independence from smoking

strategies to lead you to a tobacco-free lifestyle
Congratulations on your decision to quit smoking! You deserve a pat on the back. Quitting smoking is the single most important lifestyle change you can make to improve your health and prolong your life.

If you have tried quitting before and found it wasn’t easy, give yourself another chance. Research shows that many smokers try to quit several times before they are successful. This booklet is designed to help you succeed by emphasizing a positive approach to quitting smoking. Use your past attempts as learning experiences. Think back to the last time you quit. What was helpful? What went wrong? Rather than thinking you are losing a friend when you throw away your cigarettes, cigars, or pipes, take the time to repeat the following phrase several times to yourself: “I am removing a serious burden in my life.”
Independence from Smoking

Read this entire booklet all the way through to help you prepare to be tobacco-free. It may take a few extra minutes, but it is well worth your time. Then set a specific quit date using the contract on page 15.

When you have successfully quit, you will feel a great deal of personal satisfaction at having accomplished a very difficult task, and the rewards may be more than you imagined.

Preparing to Quit

Think about what keeps you from quitting. The benefits of kicking the smoking habit are numerous. They include freedom from the mess, smell, inconvenience, expense, and dependence associated with smoking.

To develop the motivation you need to ensure your success, make a list of all your reasons for smoking and all your reasons for quitting. State the reasons most important to you.

You have smoked a lot, and each cigarette has reinforced the strength of your habit. Now you must be equally strong in reversing the process. Once the reasons not to smoke are greater than your reasons to smoke, quitting will be much easier. To remind yourself how much you want to stop, post your list of reasons in a prominent place in both your home and office. Look at this list each time you get the urge to smoke.

My reasons for smoking

Example:

Smoking helps me control my weight.

Reasons to quit smoking

Example:

Shortness of breath and cough will decrease.
Strategies

You can prepare to quit by changing some habits before you quit. What you do before you quit can help you succeed. **Do at least three of the following:**

- Begin to buy cigarettes by the pack; do not buy cartons.
- Change to lower tar and nicotine brands each time you buy a pack of cigarettes. (Not getting accustomed to a specific brand helps prepare you for quitting.)
- Try to avoid your favorite smoking places.
- Make smoking unpleasant. Don’t empty your ashtrays; collect all your cigarette butts in one large glass container as a visual reminder of the amount you smoke. The sight and smell of stale cigarette butts will be very unpleasant.
- Practice the **four Ds** to prevent automatic smoking:
  1. **Deep** breathe: inhale through your nose and hold for the count of five. Slowly exhale through your mouth.
  2. **Drink** 8 to 10 glasses (8 ounces each) of water every day.
  3. **Delay** smoking for 5 minutes when you feel a craving. You will find the urge to smoke goes away whether you smoke a cigarette or not.
  4. **Do** something—keep busy.

- Picture your success. Spend at least 5 to 10 minutes a day imagining yourself as a comfortable nonsmoker in situations where you usually smoke.
- Move cigarettes to a hard-to-reach place. Stop carrying matches or a cigarette lighter. Make smoking less automatic.

How to quit

You must mentally prepare yourself to become a nonsmoker.

- Set a specific date you want to stop—your Quit Day—and write it down.
- Use the contract on page 15 to take this important step. (You do not have to stop smoking immediately, unless you are prepared to quit.)

Now that you have chosen a day, you are ready to quit smoking.

Prepare yourself for Quit Day by:

- gradually decreasing the number of cigarettes you smoke, OR
- gradually increasing the number of uninterrupted hours you go without smoking each day.

Gradually cutting down may give you the opportunity to mentally prepare to accept not smoking.
The degree of your commitment to quit smoking will play a large role in determining what your quitting experience is like.

**Using tobacco cessation medications**

There are two main types of medications to help you quit. The first type includes all forms of nicotine replacement. Nicotine Replacement Therapy (NRT) lowers the level of nicotine in your body. These temporary aids help reduce withdrawal symptoms to allow you to focus on changing the behavioral aspects of your smoking habit. NRT includes nicotine patches, gum, lozenges, and inhaler. The second type includes prescription pills that don’t have nicotine but help reduce the craving to smoke and reduces nicotine withdrawal. These are mainly bupropion (Zyban) and varenicline (Chantix). Many people combine NRT with bupropion. Tobacco cessation medications work best when used with a program that teaches you to change habits so you can live without nicotine. A health educator can teach you these skills and will also let you know the best medication for you. With these medications, we can take the pain out of the quitting process.

**Tips to help you quit**

- Increase awareness of your smoking habit by keeping a diary. The diary helps you become aware of (1) when, where, and why you are smoking; (2) how much or how little you smoke in certain situations. It will also help you see more objectively how much smoking is affecting your life. Make your own diary or copy the one on this page.
- Rank your cigarettes from 1 to 5. (1 or 2 = I can do without it; 3 = I would like it; 4 and 5 = I “need” it.)

**Smoking Diary**

<table>
<thead>
<tr>
<th>Number of Cigarettes</th>
<th>Time</th>
<th>Need (based on a 1–5 scale)</th>
<th>Place or Activity</th>
<th>With Whom</th>
<th>Mood</th>
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• Reread all the reasons you want to quit every night before going to bed, then repeat one of those reasons out loud to yourself 10 times.
• Tell friends and family the date of your Quit Day. Also tell them your method of quitting, possible obstacles, and the reward you plan to give to yourself for staying a nonsmoker. Support from others can be very helpful.

After you quit
• Discard all smoking paraphernalia—ashtrays, lighters, extra packs of cigarettes.
• Change your routines, activities, and even the order in which you usually do them. This is especially important for the routines that included smoking in the past. (Take a walk instead of a coffee break, wear gloves while driving, drive a different route to work.) That way, you’ll be focusing your thoughts on what you need to do next rather than thinking about missing your usual cigarette. It also may help to permanently break the link between certain activities and the urge to light up.
• Fill in the gaps of time that were spent smoking with other activities—start a hobby, visit a friend, begin an exercise program, read a book.
• Substitute other things in your hands or mouth as a replacement for the cigarette (sugarless gum, carrots, sunflower seeds, apples, celery).
• Practice deep breathing. Take long, deep breaths. This can be relaxing and helps the urge to smoke pass.
• Constantly visualize yourself as a happy nonsmoker. Focus on the positive benefits to be gained by quitting.
• Plan a major celebration for your six-month anniversary as a nonsmoker!

Staying tobacco-free
The next few weeks may be the most difficult as your body readjusts to being a nonsmoker. You may experience such symptoms of recovery as a change in sleep patterns, light-headedness, more coughing, etc. Think of these as the positive effects of your body adjusting to a life without tar and nicotine.
You may also find that you still have sudden and strong urges to smoke that seem to appear without warning. The best approach is to be prepared—expect these urges to occur and create specific strategies to deal with them and prevent them in the future.
Positive statements

Here are a few statements that you can use to help talk yourself through an urge or craving until it passes (which it does whether you smoke or not). Choose one or two of the following phrases that have the greatest meaning for you and write them down.

- The urge will pass.
- I don’t smoke anymore.
- Just one day at a time.
- There are no excuses.
- I choose to be in control of my life.
- Smoking is no longer an option for me.

Read your selected phrases whenever you need to deal with an urge.

Strategies

Chances are, you tend to smoke at certain times or in certain situations. These situations can trigger the urge to smoke, so it is important to avoid these triggers for a while and to have specific plans for coping with each of these triggers when they do occur.

Prevent situations that trigger the urge to smoke by doing the following:

- Avoid smokers for the first few weeks after you’ve quit.
- Try not to get too tired or hungry—keep healthy snacks on hand.
- Learn to relax and take some deep breaths throughout the day—before an urge hits.
- Take a walk every day or make time to exercise.
- Get plenty of rest and sleep.
- Reward yourself with something every day.

Cope with situations that trigger your urge to smoke by trying some of the strategies that have worked for other smokers trying to quit. The goal is to change your environment, distract yourself, and find something else to do instead of smoking.
<table>
<thead>
<tr>
<th>When you’re…</th>
<th>Suggestions</th>
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<tbody>
<tr>
<td>around others who smoke:</td>
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</table>
  • Practice saying “No, thanks. I’ve quit.”  
  • Tell your friends you’re trying to quit. |
| feeling bored:       |  
  • Find new ways to occupy your time.  
  • Look through books or magazines.  
  • Take walks or start a hobby.  
  • Call a friend. |
| feeling nervous, stressed, or anxious: |  
  • Count to 10.  
  • Take a walk.  
  • Learn relaxation techniques.  
  • Learn how to communicate feelings and emotions. |
| finished with your meal: |  
  • Don’t linger at the table.  
  • Chew gum or a strong mint.  
  • Brush your teeth.  
  • Phone a friend. |
| watching TV:         |  
  • Do something with your hands.  
  • Sip water.  
  • Eat popcorn. |
| talking on the phone: |  
  • Doodle on paper.  
  • Talk from a different location from your usual spot. |
| drinking coffee:     |  
  • Hold the cup in a different hand.  
  • Drink in a different location.  
  • Consider switching to tea. |
| drinking alcohol:    |  
  • Avoid drinking and bars while you are trying to quit. |
| driving in the car:  |  
  • Take a different way to work.  
  • Play relaxing music.  
  • Have snacks, water, or gum on hand. |
The Five-Day Countdown to Quit Day

Five Days Until I Quit Smoking!
- During the next five days, cut your smoking down as much as you can do comfortably.
- Buy cigarettes by the pack instead of by the carton.
- You may switch brands as often as you like, as long as they are low-tar and low-nicotine. Try not to smoke two packs of the same brand in a row.
- Keep track of how many cigarettes you smoke using your daily diary.
- Spend plenty of time getting used to the idea of being tobacco-free.
- Involve a friend for support.
- Become familiar with this booklet.
- Start a new exercise habit.

On a scale of 0 to 10 (0 is not confident; 10 is very confident), how confident are you about becoming a nonsmoker? ____
(If you are at a rating of 6 or lower, you may need to take another step such as making an appointment with your physician.)

Four Days to a Tobacco-Free Me!
Make the following changes to your smoking habit in the next four days:
- When you want a cigarette, delay 5 minutes before lighting it. Try to change your activity by finding distractions, such as starting a conversation, drinking a glass of water, or closing your eyes and imagining yourself as a confident, healthy nonsmoker.
- Practice deep breathing. (It triggers the same relaxation mechanism as inhaling smoke.) Take a deep breath, hold 5 seconds, exhale slowly through your lips, repeat two to three times.
- Smoke with the hand you don’t normally use.
- List the cigarettes you smoked today that you feel are unnecessary, and try to eliminate them during the next few days.
- Add a healthy snack—fruit, nuts, or veggie sticks.
- Use positive statements.

On a scale of 0 to 10 (0 is not confident; 10 is very confident), how confident are you about becoming a nonsmoker? ____
(If you are at a rating of 6 or lower, you may need to take another step such as making an appointment with your physician.)
Three Days to Quit Day!

• Starting today, eliminate one place (car, bathroom, garage, etc.) where you usually smoke. Continue to do this for the next three days.
• Drink more water.
• Continue the following:
  ▲ Delay 5 minutes before lighting up.
  ▲ Keep your daily diary, and check for a pattern in your smoking.
  ▲ Become used to the idea of being tobacco-free.
  ▲ List further tips of your own that will help you quit.

5. ___ Total cost to date (multiply figure on line 4 by $5.00)

Cost of future smoking:
6. ___ Average number of packs smoked per year (same figure as on line 2)
7. ___ Total you would have smoked the rest of your life (first subtract your age from 75 years, then multiply the figure on line 6 by that number)

8. ___ Total cost for future smoking (multiply the cost on line 7 by $7.50, the estimated future average cost per pack)

9. ___ Lifetime cost of smoking (add figures on lines 5 and 8)

On a scale of 0 to 10 (0 is not confident; 10 is very confident), how confident are you about becoming a nonsmoker? ____

(If you are at a rating of 6 or lower, you may need to take another step such as making an appointment with your physician.)
In Two Days I Will Be Free of Cigarettes!

• Take the test “Why I Smoke” on page 11.

• Continue the following:
  ▲ Delay 5 minutes before lighting up. Think positive thoughts about your ability to resist the urge for the next 5 minutes.
  ▲ Keep your daily diary.
  ▲ Don’t smoke in one more customary smoking place.
  ▲ Practice the deep-breathing exercise.
  ▲ Visualize yourself as a confident nonsmoker.

On a scale of 0 to 10 (0 is not confident; 10 is very confident), how confident are you about becoming a nonsmoker? ____
(If you are at a rating of 6 or lower, you may need to take another step such as making an appointment with your physician.)

One Day Until I Quit Smoking!
Now it is time to clarify your values regarding not smoking.

• Make a list of reasons why you continue to like smoking.

• Review your list of reasons why you want to quit smoking.

• Make a list of substitute activities. Make separate lists for activities involving the hands (knitting, unfolding paper clips); the mouth (chewing gum, cinnamon sticks); relaxation (walking); and deep breathing (suck on a plastic straw or beverage stirrer).

• Identify patterns for smoking and nonsmoking times by looking carefully at your smoking diary.

• Practice the deep-breathing exercise.

On a scale of 0 to 10 (0 is not confident; 10 is very confident), how confident are you about becoming a nonsmoker? ____
(If you are at a rating of 6 or lower, you may need to take another step such as making an appointment with your physician.)

Quit Day!

• Congratulations! You are on your way to a tobacco-free self. Today is a milestone for you. You have already accomplished a lot and your thoughts about quitting smoking have been put into action!

• Throw away all smoking-related items. Clear out all ashtrays, lighters, and cigarettes.
• Keep busy and spend as much time as possible in places where smoking is not allowed.
• Get support. Spend time with family and friends who do not smoke.
• Buy yourself a treat or do something special to celebrate.
• Enjoy your new lifestyle as a nonsmoker!

On a scale of 0 to 10 (0 is not confident; 10 is very confident), how confident are you about becoming a nonsmoker? _____
(If you are at a rating of 6 or lower, you may need to take another step such as making an appointment with your physician.)

What to Expect When You Quit
Within 72 hours after you have your last cigarette, your body begins to heal. As your body repairs itself, instead of feeling better, you may feel worse. These “withdrawal pangs” are symptoms of recovery. Nicotine Replacement Therapy (NRT) helps with nicotine withdrawal symptoms and it works to ease withdrawal symptoms. Without NRT, you may feel edgy and short-tempered. We understand that the process is really difficult and we are here to support you with medication and emotional support.

Now let us share with you how your body begins to heal itself the moment you took the courageous steps to quit.

Within 20 minutes of your last cigarette, you should notice the temperature of your hands and feet increase to normal.

Within eight hours, the carbon monoxide level in your blood drops to normal.

Within 72 hours, the bronchial tubes relax, making breathing easier.

Within a few weeks, you will notice some major changes in your body: your sense of taste returns; your smoker’s cough is gone; your digestive system returns to normal; and your head is clear, with no more headaches from cigarettes. Most important of all, you will feel really alive, full of energy and strength.

Within one to nine months, coughing, sinus congestion, fatigue, and shortness of breath decrease, while your energy level increases. Although weight gain is common, it can be prevented or kept to a minimum because it is due in part to an increased appetite and food intake. The weight gain is usually not permanent; most ex-smokers go back to their former weight in time. If you are concerned about putting on extra weight, drink plenty of water and eat plenty of fruits and vegetables, plan menus to include low-calorie foods and have low-calorie foods on hand for nibbling, chew sugarless gum, and be sure to exercise everyday.
Why I Smoke

Here are some statements made by people to describe what they get out of smoking cigarettes. How often do you feel this way while smoking? Circle one number for each statement.

*Important: Answer every question.*

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<tr>
<th>Always</th>
<th>Frequently</th>
<th>Occasionally</th>
<th>Seldom</th>
<th>Never</th>
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<td>I smoke cigarettes to keep myself from slowing down.</td>
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<td>Handling a cigarette is part of the enjoyment of smoking it.</td>
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<td>Smoking cigarettes is pleasant and relaxing.</td>
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<td>I light up a cigarette when I feel angry about something.</td>
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<td>When I run out of cigarettes, I find it almost unbearable until I can get them.</td>
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<td>I smoke cigarettes automatically, without even thinking about the fact that I am lighting up.</td>
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<td>I smoke cigarettes to stimulate me, to perk myself up.</td>
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<td>Part of the enjoyment of smoking a cigarette comes from the steps I take to light up.</td>
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<th>Always</th>
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</table>

- I find cigarettes pleasurable.
- When I feel uncomfortable or upset about something, I light up a cigarette.
- When I am not smoking a cigarette, I am very much aware of it.
- I light up a cigarette without realizing I still have one burning in the ashtray.
- I smoke cigarettes to give me a “lift.”
- When I smoke a cigarette, part of the enjoyment is watching the smoke as I exhale it.
- I want a cigarette most when I am comfortable and relaxed.
- When I feel “blue” or want to take my mind off cares and worries, I smoke cigarettes.
- I get a real gnawing hunger for a cigarette when I haven’t smoked for a while.
- I’ve found a cigarette in my mouth and didn’t remember putting it there.
How to score

1. Enter the numbers you circled for the questions in the spaces below. Put the number you circled for question A over line A, question B over line B, etc.

2. Add the three scores on each line to get your totals. For example, the sum of your scores over lines A, G, and M gives you your score on Stimulation; lines B, H, and N give the score on Handling, etc.

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<th>Stimulation</th>
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<td>Pleasurable Relaxation</td>
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<td>Crutch: Tension Reduction</td>
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<td>Craving: Psychological Addiction</td>
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<td>Habit</td>
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The score for each test can vary from 3 to 15.
A score of 3 to 7 is low
8 to 10 is moderate
11 to 15 is high
What the self-test tells you

If you scored high on Stimulation, it will help give you an increased sense of energy if you find another source of stimulation. A safe substitute could be a brisk walk, modest exercise, gum, or a new hobby.

If you scored high on Handling, pick something just as satisfying to manipulate as a cigarette. Play with a pen or pencil. Doodle. Finger a coin, piece of jewelry, plastic straw, or silly putty.

If you scored high on Pleasurable Relaxation, try a substitute such as going to a movie, drinking water, physical activity, gardening, or bowling.

If you scored high on Crutch: Tension Reduction, watch out for stressful situations in your future and manage your life to remove pressure. Find new ways to reduce tension or let off emotional energies. Practice deep-breathing exercises.

If you scored high on Craving: Psychological Addiction, practice techniques suggested in this booklet or from previous quit attempts.

If you scored high on Habit, understanding your habit will help you plan how you can cope with triggers and high-risk situations. Use the resources in this booklet. Once you know the needs that you try to satisfy by smoking, you can work toward finding other ways to meet those needs.

Adapted from the Smoker’s Self-Test, National Clearinghouse for Smoking and Health, U.S. Public Health Service, DHEW.
Contract for Not Smoking

I, ____________________________,

your name

have decided to stop smoking on ____________________________.

date

I am doing this for my health.

___________________________  ____________________________

your signature          today’s date

___________________________  ____________________________

friend’s signature       today’s date
Kaiser Permanente Healthy Living Helpline
1-866-402-4320
Monday–Friday, 8 a.m.–4:30 p.m.
(English and Spanish)
Available to Kaiser Permanente members only.
Contact your local Health Education Department or visit kp.org/quitsmoking for information on classes and a current course catalog. Programs are also available on:
- Weight management
- Stress management
- Exercise

Community Resources
Contact local chapters of the American Lung Association, American Cancer Society, or American Heart Association. They have written materials, self-help smoking-cessation guides, and ongoing classes. Or, call your local community college.

California Smoker’s Helpline:
1-800-766-2888
Various languages and hearing-impaired help available.

Nicotine Anonymous: 1-800-642-0666

Books
Rustin, Terry A., Quit and Stay Quit: A Personal Program to Stop Smoking, Hazelden Information & Educational Services, 1995.

Websites
kp.org/quitsmoking – offers a health encyclopedia with information about quitting smoking, access to health education classes, and a message board for discussions about quitting with other Kaiser Permanente members.
quitnet.org – provides excellent resources to help you quit smoking.
nicotine-anonymous.org – offers support using the 12-step program.
becomeanex.org

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent health problems or if you have further questions, please consult your physician.