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# Cognitive-Behavioral Therapy for Smoking Cessation: A Practical Guidebook to the Most Effective Treatments (Practical Clinical Guidebooks)

*Kenneth A. Perkins, Cynthia A. Conklin, Michele D. Levine*

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Practitioners helping smokers to quit can be more effective by learning key therapeutic techniques aimed at increasing any smoker's chances of success. *Cognitive-Behavioral Therapy for Smoking Cessation* is a valuable guidebook to an empirically based CBT approach to smoking cessation that has been shown to be effective with or without the use of medications. This approach emphasizes techniques for enhancing the smoker's motivation and confidence to quit, and teaching the smoker steps for preparing to quit, coping with the difficulties that emerge after quitting, and transitioning to become a long term nonsmoker.

*Cognitive-Behavioral Therapy for Smoking Cessation* offers the fundamental counseling strategies and interventions that have been established, researched, and refined over the past decade. This program outlines essential components that should be included in the treatment of any smoker, as well as steps to take when faced with smokers likely to have particular difficulty quitting. Unique to this volume is the inclusion of a specifically tailored CBT model designed to address weight gain concerns in the smoker. Perkins, Conklin, and Levine are leading researchers on effective smoking cessation intervention for those concerned about the potential gain in weight that accompanies quitting, and offer a flexible approach that allows the practitioner to tailor interventions to each individual. An invaluable addition to any health professional's repertoire, the treatment model presented in this book provides practitioners with the tools necessary to help their clients to quit smoking.

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