

Pathfinder Series: Smoking Cessation

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

Books

Allen Carr's Easy Way to Stop Smoking / Allen Carr

Call number: 5.14.10 2012

Allen Carr's Easy Way to Stop Smoking is a self-help classic, with over 20 million copies sold worldwide. This classic guide to the world's most successful stop smoking method is all you need to quit up smoking. You can even smoke while you listen. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it.

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

Call number: 5.14.14 2010

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.

Quit Smoking for Life: A Simple, Proven 5-Step Plan / Suzanne Schlosberg

Call number: 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.

Websites

American Cancer Society: How to Quit Smoking or Smokeless Tobacco

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.

Break it Off

<http://breakitoff.ca/>

In partnership with the Government of Canada and Canadian Cancer Society, Break it Off offers tools and resources that will help young adults work through the various stages of breaking up with smoking. The website is a resource hub for users to learn about proven quit methods, such as phone counseling, patches, gums, and inhalers. It includes a quick link for smokers to connect with a *Smokers' Helpline* Quit Coach, and is accompanied by fun, interactive social media features. Users can download a free mobile app for instant support when they are “stressed, angry, tipsy or bored.” They can see how many cigarettes have been “dumped” by their peers who have used *Break It Off*.

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.

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.