



How to Quit Smoking Cigarettes

Joel Spitzer's 150+ free video stop smoking lessons have now logged more three million views. A new video reviews his top 16 tips on how to quit smoking.

by [John R. Polito](#)

According to the CDC, half of adult smokers lose an average of 14 years of life expectancy. Could following the advice on a free 14 minute quit smoking video help restore 14 years? Absolutely!

The Babe Ruth or Henry Aaron of quitting, Joel Spitzer has devoted 40 years, full-time toward helping smokers break free. His newest video is entitled "How to quit smoking." In it, he reviews his top 16 quitting tips.



Topics covered include the importance of acknowledging dependency, how to measure success, avoid blood sugar swing symptoms, extinguish smoking cues, control weight, reduce stress, the importance of avoiding crutches, and basic relapse prevention.

How did you feel at 8:50 into the video when Joel said you're a drug addict? Frankly, there's no more empowering admission than who we are, and what we've become.

Slave to nicotine for 30 years, nicotine-free for the last 13, my name is John I'm a drug addict. While I have not had anything a smoker would consider a crave since 2001, my brain remains permanently wired for relapse. I live comfortably, just one puff away from three packs-a-day.

Brain studies show that just one puff of nicotine activates up to half of brain dopamine pathway receptors. While most who attempt to cheat during quitting walk away feeling like they've gotten away with it, it isn't long before their awakened dependency is again wanting or even begging for more.

Fully accepting who we are ("real" drug addicts) greatly simplifies quitting's rules. In fact, there's really only one. It's that one equals all, that lapse equals relapse, that one puff will always be too many, while thousands never enough.

Nicotine dependency is a brain dopamine pathway wanting disorder. The same pathways that make us want and crave for food are taken hostage by nicotine. But there's one big difference. Without food we die, without nicotine we thrive.

Coming home is vastly more wonderful than the wanting flowing from nicotine dependent brain dopamine pathways suggests.

The body becomes 100 percent nicotine-free and withdrawal peaks in intensity within 72 hours of ending all use. We now have two studies showing that unplanned attempts are twice as successful as planned ones.

So what do you have to lose? Be brave and say "no" to the wanting for that next fix. Baby steps, the next few minutes are all that matter and each will be do-able.

Pour yourself into [Joel's Library](#) and discover the magic that happens once we become smarter than our addiction is strong.

If in need of support, join us at our Facebook group [Turkeyville](#) and our Yuku site [Freedom](#). Never has coming home been easier. In fact, it's impossible to fail so long as all nicotine remains on the outside. Yep, just one rule ... no nicotine today!

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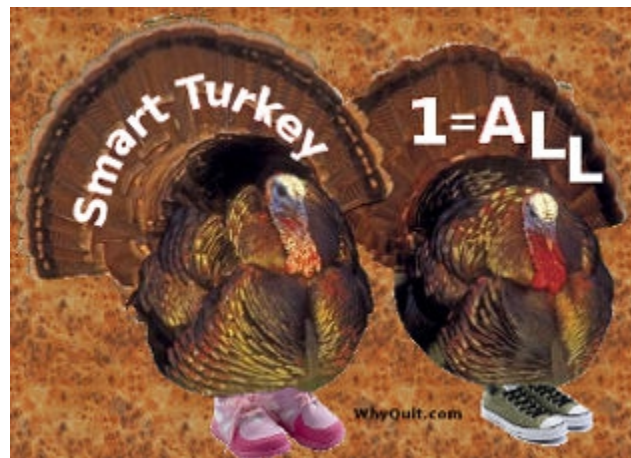
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Learn More About Smart Turkey Quitting

- WhyQuit.com - WhyQuit is the Internet's oldest forum devoted to the art, science and psychology of cold turkey quitting, the stop smoking method used by the vast majority of all successful long-term ex-smokers. Left to right, WhyQuit is organized under three headings: (1) Motivation, (2) Education and (3) Support.
- ["Never Take Another Puff"](#) - Imagine a free 149 page stop smoking ebook that's registered more than 4 million downloads and was written by a man who has devoted 40 years, full-time to helping smokers quit. Never Take Another Puff (NTAP) was authored by Joel Spitzer, the Internet's leading authority on how to stop smoking cold turkey. It is an insightful collection of almost 100 articles on every cessation topic imaginable.



- **"Freedom from Nicotine - The Journey Home"** - Written by John R. Polito, a former 30-year heavy smoker and WhyQuit's 1999 founder, Freedom from Nicotine (FFN) is a free nicotine dependency recovery book that documents the science underlying nicotine dependency and successful cessation. Whether hooked on cigarettes, e-cigarettes (e-cigs), bidis, kreteks, a pipe, hookah or cigars, on dip, chew, snuff or snus, or on the nicotine gum, lozenge, spray, inhaler or patch, FFN provides a comprehensive yet easy to follow road-map to freedom from nicotine.
- **Turkeyville** - Visit Turkeyville, Facebook's most popular quit smoking support group. The group's primary focus is the first few days and helping new quitters get started. Yes you can!
- **Joel's Library** - Joel's Library is home to Joel Spitzer's "Daily Quitting Lesson Guide." The Guide walks new quitters through the first two weeks of smoking cessation, recommending daily videos to watch and articles to read. Joel's Library is also home to more than 100 original short stop smoking articles, to his free ebook Never Take Another Puff, and to his collection of more than 200 video stop smoking lessons.
- **Nicotine Addiction 101** - WhyQuit's guide to understanding nicotine dependency.
- **Freedom** - Looking for a deadly serious and highly focused education oriented support group? Home to Joel Spitzer, Freedom is the Internet's only 100% nicotine-free peer messageboard support forum. Explore Freedom's hundreds of thousands of archived member posts on how to quit smoking.
- **Nicotine Cessation Topic Index** - An alphabetical subject matter index to hundreds of nicotine cessation support group discussions, article and videos.
- **40 Quitting Tips** - Key cold turkey nicotine cessation tips on how to stop smoking, vaping, chewing or sucking nicotine into your body and bloodstream.



Knowledge is a Quitting Method!



[WhyQuit](#)

[Law of Addiction](#)

[Joel's Library](#)

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[Turkeyville](#)

[How to Quit](#)

Article written September 24, 2012 and page last updated December 28, 2013 by [John R. Polito](#)