

Saying Goodbye to Cigarettes?the Heartache of Quitting Smoking Now!
(タバコにサヨナラ?いますぐタバコを止める!)

Author: Ted Marlett

When was the last time you said goodbye to a friend you have known almost all your life?
Especially when you know you will not have that friend again, ever. How did you feel?

If you are like me you would be totally depressed. Others may be happy they are losing a friend that is killing them. Most people aren't happy when it comes to quitting smoking.

Quitting smoking could be the hardest thing you will ever do and it will could save your life.

Smoking is kind of like a love-hate relationship.

You really do love to smoke, but you also hate what the nicotine, tars and carcinogens are doing to you.

How the heck are you going to live without the smoking habit you have developed?

When you quit you will essentially be stripping your mind of the need for the nicotine and current negative behaviors that run your life. This would be after the nicotine has left your body after 10 to 15 days.

Once you have had that last, final cigarette you will have to change many negative smoking behaviors to positive non-smoking behaviors?and that may be really tough.

If your current lifestyle evolves around cigarettes, cigars, pipes, or other tobacco products, you will possibly find it difficult to quit and change all the things you have to.

That old friend you had still wants to hang with you and be part of your life.

Sometimes, in fact, quitting smoking may cause you to change the people or friends you associate with.

You know you will have to change how you do things and where you go.

But, of course, old haunts die hard.

Set yourself some small goals and work towards the larger ones.

Ease into not smoking and you will find that quitting will not be as arduous and you thought.

Reward yourself occasionally with some small gift when you have reached a particularly hard goal.

All in all you can quit if you really have a desire to do so and have made a strong commitment to not smoke.

Keep some friendly reliable people around you for support and remember? don't do the things the way you used to.

Before you know it you will have a smoke free lifestyle that you really enjoy.

And that friend?you won't miss that friend at all.

Article Source:

<http://www.articlesbase.com/quit-smoking-articles/saying-goodbye-to-cigarette-the-heartache-of-quitting-smoking-now-580282.html>

About the Author:

Stop Smoking Cigarettes Now!! You can stop using tobacco products if you really want to.

Find a quit smoking cigarettes plan that will really help you. Give it a try and reap the benefits.