



# The Clinical Management of Nicotine Dependence

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# The Clinical Management of Nicotine Dependence

## The Clinical Management of Nicotine Dependence

The 1980s have seen a remarkable degree of public and professional acceptance of cigarette smoking as the most widespread and devastating form of drug dependence. More medical schools now give required courses about drug dependence. Prestigious journals publish reports of investigations on the subject of nicotine dependence, and more conferences and workshops are held each year on various aspects of nicotine dependence. All this is in sharp contrast to the earlier prevailing atmosphere of disinterest, ignorance, or professional disdain. These changes created an obvious place for a textbook oriented primarily toward the needs of clinicians working with patients who have nicotine dependence. Thus, in preparation of this book, most aspects of the management of nicotine dependence are incorporated, in order to address concerns of physicians in training and other health care professionals across the world. The final product, which I believe to be comprehensive and clinically relevant throughout, is a text that I hope will be of equal use to psychologists, social workers, nurses, counselors, and physicians in all specialties. An encyclopedic treatise was deliberately avoided because that approach can be cumbersome in size, readability, and cost, and for that reason, readers will find little mention of data involving animal research, nicotine-related politics, nicotine product advertising, medical consequences of smoking, psychotherapeutic techniques, and the extent of the problem.

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