1. Record Nr. UNINA9910702957603321 Autore Elliott Charles H. <1948-> **Titolo** Quitting smoking & vaping for dummies / / Charles H. Elliott, Laura L. Smith Hoboken, New Jersey:,: John Wiley & Sons, Incorporated,, [2020] Pubbl/distr/stampa ©2020 **ISBN** 1-119-61692-1 1-119-61695-6 Edizione [Second edition.] Descrizione fisica 1 online resource (371 pages): illustrations Disciplina 616.86506 Soggetti Smoking cessation Cigarette smokers - Rehabilitation Documentary films. Streaming videos. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Includes index. Nota di contenuto Intro -- Title Page -- Copyright Page -- Table of Contents --Introduction -- About This Book -- Foolish Assumptions -- Icons Used in This Book -- Beyond the Book -- Where to Go from Here -- Part 1 Lifting the Fog on Smoking and Vaping -- Chapter 1 A Matter of Life --Accepting the Consequences of Being Human -- Tabulating the Health Costs of Smoking -- Summing Up a Financial Spreadsheet --Comparing costs with vaping -- Calculating the ways you want to spend your windfall -- Breaking Up Is Hard to Do -- Seeing that a little help goes a long way -- Making a plan and checking it twice -- Life After the Breakup -- Slipping and tripping insurance -- Lighting the way to a new, nonsmoking lifestyle -- Chapter 2 Talking about Tobacco -- Analyzing Addiction -- Burrowing briefly into biology -- Inspecting psychological factors -- Searching for social contributors to addiction -- Assessing your tobacco addiction -- Dissecting Tobacco --Delivering Tobacco to the Body -- Burning tobacco -- Heating tobacco without burning -- Ingesting tobacco without burning or heating --

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Making Your Home a No-Smoking Zone.

Sommario/riassunto

Dr. Scott Leischow of The National Cancer Institute (NCI) Tobacco Control Research Branch explains the benefits of smoking cessation, even for smokers who have a long history of smoking cigarettes. Also describes an NCI web site, smokefree.gov, that is targeted specifically to older adults.