



Kicking Butts: Quit Smoking and Take Charge of Your Health

American Cancer Society

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Offering straightforward and highly effective techniques for those committed to quit smoking, this book explains how to get it done and provides reliable solutions to a life-changing choice. Leading the reader through a program to say goodbye to smoking forever—providing tips, suggestions, and solid support when it's most needed—this updated new edition presents the latest information about over-the-counter and prescription smoking-cessation products and methods, including how they work, what the benefits are, and possible side effects. Each chapter contains checklists for making a plan to quit, identifying and avoiding smoking triggers, and handling cravings, while practical methods for dealing with stress, depression, and concerns about weight gain are also included.

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