

Title:

Quitting Smoking Hijacked by the Nucleus Accumbens

Word Count:

752

Summary:

The what? If you think quitting smoking is difficult, think of it as a chemical reaction to ce

Keywords:

quitting smoking,quitting smoking permanently,smoke,non-smoker,nicotine

Article Body:

The what? Let's take something easier - the *dorsal striatum, or locus coeruleus.* Still

If you think quitting smoking is difficult, think of it as a chemical reaction to certain stim

Here's a story of a no-good nicotine dragon...

He's hiding in the tobacco. Your cigarette is lit. Fire! nicotine dragon comes alive and hitch

Some of your other party pals had a ho hum sort of time, and some an even better time. Their

Your *hippocampus* will also have been active. That's your memory center, and it works h

Remember the *dorsal striatum*? It's part of the brain region associated with motivation.

This party life is weary after a while. Up and down, high and low, lots of time, energy and m

What to do? You can't think of anything worse than a day without smoking. Apart from two day

Start off with those little dopamines. Make them yourself by exercising. It can sometimes tak

Meditation or some deep reflective time is another proven way to wake up those brain pleasure

Laughing, love, friendship, peace, chocolate, fun, being creative, excitement, giving and shar

Fill up your previous smoking time with other interests, walk by the sea, go to a new night cl

Concentrate and keep shifting your focus on the new pleasures of quitting smoking and how good

You're not going to let a few odd sounding brain parts get the better of you are you?

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