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Combine Medications.  
chevron circle right  
icon. Use a long-acting  
form of NRT (nicotine  
patch) together with a  
short-acting form (such  
as nicotine gum or  
lozenge). Compared to  
using one form of NRT,

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this combination can  
further increase your  
chances of quitting.  
Top of Page.

## **How to Quit | Smoking & Tobacco Use | CDC**

How to Quit Smoking  
Medications. Research  
shows that using a  
medication to help you  
quit smoking can  
increase your chances  
of being... Counseling.  
Counseling combined  
with medication makes

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it even more likely that  
you can quit smoking  
and stay away from...  
Apps. Help to quit  
smoking is as close as  
...

## **How to Quit Smoking - American Cancer Society**

There are several  
types, including  
nicotine gum, patches,  
inhalers, sprays, and  
lozenges. They work by  
giving you nicotine  
without the use of

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tobacco. You may be more likely to quit with nicotine...

## **Ways to Quit Smoking: Cold Turkey, Nicotine Replacement ...**

Quitting Smoking For Good And there we have it—five tips on how to quit smoking cigarettes. As you can see, there are a few things that you can do that'll help with the process.



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## **How to Quit Smoking Cigarettes - Lifestyle**

Quitting smoking: 10 ways to resist tobacco cravings

1. Try nicotine replacement therapy. Ask your doctor about nicotine replacement therapy. ... Short-acting nicotine...
2. Avoid triggers. Urges for tobacco are likely to be strongest in the situations where you smoked or chewed

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tobacco... 3. ...

**Quitting smoking: 10  
ways to resist  
tobacco cravings ...**

In place of smoking  
cigarettes, try  
sunflower seeds, sugar-  
free lollipops, gum,  
carrot or celery sticks  
or another healthy  
snack if you're  
concerned about  
weight gain,  
[smokefree.gov](http://smokefree.gov)  
suggests. You can also  
switch your cigarette

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habit for a nut habit,  
and eat four nuts in  
their shell for every  
cigarette you want to  
smoke.

## **Quit Smoking: 22 Ways to Stop Smoking for Good | The Healthy**

Choose your quit date  
and prepare to stop  
smoking altogether on  
that day. There are  
several ways to stop  
smoking, but  
ultimately, you need to

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## PDF How To Stop Smoking The Easiest And Most Effective Guide To

decide whether you are going to: quit abruptly, or...

### **Five ways to quit smoking - Medical News Today**

Once you've smoked your last cigarette, toss all of your ashtrays and lighters. Wash any clothes that smell like smoke, and clean your carpets, draperies, and upholstery. Use air fresheners to get...

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### **13 Best Quit- Smoking Tips Ever - WebMD**

Pick up a new hobby. If smoking is something you tend to do when you're bored, some new hobbies may help. Consider revisiting old favorites, like building models or crafting. If old hobbies don ...

### **How to Stop Smoking Weed: Cold Turkey, Gradually, with Help**

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The Easy Way to Stop Smoking is a self-help book written by British author and accountant Allen Carr. The book aims to help people quit smoking, offering a range of different methods. It was first published in 1985. Although championed by many celebrities, there has been limited empirical study of Carr's method.

**The Easy Way to**

*Page 14/22*

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**Stop Smoking -**  
**Wikipedia**

Willpower / Cold Turkey  
(stop smoking  
immediately)

Treatment: This is the  
method most  
commonly used by  
smokers in their  
attempts to stop. The  
aim is that by stopping  
smoking, without any  
support, and utilising  
sheer willpower they  
will overcome their  
nicotine addiction and  
be free.

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## **How to Stop Smoking - Top Tips & Best Ways | Allen Carr**

Try nicotine replacement therapy. NRT is one of the most successful tools for treating smoking addiction, with a 20% success rate. By chewing gums, eating lozenges, or wearing patches, you get the nicotine their bodies crave while gradually



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## Quit Smoking **How to Stop Smoking Instantly: 15+ Effective Ways to Quit ...**

How to Stop Smoking  
Forever with Hypnosis.

Published on: 8th  
November 2020

Published in: Smoking.

I want you to be really  
successful. Stopping  
smoking is often said  
to be one of the

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Smoking The  
hardest things to do.  
Fastest And Most  
Using hypnosis, together, we can make  
Effective Guide To  
it much easier. Here  
Quit Smoking  
are four essential  
things you need in  
place so you can be  
free from smoking  
forever.

## **How to Stop Smoking Forever with Hypnosis - Boost Hypnosis**

Fizzy drinks, alcohol,  
cola, tea and coffee all  
make cigarettes taste

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better. So when you're out, drink more water and juice. Some people find simply changing their drink (for example, switching from wine to a vodka and tomato juice) affects their need to reach for a cigarette.

### **10 self-help tips to stop smoking - NHS**

The best way to stop smoking is to stop desiring a cigarette **BEFORE** you actually

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stop smoking.

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**How to Quit  
Smoking Naturally  
Even if You Love  
Cigarettes ...**

How to Quit Smoking  
Method 1 of 4:  
Deciding to Quit  
Smoking. Think about if  
you want to quit  
smoking. Nicotine is  
incredibly addictive  
and... Method 2 of 4:  
Making a Plan to Quit  
Smoking. Choose a  
date for when your

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Smoking The  
plan will start.

Committing to a start  
date... Method 3 of 4:  
Carrying Out Your ...

## Quit Smoking

### **4 Ways to Quit Smoking - wikiHow**

Deciding to quit smoking is one of the most important (and best!) decisions you'll ever make. Once you've finished your last cigarette, your lungs begin working to clean themselves.

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