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The steady and constant
background craving for a
cigarette decreases in
intensity over several weeks

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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

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Coping with cravings - NHS

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empirically based pathway to
greater freedom and ease in
our lives. For many readers,
this book will be life-
transforming."—Joseph
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cigarettes, it may feel as
if every waking moment is

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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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10 Ways to Overcome
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Minutes

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this book will be life-
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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,

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

How to Overcome Cigarette

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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

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nicotine in a nasal spray or
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lozenges.

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