

J a n e t B r i g h a m

# DYING TO QUIT

Why We Smoke  
and  
How We Stop

*Foreword by C. Everett Koop, M.D.*

# Dying To Quit Why We Smoke And How We Stop

**Michael Hoelscher**



## **Dying To Quit Why We Smoke And How We Stop:**

Dying to Quit Janet Brigham, 1998-06-19 Historians and scientists a few millennia from now are likely to see tobacco as one of the major bafflements of our time suggests Janet Brigham Why do we smoke so much even when we know that tobacco kills more than a million of us a year Two decades ago smoking was on the decline in the United States Now the decline has flattened and smoking appears to be increasing most ominously among young people Cigar smoking is on the rise Data from a generation of young smokers indicate that many of them want to quit but have no access to effective treatment Dying to Quit features the real life smoking day of a young woman who plans to quit again Her comments take readers inside her love hate relationship with tobacco In everyday language the book reveals the complex psychological and scientific issues behind the news headlines about tobacco regulations lawsuits and settlements and breaking scientific news What is addiction Is there such a thing as an addictive personality What does nicotine do to the body How does it affect the brain Why do people stand in subzero temperatures outside office buildings to smoke cigarettes What is the impact of carefully crafted advertisements and marketing strategies Why do people who are depressed tend to smoke more What is the biology behind these common links These and many fundamental questions are explored drawing on the latest findings from the world's best addictions laboratories Want to quit Brigham takes us shopping in the marketplace of gizmos and gadgets designed to help people stop smoking from wristwatch like monitors to the lettuce cigarette She presents the bad news and the not so bad news about smoking cessation including the truth about withdrawal symptoms and weight gain And she summarizes authoritative findings and recommendations about what actually works in quitting smoking By training a behavioral scientist by gift a writing talent Brigham helps readers understand what people feel when they use tobacco or when they quit At a time when tobacco smoke has filled nearly every corner of the earth and public confusion grows amid strident claims and counterclaims in the media Dying to Quit clears the air with dispassion toward facts and compassion toward smokers This book invites readers on a fascinating journey through the world of tobacco use and points the way toward help for smokers who want to quit Janet Brigham Ph D is a research psychologist with SRI International in Menlo Park California where she studies tobacco use A former journalist and editor she has conducted substance use research at the Johns Hopkins University School of Medicine the National Institute on Drug Abuse and the University of Pittsburgh New and Forthcoming Books National Academy Press (U.S.), 2000 **Quit Smoking** Nishant Baxi, 2019-10-31 We re Creatures of Habit Form good habits be a good person is the universal motherly advice every one of us can recall when we scratch the realm of our memories Tiny tots and youngsters are forever bound protected and guided by their seniors and elderly in order to help them on to tread the path laid on time tested principles of honesty and good behavior TOBACCO DAYS: A Personal Journey Al Fritsch, SJ, 2010-02-03 This book traces changing attitudes to tobacco largely through the experiences of the author He grew up raising tobacco and influenced by advertising began smoking as a youth He was conducting research in a chemical

laboratory involving carcinogenic substances when the health effects of tobacco began to surface While he was working with public interest organizations environmental tobacco smoke began to be recognized as an indoor pollutant Ethical issues forced him like many others to stop smoking and he eventually became quite involved in pastoral work with sick smokers The final chapter surveys the lessons that can be learned from one person's tobacco days **Tobacco Industry and Smoking** Fred C Pampel, Fred C. Pampel, 2009 Praise for the previous edition **Tobacco** Harold V. Cordry, 2001-11-20 Tobacco addresses the many interrelated controversies surrounding the historical and current use of tobacco and presents a clear objective and thorough treatment of this contentious public health and legal issue The American Indians valued tobacco as a wonder drug When Rodrigo de Jerez who accompanied Christopher Columbus on his maiden voyage of 1492 returned to Spain with tobacco he was accused of associating with Satan and imprisoned when his compatriots saw smoke coming out of his nose This book covers everything from the history of tobacco to health and social issues such as targeting children Biographical sketches of key personalities associated with tobacco range from Thomas Edison who refused to hire anybody who smoked cigarettes to Jean Nicot the French Ambassador to Portugal in the mid 1500s from whose name the word nicotine is derived This title takes the reader through the myriad of issues that make up the tobacco debate in a clear and unbiased way **The Gale Encyclopedia of Mental Disorders**, 2003 **Women Making Time** Elizabeth McMahon, Brigitta Olubas, 2006 How do women experience time in the modern world What connections can be drawn between time action and ethical human relations From vantage points across the humanities and social sciences **Women Making Time** looks at how women fashion understandings of the past present and future The book reviews the ways in which feminist issues have been reduced to generational disputes between 1970s and 1990s Feminism has always looked towards the future when envisaging and enacting social change At the same time feminists have sought to recuperate forgotten and overlooked moments usually through response to the constraints faced by particular women **Women Making Time** is a rich and diverse collection of essays that moves through the complementary domains of past and future and into the complex now of aesthetic and cultural production By valuing the processes of loss and excess the book illuminates the complex banalities achievements and continuities of women's experiences **Core Concepts in Health**, 2000 **Core Concepts in Health Brief with PowerWeb 2004 Update with HealthQuest, Learning to Go** Paul M. Insel, Walton T. Roth, 2003-07-10 This proven text provides a concise introduction to health topics bringing students current information about health and wellness topics An affordable alternative to larger health texts it includes a built in study guide For the 2004 Update the overall content organization and features of the ninth edition remain in place but key topics and issues have been updated with the most recent information available **Issues in Science and Technology**, 1997 **Connect Core Concepts in Health** Paul M. Insel, Walton T. Roth, 2000 Revised and updated fifth edition 1988 introductory textbook focuses on issues of concern to students nutrition weight control contraception exercise intimate relationships stress AIDS drugs alcohol etc and stresses

personal responsibility and personal empowerment Annotation copyrighted by Book News Inc Portland OR     *Core Concepts in Health* Paul M. Insel, Walton T. Roth, Kirsten Price, 2002 Revised and updated fifth edition 1988 introductory textbook focuses on issues of concern to students nutrition weight control contraception exercise intimate relationships stress AIDS drugs alcohol etc and stresses personal responsibility and personal empowerment Annotation copyrighted by Book News Inc Portland OR     Health in the New Millennium Jeffrey Nevid, Spencer Rathus, Hannah R.

Rubenstein, 1998-01-15 A popular one semester quarter course offered at both 2 year and 4 year schools and taught by either the Health Sciences division or the Physical Education department This is a survey of various health related topics such as nutrition exercise sexuality substance abuse disease etc usually with an emphasis on applying the concepts to students own lives     Cigarettes, Nicotine, and Health Lynn T. Kozlowski, Jack E. Henningfield, Janet Brigham, 2001-04-24 Smoking is one of the world s most pressing public health problems This book reviews the severe problems caused by smoking and examines individual and public health approaches to reducing smoking and its attendant health problems     *Library Journal* ,2001

*The Library Journal* ,1998 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately     **Forthcoming Books** Rose Arny, 2001     Medical and Health Annual ,1998     **The Publishers Weekly** ,1998

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