



Smoking Cessation

From: "Andrew Cain"
Date: Thu Jan 11, 2001 4:39 pm
Subject: Smoking cessation

Greetings all,

Are there any self-help books for giving up smoking anyone would recommend?

Andy

From: "[Roger Elliott](#), Uncommon Knowledge"
Date: Thu Jan 11, 2001 5:59 pm
Subject: Re: [Uncommon Knowledge] Smoking cessation

Alan Carr's easy way is of course the most famous, and I know a good few people who have had excellent results from it. (And some who didn't :-)

Roger

From: "Caz Ford"
Date: Fri Jan 12, 2001 9:31 am
Subject: Re: [Uncommon Knowledge] Smoking cessation

Alan Carr's book is great - and enabled me to stop smoking after fifteen years.

From: "Jane Porter"
Date: Sun Jan 14, 2001 9:15 pm
Subject: RE: [Uncommon Knowledge] Smoking cessation

Personally I found 'The Enlightened Smoker's Guide to Quitting' (by B. Jack Gerhard) to be the most effective book to stop smoking. In contrast to Allen Carr, who gets you to 'purge the nicotine monster from your stomach' and suggests smoker's are 'brainwashed mugs' Jack Gebhardt's approach comes from acting out of your own joy.

I don't know people who've used this approach apart from myself, so I can't say whether it would have wide appeal but it's the best way I've come across and I've read most of these kind of books.

Gillian Riley's book 'How to Stop Smoking and Stay Stopped for Good' is also good and I know people who've found it just the right approach for them and have remained smoke free, likewise with Allen Carr. Maybe it just depends on whether you develop a sense of rapport with an author as you read through their book.

I still have a spare copy of each of these if you'd like to have them to look through and pass on you're welcome.

Jane

From: "John Wade"

Date: Sun Jan 21, 2001 7:54 am

Subject: Re: [Uncommon Knowledge] Smoking cessation

I personally got on well with Alan Carr's Easy Way to Stop Smoking. On previous occasions I had tried to stop using "willpower" and ended up in terrible moods. I found that by the time I had got to the end of the book I was looking forward to stopping (as opposed to giving up). When I did stop I had cravings but was much more detached from them and straight away felt so pleased that I had stopped (finally).

John

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