



ADD 15 YEARS TO OUR LIFE
CAN WE? OF COURSE, WE CAN!!

Add 15 Years | SMOKING TRIGGERS

USA/India Edition 2021 | ENGLISH

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ADD 15 YEARS TO OUR LIFE
CAN WE? OF COURSE, WE CAN!!

These
“Medical Books”
can really help
in Adding
“15 Healthier Years”
to Our Lifespan!

“The recommended age is
13yrs to 80yrs

The sooner you start, more
years you add to lifespan.”



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PREFACE

Think About It!

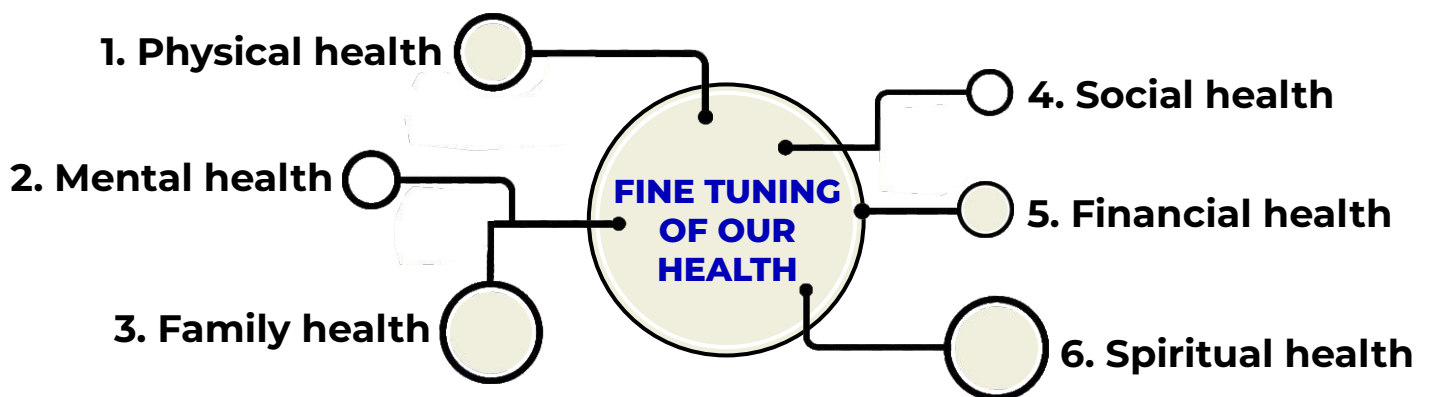
Miracles do not happen in real life.

At least in India (NOT very common in U.S.) we seek medical care only when we have so called “alarming symptoms” and MD/Physicians provide care with their focus on these “alarming symptoms”. We call it “Crisis Medicine”.

Personally speaking, in 2020/2021 and in the coming years, these “alarming symptoms” (called “Crisis Medicine”) should be RARE before we get into the 75 to 85 years of age \ group.

PROVIDED

We keep **fine tuning our health** (medical definition) and gain insight about fundamental medical knowledge, and we actively plan and pay attention to our:



TRUST ME, ALL THESE 6 TYPES OF HEALTH ARE IMPORTANT.

The Results will be dramatic.

DISCLAIMER

In all the books that I am writing as physician and a M.D. with a lifetime of experience (along with my team) –

I have mention the most common medical facts which each one of us need to know in our day to day life.

Ignorance is never a blessing and 2020 has shown us that.

I highly recommend that anybody entering middle school (8th grade i.e. a 13-year-old) should start reading these books and try to read as many as he or she can **so that they can get an insight into the most common medical facts.**

These books are written in basic English, Spanish, Hindi, Bengali and several other languages as well.

If we get an insight into medical facts before we get into chain-smoking and excessive alcohol use or another drug abuse, then ultimately, we can live a healthy and a long life.

All my research and common sense says that starting at the age of 13 years, (that is when we enter our teenage years, our personality, our habits, our likings and our disliking -- all are pretty much shaped by the time we get to 26 years old or older.

Both India and USA are very dear to me,

In the former I was born; I have my parents.
In the latter, I have my wife and my children.

One thing became obvious to me as I live in USA, that the population is taking advantage of the latest medical advances.

Our Indian community, all our friends and families, when we have medical issues, are really putting themselves at the mercies of government and private hospitals, and doctors (with “zero” trust).

In India, people have to spend their own money.

Realizing this, I have provided all the medical information which is available to us doctors, so that one can make wise choices and confidently take their health in their own hands.

But still I sincerely request that you should not take any medications without the supervision of your own family doctors.



The facts that I have provided in my books are written in very simple English or in your language because,

How are you going to make right choices in relation to your health, if you do not know what the answer is?

Our horoscope/stars are not enough, and consulting a pandit, priest or maulana is never enough.

Blind faith is never an option.

Prayers help, yes! when we do not know the answer to a situation.

If our car runs out of petrol, then eventually it will not move; does not matter how much we may pray, it is never going to happen unless we fill the tank.

If you anticipate and choose wisely, you will not have a crisis. So, our disclaimer is that we give you the insights but please always consult your physicians before starting any prescription medications.





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Chapter 1

Smoking Triggers

In this book, we will discuss the triggers that can cause a person to smoke.

Even we want to know our triggers.

What are these triggers?

What can you do to avoid smoking triggers?

How can we help you to control these triggers?

Chapter 2

Emotional Triggers

Emotional triggers

Stress

I need to have a cigarette



Chap2Fig1

Happiness



Chap2Fig2

Anxiety

**I need to have a
cigarette**



Chap2Fig3

Excitement



Chap2Fig4

Anger



Chap2Fig5

Loneliness



Chap2Fig6

Sadness



Chap2Fig7

Boredom



Chap2Fig8

Relaxation



Chap2Fig9

Chapter 3

Everyday Triggers

Everyday triggers

Waking up in
the morning



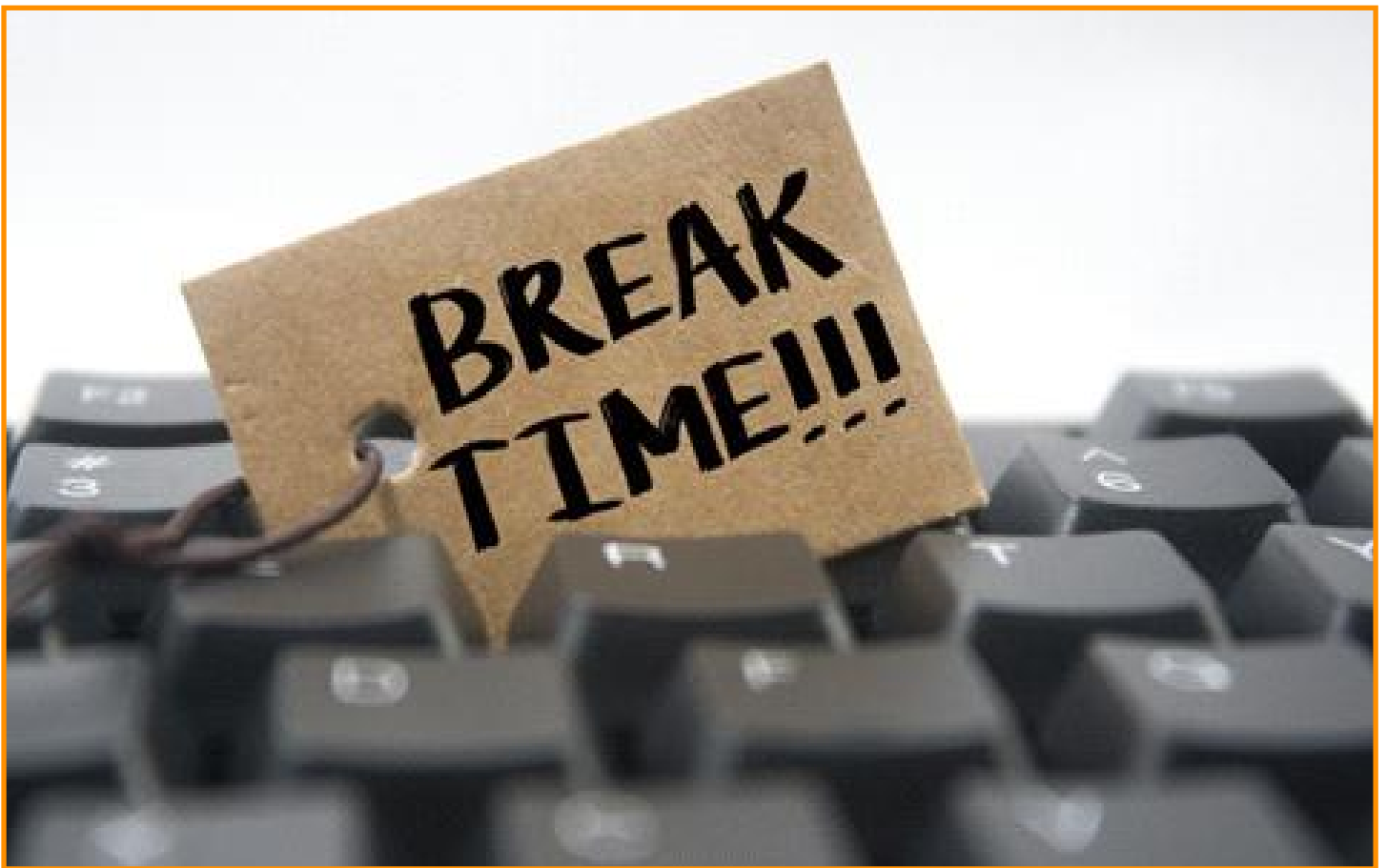
Chap3Fig1

**Texting/
Talking on the phone**



Chap3Fig2

Taking a break.



Chap3Fig3

Working or studying



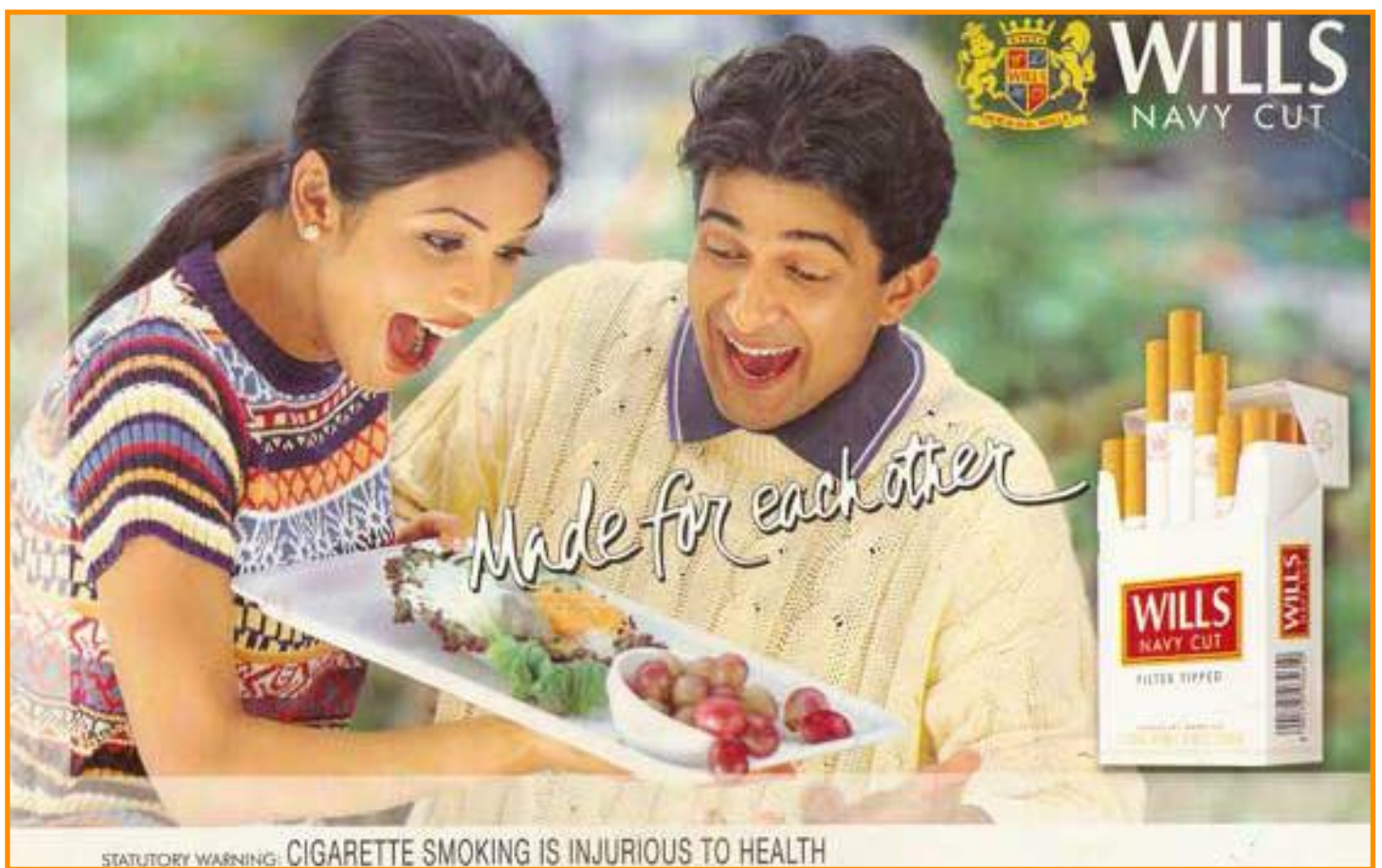
Chap3Fig4

**Watching a show or
listening to music**



Chap3Fig5

Seeing cigarettes on
social media/TV etc



Chap3Fig6

Drinking Coffee



Chap3Fig7

Walking or driving



Chap3Fig8

Finishing a meal



Chap3Fig9

Chapter 4

Social Triggers

Social Triggers

Going for social
events/drinking etc



Chap4Fig1

Seeing someone smoke



Chap4Fig2

Smelling cigarette smoke



Chap4Fig3

Being around smokers



Chap4Fig4

Being offered a cigarette



Chap4Fig5

**Celebrating holidays or
other special occasions**



Chap4Fig9