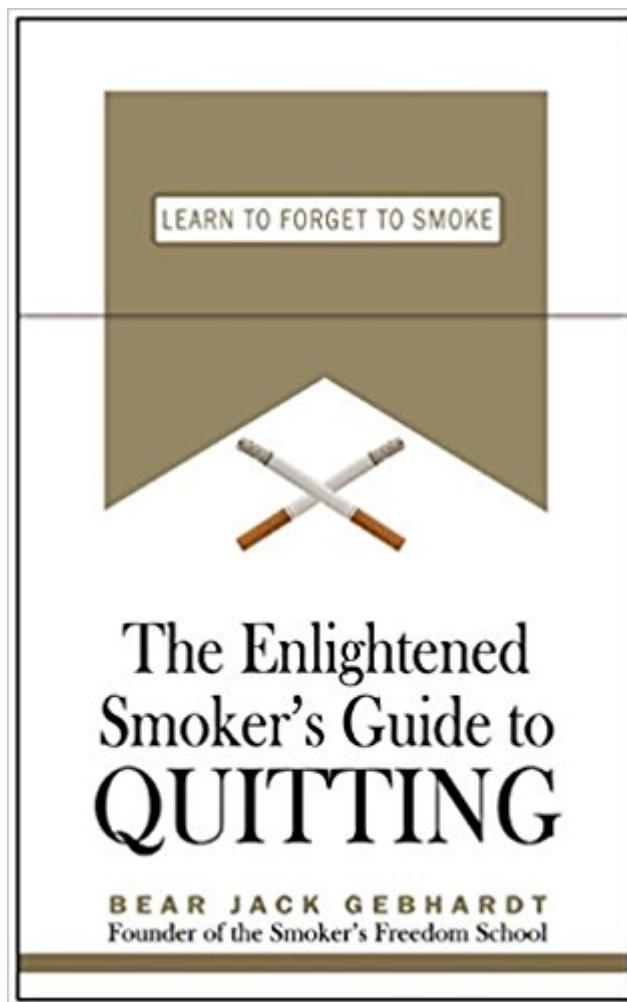


The book was found

The Enlightened Smoker's Guide To Quitting: Learn To Forget To Smoke



Synopsis

This revolutionary approach to smoking cessation is based on the premise that a smoker is more likely to kick the habit if he feels good about himself. When a smoker understands why he commenced smoking, and why smoking no longer delivers the same sense of pleasure and satisfaction it used to, the process of quitting begins. A state of mind called "pleasurable forgetfulness" makes the smoker less interested in smoking while absorbed in other activities. This proven but unorthodox method does not foster the shame and guilt so prevalent in other programs and succeeds where more traditional approaches have failed, producing smoke-free success for thousands of former smokers.

Book Information

Paperback: 241 pages

Publisher: BenBella Books (March 11, 2008)

Language: English

ISBN-10: 1933771372

ISBN-13: 978-1933771373

Product Dimensions: 8 x 5.5 x 0.5 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #681,836 in Books (See Top 100 in Books) #88 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #472 in Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #1649 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

Bear Jack Gebhardt is a stop-smoking coach who currently works with a northern Colorado health district to help smokers quit and train health professionals in the finer points of working with clients who smoke. An award-winning journalist, he has contributed to Christian Science Monitor, Columbia Journalism Review, The Fitness, and Reader's Digest. He is the author of Help Your Smoker Quit and the coauthor of Now Hiring! Finding & Keeping Good Help for Your Entry-Wage Jobs. He lives in Fort Collins, Colorado.

After you've tried everything else, try this. Like any true change, quitting is an "inside-out" job. When you stop beating yourself up and start supporting and understanding yourself, you will be

empowered to walk away from smoking forever. My husband quit for good 1 1/2 years ago, cold turkey, after reading only part of the book! He had smoked for 25 years~ but once he truly understood why he'd started and realized that the reason no longer existed for him, that was all it took. Hopefully you'll find this book first, before trying all the other methods~ If you truly want to quit, this will work for you too.

Jack has a lot of credentials to his name. He has his own school for those trying to quit smoking as well as years of studying under the government and private agencies. I had a wonderful time learning how to "Forget to smoke. Jack teaches you how to stop the cycle of guilt in the quitting process and how to stop trying to quit and simply forget! His 7 step program worked for me better than all of the programs from the American Cancer Society and the American Heart Association because they use slight scare tactics to accomplish quitting. Well worth the money!

I have searched for a long, long, long, long, long (need I go on?) time for a way to stop smoking and have finally found it! Gebhardt's book focuses on ways to change your thinking - not only about smoking but about the zillion other things we all have in our life. He recognises that all smokers berate themselves day after day about their smoking and asks the question: Has this negativity ever helped you to quit? Step by step, he helps his readers bring more joy into their thoughts and this, seamlessly, brings more joy into their smoking. Paradoxically, by feeling joy when smoking, we are able to "forget" how to smoke. Suddenly quitting seems like a fun and graceful next move. I would recommend this book to anyone who is able to open their heart to feeling joy. If you're steeped in logic and cynicism then even you might like to give it a try. However, if you're already on the way to letting spirituality into your life then get this book and watch a controlling addiction slip away gently.

This is the best stop-smoking literature I've ever read - full of thoughts you can actually use. I should know --- I've tried every method to quit that there is, often twice; hypnosis, buddy system, the patch, acupuncture. Gebhardt gets right to the nut of what smokers are after, why they don't get what they're after, and many good lessons on how to improvise your way out of the situation. He helped me make a giant shift.

We've all seen them, the smokers huddled at the doorway of a smoke-free building. For the most part, they seem furtive and possibly embarrassed - our society has decided to make smoking a shame-based activity. Enter Bear Gebhardt and his revolutionary approach that emphasizes the

inherent dignity and essential worthiness of the smoker. Gebhardt doesn't point fingers, doesn't assign blame. Rather, he employs a message of self-worthiness and practical behavior patterns. If you're a smoker, or care about one, check out this helpful book.

Bear G. has written a book based on many years of clinical, and especially, personal experience. The best thing about this book is it embodies his upbeat view of the world, and optimistic but realistic approaches to the challenges our habits create. I can unreservedly recommend this book to anyone trying to overcome the very difficult and addictive lifestyle of smoking, or tobacco use in general. Bear was recently invited to speak on the subject at a conference at Oxford University; a well- deserved honor because of his ability to help people.

Full of fun facts and exercises and no pressure! Today is my 4th anniversary and NOPE - Not One Puff Ever in that time.

Forget to smoke. Find true happiness. Enjoy the process. One of the very best books I've ever read, hands down. Fully recommended for all.

[Download to continue reading...](#)

Electric Smoker Cookbook Smoke Meat Like a PRO: TOP Electric Smoker Recipes and Techniques for Easy and Delicious BBQ (Electric Smoker Cookbook, ... Smoker Recipes, Masterbuilt Smoker Cookbook) The Enlightened Smoker's Guide to Quitting: Learn to Forget to Smoke The Enlightened Smoker's Guide to Quitting The Unofficial Masterbuilt Smoker Cookbook: A BBQ Smoking Guide & 100 Electric Smoker Recipes (Masterbuilt Smoker Series) (Volume 1) Unofficial Masterbuilt® Smoker Cookbook: A BBQ Smoking Guide & 100 Electric Smoker Recipes (Unofficial Masterbuilt® Smoker Recipes) The Unofficial Masterbuilt® Smoker Cookbook 2: A BBQ Guide & 121 Electric Smoker Recipes (The Unofficial Masterbuilt Smoker Cookbook Series) The Unofficial Masterbuilt® Smoker Cookbook 2: A BBQ Smoking Guide & 121 Electric Smoker Recipes (The Unofficial Masterbuilt Smoker Cookbook Series) Masterbuilt Smoker Cookbook: The Ultimate Masterbuilt Smoker Cookbook: Simple and Delicious Electric Smoker Recipes for Your Whole Family (Barbeque Cookbook) (Volume 1) Masterbuilt Smoker Cookbook: The Ultimate Masterbuilt Smoker Cookbook: Simple and Delicious Electric Smoker Recipes for Your Whole Family (Barbeque Cookbook Book 1) Masterbuilt Smoker Cookbook: The Ultimate Masterbuilt Smoker Cookbook ® Simple and Delicious BBQ Recipes For Your Whole Family (Electric Smoker Recipes) Wood Pellet Smoker And Grill Cookbook: The Ultimate Wood Pellet Smoker And

Grill Cookbook → The Ultimate Guide and Recipe Book For The Most Delicious And Flavorful Barbeque (Barbecue Cookbook) Masterbuilt Smoker Cookbook: Top Electric Smoker Recipes for Easy and Tasty BBQ Smoking Kamado Smoker And Grill Cookbook: The Ultimate Kamado Smoker And Grill Cookbook → Innovative Recipes And Foolproof Techniques For The Most Flavorful And Delicious Barbecue The Bradley Smoker Cookbook: Tips, Tricks, and Recipes from Bradley Smoker's Pro Staff Kamado Smoker And Grill Cookbook: The Ultimate Kamado Smoker And Grill Cookbook → Innovative Recipes And Foolproof Techniques For The Most Flavorful And Delicious Barbecue (Barbecue Cookbook) Pitmaster: 25 Best Smoking Meat Recipes That Will Impress Any Barbecue Fan (BBQ, Barbecue, smoking meat, Grilling, Pitmaster, smoker recipes, Smoker Cookbook) The Complete Electric Smoker Cookbook: Over 100 Tasty Recipes and Step-by-Step Techniques to Smoke Just About Everything Smoke It Like a Pit Master with Your Electric Smoker: Recipes and Techniques for Easy and Delicious BBQ Khmer Language: 300+ Essential Words In Khmer - Learn Words Spoken In Everyday Khmer (Learn Khmer, Cambodia, Fluent Khmer): Forget pointless phrases, Improve ... (Learn Khmer, 300 useful words in khmer) Weber's Smoke: A Guide to Smoke Cooking for Everyone and Any Grill

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)