

**THE NICOTINE TRICK: THE TOTALLY
NEW WAY TO STOP SMOKING BY NEIL
CASEY**

**THE
NICOTINE
TRICK**

**THE TOTALLY NEW WAY
TO STOP SMOKING**



*From the bestselling author of
The Little Book of Not Smoking
as serialised in The Times.*

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About the Author

Neil Casey is the bestselling author of **The Little Book of Not Smoking**, and the country's leading authority on how to kick the habit. In **The Nicotine Trick** he takes his amazing techniques one step further to explain why smokers are addicted to nicotine - and precisely what they can do to break the vicious circle of addiction.

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Why do some ex-smokers suffer from withdrawal symptoms even years after their bodies are free of nicotine? Why do some people stop smoking without suffering, when others go through agony? These are the questions smokers should ask themselves if they want to give up - they form the basis for the simple method contained within. This text explains in accessible language what happens when you smoke that first cigarette. It examines the psychological and chemical processes the body undergoes and what can be done to master them.

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Most helpful customer reviews

0 of 0 people found the following review helpful.

Interesting Info But Weak Application

By PRAIRIE SKIES

This book deals with some interesting scientific information about smoking that I never seen any where else. Neil Casey shows how the pleasure from smoking is a mirage, and the only stress you relieve is synthetic, caused by the previous cigarette. His approach has some similarities to Allen Carr's method. To me the weakness of the book is the ending , which relies on visualization as a means to quitting smoking. This method would seem to be a real struggle for those who are more verbal rather than visual in their approach. It's almost a mind over matter idea. Recommended for the unique scientific info, though the weak ending is a weakness of the book.

2 of 3 people found the following review helpful.

Good Book--But I Do Have a Bone to Pick

By Amazon Customer

A fellow hypnotist recommended this book because it takes an interesting view of smoking and smoking cessation, and I must admit that those insights have helped me in my practice.

The problem I have with this book is that the author rags on hypnosis, saying that it's a waste of money. He later writes that he won't be using hypnosis to help people quit smoking, because it's not needed.

The truth is, he uses hypnotic techniques throughout the book. It's a masterpiece of building expectation and applying metaphor. His approach culminates with directing the reader through a series of visualizations that use metaphor and future pacing to communicate the message to the unconscious mind--that's self-hypnosis, plain and simple.

Perhaps Casey doesn't realize what he's doing, or perhaps he's trying to avoid the wrongful stigma that hypnosis carries with the uninformed. In any case, he's proven Hazlerig's Law once again: "The more someone rails against hypnosis, the greater the chance that they're using it."

That said, the book does contain methods that are effective in helping some smokers to quit.

0 of 0 people found the following review helpful.

Life saver

By O'Neill

I found this book to be a life saver. It worked the first time(I know how that sounds) for seven years. Then after whatever excuses, I started again after the 7 years and had to seek out another copy of the book. It's been a couple of years now successfully not smoking. It makes absolute sense I think and blows all the myths away, leaving you with common sense explanations. It's simple to understand and implement. It may not work the first time you read the book - it's not a magic pill, but if you read it over and give it the space to work for you, your giving up will be pain free and without drama. Good luck!

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