

# Pathfinder Series: Smoking Cessation

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books & Audiovisual

*100 Questions and Answers About How to Quit Smoking* / Charles Herrick, et al. 5.14.8 2010  
Whether you're a newly diagnosed patient, a friend or relative, this book offers help. The only volume available to provide both the doctor's and patient's views, *100 Questions & Answers About How to Quit Smoking* gives you authoritative, practical answers to questions about the effects of smoking and the best strategies for quitting the habit.

*Kicking Butts: Quit Smoking and Take Charge of Your Health* / American Cancer Society. 5.14.6 2003

*Kicking Butts* helps you turn the tables and kick cigarettes out of your life. Simple, practical, and specific strategies allow you to create quitting plans that make the most sense for you and offer the best possible chances of long-term success. With a friendly, easy-to-follow format, *Kicking Butts* encourages you at every turn, offering motivating, practical quit tips throughout the book. Written by the experts at the American Cancer Society, this book gives you the best methods to quit smoking.

*Love not smoking: Do something different* / Karen Pine and Ben Fletcher. 5.14.10 2011

The authors, both psychologists, are experts on behaviour modification and their Do Something Different technique has been successful in helping people lose weight, tackle stress and improve health and well-being. The six-week Love Not Smoking program will help smokers quit for good and also provide them with tools for reclaiming their passion for life.

*Quit Smoking For Life: A Simple, Proven 5-Step Plan* / Suzanne Schlosberg. 5.14.13 2014

Easy to follow and straightforward instructions for a five-step plan to quit smoking that is backed by the American Cancer Society.

*Smoking: 201 reasons to quit* / Muriel L. Crawford. 5.14.9 2009

Many people say they want to quit smoking, but lack the motivation. This book provides motivation by taking a different approach and focusing on why we should not smoke rather than telling readers how to quit.

## Websites

Smoker's Helpline Online <http://www.smokershelpline.ca/>

The online version of Smoker's Helpline offers the same great support and information, with some added features for the online world. These include a "Quit-Meter", with personalized feedback on your progress, a discussion forum to connect with others who are quitting, "quit buddies" for added support and inspirational emails with information, tips and tools for quitting and staying quit.

American Cancer Society: Guide to Quitting Smoking

[http://www.cancer.org/docroot/PED/content/PED\\_10\\_13X\\_Guide\\_for\\_Quitting\\_Smoking.asp](http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp)

The ACS website has a lot of great information on quitting smoking. Topics covered include nicotine withdrawal and how to cope, information on types of nicotine replacement, and finding the one that might be right for you, and a step-by-step plan for quitting. There are also links to other resources and helpful organizations that can assist you, articles on smoking and smoking cessation, and much more.

Health Canada: Quit 4 Life [http://www.quit4life.com/index\\_e.asp](http://www.quit4life.com/index_e.asp)

The new Quit4Life (Q4L) web site can help you to quit smoking... for life. Q4L is organized around 4 central steps: Get Psyched, Get Smart, Get Support, Get On With It. The site has been re-designed as an interactive and personalized 4 week web program. Each week, you will be asked to complete 3-5 activities on-line which will help you learn about why you smoke, how to quit and how to stay quit once you get there. Create a personalized profile, store and save your completed activities, build a quitting calendar, learn how to deal with stress and more, all from the comfort of your computer!

Leave the Pack Behind <http://www.leavethepackbehind.org>

From the website: "Leave The Pack Behind (LTPB) is a comprehensive, age-tailored, tobacco control initiative for young adults on post-secondary campuses. LTPB seamlessly integrates cessation, protection, prevention and industry denormalization activities to promote smoking cessation among occasional and regular smokers; protect non-smokers from second-hand smoke; expose tobacco industry tactics that keep people hooked on its deadly products."

Quit Now <https://www.quitnow.ca/>

An initiative from the BC Lung Association, this site and its program has a variety of options, tools, and resources for helping you quit smoking. Get personalized support, participate in online community forums, and discover the best quit smoking methods for you.

