3. OFOD DOGO _____	7. PANTMERCÉE _____
4. SREXIECE _____	8. STSTURODG _____

(Hint: THEY ARE NATURAL!)
ANSWERS CAN BE FOUND AT BOTTOM OF PAGE.

1. fresh air 2. sunshine 3. good food 4. exercise 5. pure water 6. sleep 7. temperance 8. trust God

Day Eight

The Art of Relaxation

Objectives

1. Learn about the mind-body connection and how addiction works.
2. Examine how well I can relax.

The craving urge is a tactic of a real war for the independence of our body and mind. The fascinating limbic system and the pleasure principle are briefly described in today's message.

On the following page you will find a revealing inventory on **"How Well Can You Relax?"**

Here is the State of the Art

Become involved in this peaceful experience as you listen to today's recording. It is a fun group exercise. Practice it today, then assist each other to do this in the future when you recognize the need.

- Find a quiet place with an easy chair or thick carpet (man-made or Nature's grass) on which to lie. Plan to spend 15 minutes in this exercise. Turn out the light or close the curtains. Loosen your clothing - belt, tie, shoelaces, watch.
- Turn off radio, T.V. , disconnect the phone or forward calls. You must eliminate everything that would distract your concentration.
- Close your eyes gently. Open your mouth slightly. Do not cross arms or legs. Make yourself comfortable with arms at sides and head well supported. Once comfortable, avoid moving unless it is to improve your position. Inhale deeply, retain the air 2-3 seconds, then exhale. Repeat this 3 times.
- Slow down the speed of your thoughts until you can imagine yourself travelling with a radio wave to the outer reaches of space; or floating along with the wind of the ocean on a beautiful, sunny day. If you are near an open window or outside, notice the sounds of the birds, the breeze, the lapping waves on the beach.
- Raise your eyebrows slowly and widen your facial expression to one of surprise. Drop your lower jaw. Hold that for 5 counts, then relax.
- Slowly raise your shoulders and lower them 3 times. Turn your head to the left to the count of 2 and slowly to the right to the count of 2, then repeat 2 more times.
- Open and close your fingers slowly 5 counts.
- Pull in the abdominal muscles and release 3 times - taking a deep breath when pulling in and exhaling when relaxing.
- Finally, slowly pump your ankles - drawing your toes toward you and stretching them toward the floor 5 times.
- Now take a deep breath and ever so slowly let it out, allowing your body to sink into the chair or object on which you are relaxed. Maintain that position until you are dozing or until you can feel the pleasure of success and are rejuvenated for the next tasks at hand.
- Practice this technique daily if necessary to obtain balance in your life. Add to it the visualization of unique places and experiences that bring pleasure. Be creative. Some would like to add soft, relaxing music or recorded nature sounds. Some have found that certain pleasant odors or fragrances induce relaxation - like baking pastries, cinnamon, mint.

What are some of your ideas? Mark them down here:

Day Nine

FULFILLING RESPONSIBILITIES DURING A LIFESTYLE CHANGE

Objectives

1. Learning about solutions to the smoking culture around me in the workplace.
2. Learning how to cope with difficult situations while being a caregiver.

Our daily responsibilities demand energy, thought, preparation, and organizational skills whether they are the work we do to earn a living or the care we give to those who may be dependent upon us.

When you are in the process of changing your lifestyle and those commitments to work or others do not change, tension sometimes results. This is a time when you need a smooth road of support. But what if it doesn't work out that way? How do you cope with the increased stress and not slide back into your old way of life--smoking or chewing tobacco?

Does your worksite make it difficult for you to maintain control over your cessation program?

Is there a "smoking culture" there? Mandatory efforts to eliminate use of tobacco in the workplace have changed that environment dramatically. In most worksites a shelter outside the facility is created to accommodate smokers while inside it is smoke free.

But has the ambiance or attitude of co-workers changed for the better? What do you see in your workplace and how do you feel about it? Jot down your thoughts and the ideas below from a discussion with your group.

Action Plan

Most smokers really want to quit. It is unpopular and life-threatening. You may be the catalyst to start a movement in your workplace to quit tobacco use.

Here are some ideas to begin with:

- If your company/business has a health nurse or counsellor discuss ways you may help in efforts already going on to help employees to quit tobacco use.
- If there is no health professional, ask your employer or superior about forming a health committee to plan a "No Smoking" policy.
- Locate other non-smokers and former smokers and make a wish list of changes that would help you maintain a safe and healthy work environment and present it to your employer with the offer to find and arrange with the community agencies that could help you achieve those wishes.
- Buddy up with another smoker who wishes to quit and share this program with him; or gather a group to use this program.
- Offer to accompany a fellow worker who smokes to a community group quit smoking program put on by the American Cancer Society, hospitals, churches.

Notes on Worksite Problems for Ex-tobacco product users . . .

SPECIAL CONCERNS OF CAREGIVERS

If You Don't Work . . .

If for any number of reasons you are not in the 'workforce', you may apply some of the principles mentioned in this lesson to the group activities you regularly engage in: your volunteer group - the Rescue Squad or Fire Department, hospital or nursing home auxiliary, the bridge club, the literary society, the athletic club.



if you Are a Health Care Professional or Para-professional . . .

Record below your belief about nicotine products and the example you set before your patients and co-workers:

What strategies will you use to squelch a nicotine craving that will demonstrate success to your colleagues and patients?

1. _____
2. _____
3. _____
4. _____
5. _____

If You Are a Parent or Child Care Worker . . .

List below ideals you may have about modeling health before children in your care:

1. _____
2. _____
3. _____
4. _____
5. _____

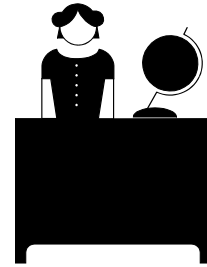
List below strategies you will use in coping with frustrations you face in the demands of providing childcare:

1. _____
2. _____
3. _____
4. _____

What are some keywords or sayings you will use to remind you of your commitment to be tobacco-free?

("I am special",
"Freedom?",
"Sweet breath",
"Breathing Free?")

If You Are a Teacher or Youth Leader . . .



How will you assure a smoke-free environment on your school/organizational campus?

1. _____
2. _____
3. _____
4. _____



How will you begin to model as a healthy ex-smoker/nonsmoker before your students?

1. _____
2. _____
3. _____
4. _____

What will you do to prevent tobacco use among your students?

1. _____
2. _____
3. _____
4. _____

How will you gather support and encouragement from your fellow teachers in your personal effort to quit?

Day Ten

HEALTHY LIFESTYLE BUILDING BLOCKS

Objectives

1. Reinforcing the new lifestyle
2. Learn about staying power
3. Learn Weight Control strategy

Beginning a new week with renewed determination requires some checking up.

Follow along with your video message for today.

With short-term goals established, it is time to set some long-range goals . . . a new sport, home project, involvement in an organization, changes at work, changes at your school, personal improvement.

Begin to notice the calculated advertising of the tobacco industry.

Who are the ads meant for?

Answer: youth, young women, young adults, minorities.

What does the advertising promise the tobacco user it cannot deliver?

Good looks, freedom, poise, social acceptance . . .

Do you have an interest in environmental issues? I hope you are developing a sensitivity to the effects of smoking on our environment. Think about these:

- The careless attitude demonstrated by smokers who flick their butts and ashes along pathways of human travel either by foot or car or bike
- The smoke pollution emitted into the breathing space of others

How to Stick With Your Exercise Program

1. Choose exercise that pleases you. If you find you don't like walking, choose something else that still produces the cardiovascular effect you need. It is important to enjoy what you are doing.
2. Perhaps you may want to vary the exercises and walk one day, swim another, jog another.
3. Take your exercise one day at a time. Avoid becoming too tense and driven about it. Plan for it in your normal weekly routine. Have alternatives for changes in the weather.
4. When exercising outdoors, notice your environment - the people, things of nature, the sky, even the response of your own body. Think creatively. Listening to music that is especially chosen to motivate your exercise and promote rhythm is very interesting. There are audio tapes for everyone's choice in music style.
5. Make sure that you have good equipment or sportswear for the activity. Avoid spending a lot of money on your fitness program if you really can't afford it. Keep things simple, uncomplicated, and free of worry.

I will remember that my actions today set an example for someone else. I pray for strength to make them positive.

What a miracle it is to move through a whole day without smoking/vaping. Share the miracle!

CONTROLLING YOUR WEIGHT

Sometimes it is helpful to think of a new way of life in metaphor or by symbols. It gives us a word picture to guide us and ideas or concepts on which to hang our purpose.

Today we continue by discussing your NEWSTART way of life as blocks we build with. Major building blocks in a healthy lifestyle program are:

Water — necessary for bathing the body cells and carrying away waste.

Fruits and vegetables, which contain a high percentage of water, also carry important minerals that maintain normal cell activity. Water is needed to complete digestion.

Exercise and Deep Breathing — necessary for strength of the heart and lung system

Surface Stimulation — necessary for optimal circulation. This is accomplished by vigorous bathing in a shower, by brushing your hair, by general physical activity.

Rest and Relaxation — provide respite for brain and nerves, for mental peace.

Nutrition — provides appropriate fuel for growth and activity and pleasure.

While the recommendations of the American Heart Association include certain fish and lean meats, the author wishes to emphasize the benefits to health and safety in eating a vegetarian diet without meat or meat products, but rich in fruits and vegetables. Have you noticed all the attention these days on the Plant Diet?

What is Your Calorie Need? The following formula is designed to help you determine what your daily calorie need is:

1. Your Basal Calories=Desirable weight(pounds) X10
(Basal calories are those needed to maintain basic body functions at rest)
2. Add Activity Calories
 - a) Sedentary=Desirable weight X3
 - b) Moderate=Desirable weight X5
 - c) Strenuous=Desirable weight X10
3. If you want to lose weight, subtract calories for weight loss (a deficit of 500 calories/day will initiate one pound of weight loss/week.)

Those who lose weight through exercise maintain their weight loss better than do those who lose weight by dieting.

There is no magic formula, but the key is moderation, balance, and consistency in order to control weight. The active, fit, and healthy individual eats quite robustly of heart healthy foods and is not constantly preoccupied with calorie counting. That is why we are not emphasizing diets based on certain calorie categories.

Once you know how much fuel you need to maintain your activity level, choosing foods low in fat, sugar, salt, and empty calories and getting sufficient quantities of protein and carbohydrates, you will have control on weight maintenance.

A supplemental Nutrition Guide is provided on this LivingSmart website to enhance your understanding of what your body needs to support the high expectations you have set for health. You will find it helpful.

Day Eleven

IMPROVING YOUR MENTAL HEALTH

Objectives

1. Examine my life priorities
2. Examine my happiness quotient
3. Assess for depressed mood
4. Learn how to correct job burnout

Did you enjoy the story of "The Peasant and the Industrialist" today?

Do you find yourself in a working knot?

Do you face job or responsibility burnout?

Job Burnout Symptoms:

- Your energy level is decreased
- Your sleep pattern is altered
- You have head or back pain
- Appetite is changed, intestinal problems occur
- You have shortness of breath, you sigh frequently
- You have frequent cold or sinus problems
- Your mood changes
- You are too critical of others

A Follow-up Discussion with Your Group

After listening to the Peasant and the Industrialist apply the ThinkBubble method (Day Six) to these questions:

1. What are the 3 most important goals to me in life?

- a. _____
- b. _____
- c. _____

2. What am I doing to support/build on each of those goals?

- a. _____
- b. _____
- c. _____

3. How much is this costing in time, energy, money, and health?

- a. _____
- b. _____
- c. _____

4. Do I have enough resources (time, energy, money, health) to achieve my goals? __ Yes __ No

5. What is do-able? What is lacking?

6. What changes should I make in my priorities to optimize fulfillment of my goals?

The simplest, most effective step against job burnout is to change your routine.

In understanding our bodies and being aware how we change physically and emotionally from day to day, we can take more intelligent steps to help ourselves. Then it is easier to see that some things we do cut short the messages our body tries to give us - like using caffeine, nicotine, or other drugs to stimulate, sugar-laden snacks to quell hunger, overstimulating entertainment to hide emotional concerns.

Remember, you may go back and review the daily messages for reinforcement if you need it. That's the advantage of this program design—it is flexible.

IF I GET DISCOURAGED TODAY, I'LL THINK OF THE MANY THOUSANDS LIKE ME WHO HAVE CHOSEN TO
ELIMINATE TOBACCO. I'LL IMAGINE ALL OF US RAISING OUR ARMS AND VOICES
IN A TREMENDOUS CHEER!

3 more days to GRADUATION!



Day Twelve

PRACTICING INDEPENDENCE



I can't believe the whole neighborhood is supporting my effort.

Now I understand that when I was in a self-seeking, pleasure-searching activity like smoking (or vaping), I was actually tuned out from the world. I was putting my desires before others. Today I am much happier and content. And I am focused on making others happy.

A year from now you will say, "I can remember walking down the street in the early summer after quitting and smelling the honeysuckle before I even saw them. What exhilaration!"



Wow! My wrinkles are gone, and eyes are brighter!

Other Changes I am Excited About . . .

1. _____
2. _____
3. _____
4. _____
5. _____

Since I threw away the snuff and stopped chewing, my breath is nice, and I look forward to getting rid of that yellow stain on my teeth. My dentist is going to help. Food tastes much better. No, no, no. I am FREE now . . . not going back!



I have much more energy, so I've taken up hiking and farming! See my beans?



I am typing a letter to my Senator, asking him to support a bill before Congress to regulate the manufacture and sale of vapes. I learned my lesson about their harm.



My friends at work are contributing the \$1000 I am saving in one year from not smoking to a local charity in my name.

Already, my cough and sputum are almost gone! And I can breathe deeper. My singing voice is improving, too.



Day Thirteen

HEALING THROUGH INVESTMENT IN OTHERS

Objectives

1. Learn about prevention strategies for potential relapse
2. How to get involved in helping others

What Can You Do to Help Others Outside Your Personal Space?

How can you apply your strengths and skills to help others?

- Become a partner to a fellow worker, friend, or family member who desires to quit using tobacco.
- Schedule an assembly talk in your local junior high or high school to discourage youth from smoking and vaping.
- Organize or assist in a worksite smoke-free program.
- Join the efforts of your local chapter of American Cancer Society, American Heart Association, or American Lung Association.
- Become a volunteer for an addiction program.
- Contact your local, state, or federal government agencies that are involved in non-smoking policies or programs that will make a positive change in the lives of others. On the next column are some agencies that would welcome your interested call.

Agencies:

American Cancer Society

1599 Clifton Road, NE
Atlanta, Georgia 30329
(404)320-3333

American Lung Association

1740 Broadway
New York, NY 10019
(212)315-8700

American Heart Association

7320 Greenville Avenue
Dallas, TX 75231
(214)750-5300

Action on Smoking and Health

2013 H Street, N.W.
Washington, D.C. 20006
(202)659-4310

Environmental Organizations like the recreational department, the local school board, home care agencies, addiction treatment centers, hospitals during the time they offer smoking cessation programs, fitness clubs when they do the same, walking or bicycling benefit events would appreciate your involvement.

Knowing what you know about the long-term effects of tobacco use and the growing burden on the health care system, you may be stirred to be involved in activities.

Did you know. . . ?

- 20% of Americans smoke every day. Over 70% of adults who have smoked started smoking daily by age 18
- The smoking rate of prevalence of cultural-racial groups is highest among American Indians
- Smoking rate of prevalence by gender is highest among men who have dropped out of high school (42%)
- The U.S. is the leading exporter and importer of tobacco
- Almost 600 billion cigarettes are consumed domestically by the U.S. onshore and offshore and its possessions
- You can find many facts about the tobacco industry, international activities of tobacco control, the Tobacco Treaty among nations, and what organizations are doing to save children from the lethal practices of tobacco use at www.tobaccofreekids.org.
- You can find worldwide facts about anti-tobacco activities at http://www.cdc.gov/tobacco/data_statistics/fact_sheets/index.htm

CHECKLIST OF SYMPTOMS LEADING TO RELAPSE

Chronic Fatigue

- Have you been getting regular sleep?
- Are you taking moments to relax through the day, to fill up your “cup” again?
- Have you found yourself hopelessly busy as you eagerly fill your day with activities that distract from the old dependent habits of smoking?
- Fatigue or exhaustion bring mental depression leading to physical symptoms like headaches, anxiety, stomach complaints.

A rested, vigorous state of health keeps your mind alert and resolve strong.

Moodiness

- Do you find yourself wanting to be alone, rejecting the social times you usually enjoyed?
- Are you angry some days, tearful others?

Take inventory of your food intake

- Did you let those high fat and high sugar snacks and desserts take a bigger place in your daily menu?
- Are you drinking enough water?
- Is your meal balanced between fruit, vegetables, simple carbohydrate foods (potatoes, pasta, cereals, breads) and proteins?

Review your exercise activities:

- Are you challenging your cardiovascular and respiratory systems at least 3 times a week?
- Being healthy brings satisfaction and improved self-esteem that dispels mood changes.

Impatience

- Are you impatient with the course of your own improvement?
- Do you feel it is taking too long to correct your bronchial or lung condition, too long to build up your endurance, too long to get rid of the craving for nicotine?

Remember, each individual is a distinct biological machine with different operating instructions. We heal on different schedules, which are determined by the amount of abuse and damage inflicted on us.

Be happy for each day and the breath you have to experience it. Develop your present assets to their fullest. Discuss this with others to learn their view of your progress. Often, we see things in a more pessimistic perspective than they do.

Forgotten Gratitude

- You may be concentrating on your present limitations and frustrations.
- You may not have understood the tremendous change for the better that has occurred in your life.

You have gained control over an octopus! You have tasted the good life and allowed your miraculous body to resume its natural, unpolluted functions!

- You have probably leaned on an awesomely unselfish friend while you were guided through this process.
- Careful use of nicotine patch, gum, or spray or medication may be helping you in your life change efforts.
- You may have felt the power of God in your life.
- This is the time to remind yourself of how grateful you are!

“It won’t happen to me again”

You are a winner now. You won’t be hoodwinked into smoking again.

That positive attitude is to be praised. And that should set the tone of your daily pursuits.

In perspective, remembering the reality of your humanness and the strength of the advertising world, the influence of friends or family, and the power of a weak moment, you must always be on your toes, renew your resolve daily.

Keep your connection alive with your Heavenly Powersource.

Day Fourteen

GRADUATION DAY!

You Have Taken Control!

You don't need to feel alone. We won't abandon you and thus dilute your success. We want to keep in touch with you and we will do that through our Phone Coach who will call you on a mutually-agreed schedule over the next 12 months. We want to be satisfied that you have the support system you need as you move on in recovery from the very insinuating addiction now in your past.

Testimonials of Graduates

- "I can't say there is no more desire for cigarettes - that would be untrue. But I have filled my life with so many other healthy activities and interests that those fleeting moments are just that-- momentary, and I can handle that, because I feel so much better now"
- "My open-heart surgery (CABG, coronary artery bypass graft) threw a real scare in me. Having a program like this to get me ready for surgery by helping me off my addiction to tobacco was a real lifesaver."
- "Thanks to the guidance in this whole health-oriented program, I have improved my life and can give better direction to my family by my example."

A Personal Word

We have enjoyed spending these last 2 weeks with you. As a graduate of Taking Control you have accomplished remarkable changes. It hasn't been as difficult as you expected and I am sure you feel very good about yourself!

My wish for you is that you inspire someone else to gain control over the use of tobacco and save a life!

Linda Royer, PhD, RN, MPH, MSN

Program Director



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