

## About the translations

All of the translated articles are from joel's library. The content and the meaning of the articles are the same as the origin. However, the titles of these chapters are not the exact translation of the words used in those titles. The reason is that translating the exact words would make the titles meaningless, or misleading. Some of them probably don't have a meaningful equivalent in Persian. So I just translated each article and thought of a few words that describe it best, then I used them as title.

A few paragraphs in some articles are not translated. For example the one about the lady who tried to overdrink, in an attempt to quit smoking, which is mentioned in "crutches to quit smoking". Palmolive bottle experiment in the "smoking impact on lungs" is also not included. I think it could have been confusing for someone who has not seen the action up close.

So, each file contains a chapter, with the chapter title written in large font. Each article also has a title that is written in the middle of the page, a bit larger than the whole text. The first file also includes translation of the disclaimer, about author and introduction.

I couldn't get all the articles translated. Those that I translated are as follows, in the same order:

1.why do people smoke:

1. Are you a nicotine junkie?
2. I smoke because I like smoking
3. I smoke because I'm self destructive
4. You smoke because you are smoke-a-holic

5. I have smoked for so long and so much, what is the use in quitting now?
6. Are you smoking more and enjoying it less?
7. A safer way to smoke
8. Quitting smoking – a fate worse than death?
9. Quitting by gradual withdrawal
10. Why did I start smoking? Why did I quit?

## 2.the costs

1. Smoking and circulation
2. Because now it really hurts
3. Smoking's impact on lungs
4. So I can't run marathons – I never wanted to anyway
5. Smokers need not apply
6. Proud to be a smoker
7. The closet smoker
8. The real cigarette induced roller coaster ride
9. If cigarettes were that deadly the government wouldn't sell them

## 3. how to quit

1. Quit smoking tip sheet
2. Quit cold turkey
3. Setting quit dates
4. One day at a time
5. Quitting for others
6. Every quit is different
7. Minimizing the most common side effects to quitting smoking
8. How to help family and friends quit smoking
9. Crutches to quit smoking
10. Pharmacological aids to smoking cessation
11. Looking for the easy way out

12. I quit when...
13. Can we motivate a smoker to quit if he thinks he doesn't want to quit?
14. You know smoking one or two cigarettes is better than one or two packs!
15. My support group is responsible
16. I liked my other smoking clinic more
17. Carrying cigarettes
18. Well, at least I attempted to quit. That's better than not trying at all.
19. Is cold turkey the only way to quit?
20. We understand why you relapsed
21. What should I call myself?
22. How did most smokers quit?
23. Sleepadjustments

#### 4. relapse prevention

1. The law of addiction
2. Just one little puff
3. Everyone is different
4. Never take another puff!
5. I'm not going to smoke today
6. Why are you so hard on the concept of cheating?
7. If they ever cure lung cancer, I am going back to smoking.

#### 5. related subjects

1. Minimizing the weight gained from smoking cessation
2. After I lose weight I will quit smoking
3. Kids just don't get it
4. Tobacco as a gateway drug

