

The Effectiveness of the So-Called Stop Smoking Pill

Like many men and women, you may have a strong desire to stop smoking. You have heard all of the reports pertaining to how harmful smoking can be to you ... and to those around you. However, even with this information, you may not have been able to succeed at kicking your smoking habit thus far. As a result, you may have started to give consideration to using what rather commonly has become known as a stop smoking pill. Through this article, you are provided an overview of this product to assist you in determining whether or not it is the right choice for you when it comes to the issue of your own smoking cessation.

There actually has been a significant amount of hype around the "stop smoking pill" in recent times. Promoters of the product contend that the pill represents an "easy way" for a person to stop smoking. The contention is raised that smoking cessation, kicking the habit, can be a breeze.

Of course, as with so many products associated with stopping smoking that have entered the market with great fanfare, when it comes to the stop smoking pill, a closer examination of the reality of the product reveals something different. The bottom line when it comes to quitting smoking, consideration must be given not only to stopping in the first instance but to staying away from cigarettes into the future. It is one thing to quit and something entirely different all together to stay away from smokes in the future.

When all is said and done, the pill that has been heralded as the easy way to stop smoking really only attacks part of the smoking problem in the first instance. While it is true that nicotine and what many experts term nicotine addiction plays a significant role in what compels an individual to smoke in the first instance, it is not the only factor at play. The reality is that nicotine reliance or even addiction is one of the compulsions that draws an individual to smoking.

Beyond a physiological attraction to or reliance upon nicotine, people smoke for additional reasons that include everything from it being an ingrained habit to the fact that for many individuals smoking serves as a psychological crutch for one reason or another. Simply, the typical person smokes for a combination of reasons.

In the end, the so-called stop smoking pill really only deals with the matter of a person's reliance or perhaps dependence upon nicotine. The pill simply does not address any other issues that tie people up in a smoking habit. In order to stop smoking successfully in the first instance, and in order to "stay stopped," it is crucial that all of the factors that caused a person to pick up a pack of cigarettes be addressed through a comprehensive cessation process.

Of course, there have been instances in which the smoking cessation pill has resulted in an individual giving up smoking, there is an ever growing list of men and women who used the pill to "stop smoking" only to take up the habit again with a literal vengeance not long after initially "giving up" cigarettes.

Underlying the reality that the stop smoking pill is not a magical cure to smoking is the fact that people who have such a belief simply do not do all they need to do to end their smoking habit permanently. The unshakable reality is that stopping smoking, breaking the cigarette habit, requires work and effort on your part. You must be willing and able to deal with all of the elements that drew you to cigarettes in the first instance and that caused you to continue smoking even in the face of the facts that it was harmful to your health.

About the Author

Millions of people all over the world are so addicted to nicotine that they simply think there is no hope to ever [stop smoking](#). But there is more than hope and thousands of people have already experienced the life change of really quitting with our system. If you want to have a smoke free life go to => <http://www.easyquitsmokingprogram.com>

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