

How to Quit Smoking, Vaping or Dipping Tobacco | Dr. Andrew Huberman

<https://silosolo.com/139373>

Summary

Vaping is harder to quit than cigarette smoking for most people, with a success rate of only 5% for quitting smoking without assistance. Hypnosis has shown to be an effective method for quitting nicotine ingestion, including cigarette smoking and vaping, with a success rate of 23%. The Reverie app, developed by Dr. David Spiegel, offers hypnosis scripts for smoking cessation. There are various pharmacologic approaches, such as Bryon (Wellbutrin), that can increase the success rate of quitting smoking. Nicotine replacement therapy is another option to consider. Overall, there are multiple methods and resources available to help individuals quit smoking or vaping.

Silo sample questions

- Is vaping harder to quit than cigarette smoking?
- What is the success rate of quitting smoking without assistance?
- What is the success rate of quitting smoking with hypnosis?
- What is the success rate of quitting smoking with nicotine replacement therapy?
- What are some methods and resources to quit smoking or vaping?

Topics

quitting smoking

vaping

hypnosis

nicotine replacement therapy

pharmacologic approaches

Key Takeaways

- Yes, vaping is harder to quit than cigarette smoking for most people.
- The success rate of quitting smoking without assistance is only 5%.
- The success rate of quitting smoking with hypnosis is 23%.
- The success rate of quitting smoking with nicotine replacement therapy depends on the specific compound used.
- Some methods and resources to quit smoking or vaping include hypnosis, the Reverie app, and nicotine replacement therapy.

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