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MINUTES) Does
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Mind has intelligence
but no awareness. When
fallen for addiction we
are cheated by our own
brain reward system.

This book is the

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explanation by very
experienced writer. In
fact the best.

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a cigarette decreases in intensity over several weeks after quitting. Sudden bursts of an intense desire or urge to smoke are often triggered by a cue, such as having a few drinks, feeling very happy or sad, having an argument, feeling stressed, or even having a cup of coffee.

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Coping with cravings -
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When you first quit cigarettes, it may feel as if every waking moment is consumed with one thought and one thought alone: the urge to smoke. If you pay close attention though, you'll notice that most cravings last only around three to five minutes. They tend to come off the blocks

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strongly and decrease
gradually until they're
finally gone.

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10 Ways to Overcome
Cigarette Cravings in 5
Minutes

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remarkable book, one
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of craving and
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All you have to do is
repeat the steps of this
exercise, and by the end
of it, the craving will
subside, and you will
feel better. If you're
having a craving now,
do the exercise with me.

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If not, practice now and
do it when you need it.
This technique is based
on the work of Sarah
Bowen, Ph.D.

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Huffington We are all
vulnerable to addiction.

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All of the addictions
discussed in The

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(technology, distraction,
thinking and love) are
conceptualized

similarly:

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Here are 10 ways to help you resist the urge to smoke or use tobacco when a tobacco craving strikes. 1. Try nicotine replacement therapy. Ask your doctor about nicotine replacement therapy. The options include: Prescription nicotine in a nasal spray or inhaler. Over-the-counter nicotine

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patches, gum and
lozenges.

Smartphones

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