

## Chapter 1 : Thoughts without Cigarettes: A Memoir - Oscar Hijuelos - Google Books

*Thoughts Without Cigarettes is a memoir presented in a very interesting fashion. Most memoirs take full advantage of literary licence and fill in blanks stating them as facts. The reader then takes the story with a grain of salt, simply by virtue of the fact that it is a memoir.*

Both behavioral treatments and medications can help people quit smoking, but the combination of medication with counseling is more effective than either alone. Department of Health and Human Services has established a national toll-free quitline, QUIT-NOW, to serve as an access point for anyone seeking information and help in quitting smoking. Government Regulation of Tobacco Products On May 5, , the FDA announced that nationwide tobacco regulations now extend to all tobacco products, including: Behavioral Treatments Behavioral treatments use a variety of methods to help people quit smoking, ranging from self-help materials to counseling. These treatments teach people to recognize high-risk situations and develop strategies to deal with them. For example, people who hang out with others who smoke are more likely to smoke and less likely to quit. NRTs deliver a controlled dose of nicotine to relieve withdrawal symptoms while the person tries to quit. They target nicotine receptors in the brain, easing withdrawal symptoms and blocking the effects of nicotine if people start smoking again. Can a person overdose on nicotine? Nicotine is poisonous and, though uncommon, overdose is possible. An overdose occurs when the person uses too much of a drug and has a toxic reaction that results in serious, harmful symptoms or death. Nicotine poisoning usually occurs in young children who accidentally chew on nicotine gum or patches used to quit smoking or swallow e-cigarette liquid. Symptoms include difficulty breathing, vomiting, fainting, headache, weakness, and increased or decreased heart rate. Anyone concerned that a child or adult might be experiencing a nicotine overdose should seek immediate medical help. Points to Remember Tobacco is a plant grown for its leaves, which are dried and fermented before being put in tobacco products. Tobacco contains nicotine, the ingredient that can lead to addiction. People can smoke, chew, or sniff tobacco. Nicotine acts in the brain by stimulating the adrenal glands to release the hormone epinephrine adrenaline and by increasing levels of the chemical messenger dopamine. Tobacco smoking can lead to lung cancer, chronic bronchitis, and emphysema. It increases the risk of heart disease, which can lead to stroke or heart attack. Smoking has also been linked to other cancers, leukemia, cataracts, and pneumonia. Smokeless tobacco increases the risk of cancer, especially mouth cancers. Secondhand smoke can lead to lung cancer and heart disease as well as other health effects in adults and children. For many who use tobacco, long-term brain changes brought on by continued nicotine exposure result in addiction. Both behavioral treatments and medication can help people quit smoking, but the combination of medication with counseling is more effective than either alone. Nicotine overdose is possible, though it usually occurs in young children who accidentally chew on nicotine gum or patches or swallow e-cigarette liquid. For more information about how to quit smoking, visit [smokefree](http://smokefree). This publication is available for your use and may be reproduced in its entirety without permission from the NIDA. Citation of the source is appreciated, using the following language: Department of Health and Human Services. This page was last updated June More DrugFacts.

Chapter 2 : 'Thoughts Without Cigarettes' by Oscar Hijuelos: Book review - latimes

*Thoughts Without Cigarettes A Memoir Oscar Hijuelos Gotham Books: pp., \$ Was there ever a time and place more alive and unpredictable than New York City in the middle decades of the 20th.*

You could almost smell the biting cigarette smoke, cheap cologne and rum tainted sweat on Armand Asante and Mamba dance halls. I was hoping for more of the same in this book as the author spoke of his Cuban background and upbringing. Plus- the dude won a Pulitzer- how does one do that? I needed to know. That atmosphere never materialized in his biography because Oscar spent much of his life denying his Cubano-ness. Oh not overtly, he just blended in better than most because of his paler skin. He did little to correct others assumptions as he grew up. But when he did, I was hooked. The stuff of dreams. I also found it fascinating how the titles for his books came to him through dreams and visions really. The majority of our time in his memoir is spent on his guilt and shame of not connecting to his parents and his origins. And thats really all there is to it. How ironic the fact that he was indeed Cuban American became the major contributing factor to him receiving the Pulitzer. However cathartic it must have been for him to write his life story, at least- I pray- all the morose prose got him somewhere! Linda, Adele I just loved reading this book. His parents are from Cuba, although he was born in the U. On a visit to Cuba, he contracts a disease and has to spend a year of his life at a medical facility in Connecticut. He is only four I just loved reading this book. He is only four years old when this happens; a crucial point in his development. The rest of his story focuses on growing up in a household in which he often feels like an outsider. Speaking only English the year he was sick, he can no longer speak Spanish confidently. Adding to his discomfort is his own skewed identification as a light-haired, light-skinned Cuban. At times the story is humorous, but there is much sadness and regret, as well. The memoir continues as Hijuelos travels an indirect path to become a writer. His route to fame is circuitous, but the accomplished, successful people he meets along the way, make for fascinating reading. Hijuelos is adept at self-deprecation. He cleverly introduces unique, life-altering situations from his life, creating a story that reads like a personal conversation with the author. I will definitely read more of his work.

Chapter 3 : 4 Ways to Quit Smoking - wikiHow

*Illuminating the most dazzling scenes from his novels, *Thoughts Without Cigarettes* reveals the true stories and indelible memories that shaped a literary genius. Preview this book» What people are saying - Write a review.*

Oscar Hijuelos was lucky enough to live there then, a son of Cuban immigrants. In his often deeply affecting memoir, "Thoughts Without Cigarettes," he describes the odd cast that called his West Harlem street home. He had German and Irish best friends, jammed with black and Latino jazz musicians and got mugged again and again. Every so often, the rocket engineer Wernher von Braun walked past his window. But young Oscar grows up without much ambition and distant from his Latino identity. Why is it that I hate seeing what I see when I look in the mirror? But eventually, thinking and writing about his New York City period helps Hijuelos figure it all out. Every Latino writer published since including this reviewer owes Hijuelos a debt of gratitude his work helped open the door of New York publishing to us. His memoir is both a coming-of-age story and a tale of literary awakening, and it contains many a melancholy and uplifting twist. His personal recipe for success includes two essential ingredients: His parents hailed from Holguin in eastern Cuba. At 4, the young Oscar is a fluent Spanish speaker until he gets sick on a family visit to Cuba with his mother. The trip provides him with his only concrete memories of the island, as a place of pepper trees and tarantulas. Surrounded by English-speaking nurses, his Spanish withers away. His peculiar torture is to live for years in an apartment replete with the aroma of fried plantains and spicy pork, while being forbidden to taste any of these Cuban delicacies. Eventually, young Oscar escapes the attentions of his mother and turns West Harlem into his playground. His description of that community makes for exquisite reading, with everything from LSD to comic books to Puerto Rican conjunto musicians thrown in. Sadly, a big chunk of the neighborhood is torn down in the mids to make way for an expansion of Columbia University. And Hijuelos himself is cast adrift after his father, a lifelong heavy drinker, dies suddenly. Years later, Hijuelos first finds writerly inspiration from a playwright who knew a thing or two about the bottle Tennessee Williams. He signs up for a writing class at City College. On his way to look for his first teacher Donald Barthelme, the short-story writer he walks past the offices of three professors: Joseph Heller, William S. Burroughs and Francine du Plessix Gray. Eventually, he thinks about writing a novel, a long shot for any writer and even more so for a young Latino in the s. Even then, who out there would publish it?

**Chapter 4 : DrugFacts: Cigarettes and Other Tobacco Products | National Institute on Drug Abuse (NIDA)**

*Thoughts On Your New Life Without Smoking For many people, quitting smoking is the only big change they want to make. Once cigarettes are out of their lives, they're happy.*

Help for Cravings and Tough Situations What does it take to stay tobacco-free? Quitting smoking can be a long and hard process. But staying tobacco-free is the longest and most important part of it. Every day you must decide not to smoke today. These all add up to a huge victory over time. How do I get through the rough spots after I stop smoking? For the first few days after you quit smoking, spend as much free time as you can in public places where smoking is not allowed. Libraries, malls, museums, theaters, restaurants without bars, and churches are most often smoke-free. Take extra care of yourself. Drink water, eat well, and get enough sleep. This could help you have the energy you might need to handle extra stress. Try to choose drinks that are low- or no-calorie. If you miss the feeling of having a cigarette in your hand, hold something else – a pencil, a paper clip, a coin, or a marble, for example. If you miss the feeling of having something in your mouth, try toothpicks, cinnamon sticks, sugarless gum, sugar-free lollipops, or celery. Some people chew on a straw or stir stick. Avoid temptation – stay away from activities, people, and places you link with smoking. Create new habits and a non-smoking environment around you. To remind yourself of these reasons, put a picture of the people who are the most important to you somewhere you see it every day, or keep one handy on your phone. Take deep breaths to relax. Picture your lungs filling with fresh, clean air. Remember your goal and the fact that the urge to smoke will lessen over time. If you start to weaken, remember your goal. Remember that quitting is a learning process. Be patient with yourself. Brush your teeth and enjoy that fresh taste. Exercise in short bursts try alternately tensing and relaxing muscles, push-ups, lunges, walking up the stairs, or touching your toes. Call a friend, family member, or a telephone stop-smoking help-line when you need extra help or support. Eat 4 to 6 small meals during the day instead of 1 or 2 large ones. This keeps your blood sugar levels steady, your energy balanced, and helps prevent the urge to smoke. Avoid sugary or spicy foods that could trigger a desire to smoke. Above all, reward yourself for doing your best. Plan to do something fun. Try these tips to get through these times, and hang in there – the cravings will get better: Keep substitutes handy that you can suck or chew on, such as carrots, pickles, apples, celery, raisins, or sugar-free gum or hard candy. See your doctor if these feelings last for more than a month. Take 10 deep breaths, and hold the last one while lighting a match. Exhale slowly and blow out the match. Go for a walk. Exercise can improve your mood and relieve stress. Take a shower or bath. Learn to relax quickly and deeply. Think about a soothing, pleasing situation, and imagine yourself there. Get away from it all for a moment. Focus on that peaceful place and nothing else. Light incense or a candle instead of a cigarette. Practice doing this a few times, and listen to yourself. Wear a rubber band around your wrist. Whenever you think about smoking, snap it against your wrist to remind yourself of all the reasons that made you want to quit in the first place. Other ways to stay active You might have a lot of pent-up energy while trying to quit and stay tobacco-free. Do some yardwork or housework. Organize or clean out a closet, a room, or even the entire basement. Get involved in a new sport or hobby you like. Find activities that are free or fairly cheap. A walk in a park, a local mall, or around your neighborhood is a good way to get moving, too. And watch how much better you can breathe as each day passes without smoking. Staying tobacco-free over holidays The first few weeks after quitting smoking can be hard for anyone. And staying away from smoking may be extra tough during a holiday season, when stress and the temptation to overindulge are often worse. Some special efforts can help you celebrate the holidays without giving in to the urge to smoke. Many of these ideas can also help throughout the year. Celebrate being an ex-smoker and try these tips to keep your mind off smoking: Consider hosting the family dinner to keep yourself busy. Shopping and cooking will certainly take up a lot of your time. Without smoking, you might be inclined to go overboard with the holiday feasting. If you do overdo it, forgive yourself. Try to stay away from alcohol. Stick to sugar-free seltzer, punch without alcohol, club soda, or apple cider. This will curb the urge to light up when drinking and can also help keep off extra pounds. Avoid spicy and sugary foods. Spicy and sugary foods tend to make people crave cigarettes more. Nibble on low-calorie foods. Low-calorie foods such

as carrot sticks, apples, and other healthy snacks, can help satisfy your need for crunch without adding extra pounds. Eat slowly and pause between bites to make a meal more satisfying. For dessert, grab an orange or tangerine, or crack some nuts — something that will keep your hands busy, too. Keep busy at parties. Playing bartender, serving snacks, and meeting guests will help keep your mind off smoking. If the urge to smoke presents itself, put something in your hand other than a cigarette. Treat yourself to something special. Any added frustration can leave you wanting a cigarette. Take along your favorite magazine or book, check your email, or text a friend while waiting in lines. Take hold of yourself and start talking with someone in line next to you, or start looking at what you brought with you. Take a deep breath. Remind yourself of your commitment to quit, and all the reasons you quit. Commit to going back to your quit program right away. Try to figure out why you had a setback and learn from it. Here are more ideas that have helped smokers kick the habit for good: Take one day at a time. A day at a time keeps the whole thing more manageable. Relaxation exercises can help relieve your urge to smoke. Take a deep breath, hold it for a second, then release it very slowly. Or, stand up and stretch while you take a few deep breaths. Remember, the urge to smoke is only temporary. Physical activity helps relieve tension and the urge to smoke. Exercise will also help burn off any extra pounds. Make friends with ex-smokers and non-smokers. Ex-smokers and non-smokers can be your partners to help keep you busy and away from cigarettes. Plan time together and explore new outlets you might enjoy.

**Chapter 5 : Smoking Quotes & Sayings (Tobacco, Cigarettes, Cigars, Pipes, Smokers, No Smoking, etc)**

*A manicure (for your hands that will look so much more attractive without a cigarette in them). A box of expensive, artisan chocolates. To avoid "quitter's weight gain," indulge in just one.*

Saint and Sorceress and Queen! Saint, whose purple halo rings Lift our eyes from earthly things; Witch, whose wand of scented briar Transmutes dead weeds into fragrant fire; Queen, whose rod her slaves adore! What can freedom offer more? So I gave up cigarettes. Then I took her out and one day I looked at her and thought: In fact, I got married once on account of that. Cigarette smoke is the residue of your pleasure. It contaminates the air, pollutes my hair and clothes, not to mention my lungs. This takes place without my consent. I have a pleasure, also. I like a beer now and then. The residue of my pleasure is urine. Would you be annoyed if I stood on a chair and pissed on your head and your clothes without your consent? Prentice If smoking is so bad for you, how come it cures salmon? There exists, therefore, outside alkaloids and habit, a sense for opium, an intangible habit which lives on, despite the recasting of the organism. The dead drug leaves a ghost behind. At certain hours it haunts the house. Tumor causing, teeth staining, smelly, puking habit. It satisfies no normal need. In recent years there has been a marked growth of the smoking habit, and to meet changing conditions the Great Western Railway of England has just arranged for twenty-five per cent of its passenger accommodation in trains to be labelled "non-smoking," leaving the remaining seventy-five per cent available for ardent worshippers at the shrine of "My Lady Nicotine. It is not only the male smoker who has nowadays to be considered. There is also a large proportion of smokers among the fair sex, while many women not actually indulging in the habit themselves seem to love to journey in the more or less fragrant atmosphere of a smoking compartment. I watch your spark And hesitate to crush you with my heel. Perhaps you, too, resent the sudden dark That follows flame. Perhaps you, too, can feel The hurt that comes when one must be subdued. Would you prefer to burn to ashes too? And I shall watch you as I brood " I shall not bring the end of things to you Your case is too much mine. I know that I Prefer to dwindle down to ashy dust Rather than quench my fire because I must. I can make of either a life-work. It is exquisite, and it leaves one unsatisfied. What more can one want? Irritable, moody, depressed, rude, nervy, perhaps; but the lungs are fine. Herbert For more information on lung cancer, keep smoking. Neuman" Mad Magazine Of Uncle Max our chief recollections consist in going with our nurse to pay him a little visit every morning after our early breakfast, and before proceeding for our daily walk. This practice continued with little intermission for many years, from the time when we were too small to be trusted alone, until we were fourteen or fifteen years old. I can scarcely remember an occasion on which we did not find dear Uncle Max with a long pipe in his mouth, writing at a high stand-up desk; but the pen was laid down at once, and for half an hour he gave himself up to us. There was often a good romp, Uncle Max going down on all-fours and letting us ride round the room on his back, sometimes pretending that he was an elephant, and thereby getting a sly puff to keep alight his long pipe, which did duty as his trunk. A Tale of Old Alsace, c. A cigarette is a pipe with a fire at one end and a fool at the other. It makes them soggy and hard to light. We will not deny that soldiers in camp, weary laborers, tramps on the road, gentlemen of leisure, exhausted poets, and even preachers find a refreshing solace in the narcotizing smoke. If it shortens the average of human life a little, who shall say that it may not also render life somewhat richer in sensations and more interesting? Many have become callous to all kinds of sensations; as for tobacco, we can be steeped in smoke for a whole evening, till our Sunday coats carry a stale and suspicious odor for days, and declare that no evil exists. But, there are two things about uncontaminated purity of which we are all righteously sensitive " our drinking-water and the common air of heaven. We will not permit anyone to run any taint into our water supply; so we say when we can get fresh air to breathe. The most advanced metaphysician does not want any one to set up a glue factory opposite his house. What right, then, we ask, has the smoker to pollute this same common air with the fumes of his weed? Is it tolerable that he should blow smoke into our eyes and throats on all the public streets? What justice has he to defile for us the pure air of the hills. Let him be assured that no one, except the selfish smoker himself, really enjoys having his ozone mixed with tobacco. We ask for a new and gentlemanly thoughtfulness and a measure of wholesome

self-restraint, of smoking away from public observation and not giving needless offense by spoiling the pure air. One would not like to think that one has become such a slave to tobacco that one cannot do without it â€” a drug which weakens the heart, damages the nerves, gives you cancer and catarrh and so on. Personally I have given up smoking repeatedly. I have just gone out without any cigarettes and when people have offered them to me I have just said quietly and firmly, "No thank you," and lit my pipe. Beard â€” , tweet, August 28th Ods me I marle what pleasure or felicity they have in taking their roguish tobacco. It is good for nothing but to choke a man, and fill him full of smoke and embers. Your den is filled with low-hanging palls of fresh air. The only rattle in your car is the sound of toll change in the ashtray. This will have a good effect. On the bank balance. Not so slowly maybe. It tasted so good that even if I had been frigid I would have pretended otherwise just to be able to smoke it. Yet thy true lovers more admire by far Thy naked beauties â€” give me a cigar!

### Chapter 6 : 3 Ways to Quit Smoking Cold Turkey - wikiHow

*Illuminating the most dazzling scenes from his novels, Thoughts Without Cigarettes reveals the true stories and indelible memories that shaped a literary genius. A beloved Pulitzer Prize-winning novelist turns his pen to the real people and places that have influenced his life and literature.*

By Hannah Nichols Deciding that you are now ready to quit smoking is only half the battle. We have put together some effective ways for you to stop smoking today. Quitting smoking can be tough, but we have put together some steps that may help you along the way. Tobacco use and exposure to second-hand smoke are responsible for more than , deaths each year in the United States, according to the American Lung Association. Most people are aware of the numerous health risks that arise from cigarette smoking and yet, "tobacco use continues to be the leading cause of preventable death and disease" in the U. Quitting smoking is not a single event that happens on one day; it is a journey. By quitting, you will improve your health and the quality and duration of your life, as well as the lives of those around you. To quit smoking, you not only need to alter your behavior and cope with the withdrawal symptoms experienced from cutting out nicotine, but you also need to find other ways to manage your moods. With the right game plan, you can break free from nicotine addiction and kick the habit for good. Here are five ways to tackle smoking cessation. Prepare for quit day Once you have decided to stop smoking, you are ready to set a quit date. Choose your quit date and prepare to stop smoking altogether on that day. Here are some tips recommended by the American Cancer Society to help you to prepare for your quit date: Tell friends, family, and co-workers about your quit date. Throw away all cigarettes and ashtrays. Decide whether you are going to go "cold turkey " or use nicotine replacement therapy NRT or other medicines. Stock up on oral substitutes, such as hard candy, sugarless gum, carrot sticks, coffee stirrers, straws, and toothpicks. Set up a support system, such as a family member that has successfully quit and is happy to help you. Ask friends and family who smoke to not smoke around you. If you have tried to quit before, think about what worked and what did not. But breaking the association between the trigger and smoking is a good way to help you to fight the urge to smoke. On your quit day: Do not smoke at all. Attend a stop-smoking group or follow a self-help plan. Drink more water and juice. Drink less or no alcohol. Avoid individuals who are smoking. Avoid situations wherein you have a strong urge to smoke. You will almost certainly feel the urge to smoke many times during your quit day, but it will pass. The following actions may help you to battle the urge to smoke: Delay until the craving passes. The urge to smoke often comes and goes within 3 to 5 minutes. Breathe in slowly through your nose for a count of three and exhale through your mouth for a count of three. Visualize your lungs filling with fresh air. Drink water sip by sip to beat the craving. Do something else to distract yourself. Perhaps go for a walk. However, only around 6 percent of these quit attempts are successful. It is easy to underestimate how powerful nicotine dependence really is. NRTs can help you to fight the withdrawal symptoms associated with quitting smoking. NRT can reduce the cravings and withdrawal symptoms you experience that may hinder your attempt to give up smoking. NRTs are designed to wean your body off cigarettes and supply you with a controlled dose of nicotine while sparing you from exposure to other chemicals found in tobacco.

### Chapter 7 : Five ways to quit smoking

*Without it, you'll go through withdrawal. Line up support in advance. Ask your doctor about all the methods that will help, such as quit-smoking classes and apps, counseling, medication, and.*

### Chapter 8 : Quitting Smoking: Help for Cravings and Tough Situations

*When you first quit cigarettes, it may feel as if every waking moment is consumed with one thought 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.*

Chapter 9 : Thoughts Without Cigarettes by Oscar Hijuelos

*Coping With Stress Without Smoking. Part of quitting is finding ways to cope without cigarettes. Try these better ways to deal with your emotions. LiveHelp.*