abutment colours on our veneering ceramics and then opacity controls of Zirconia. With the articles looking at both teeth and then implant abutments respectively, the well documented information from both articles can help in colour matching our all-ceramic restorations.

‘It is great to see the QDT and its yearbook keeping its feet and principles firmly grounded.’

Of course colour and CAD-CAM is of no use if the clinical principles are not adhered to and this is in evidence in the stunning clinical articles on tooth preparation and aesthetic rehabilitation. With clear, concise, evidence-based techniques on all aspects of achieving the ultimate in anterior aesthetics, there are countless tips and tricks from early diagnostic planning through to provisionalisation and then the laboratory and clinical stages of the definitive work.

What has always been one of the QDT's truly inspiring features is the case studies. With case after case of outstanding ceramics, the clinical expertise and the outstanding photography of the work fitted intraorally would be awe inspiring to anyone in any area of dentistry.

This year's QDT has certainly not failed to impress, with every article perfectly written, expertly photographed and of course ensuring that all aspects are evidence-based. An outstanding read for everyone in the dental field.

Ashley Byrne –
Director, Byrnes Dental Laboratory

Ashley Byrne

TITLE: Smoke free in 30 days: the painless, permanent way to quit
AUTHOR: D. Seidman
PUBLISHER: Souvenir Press
PRICE: £10.00
ISBN: 9780285638853

As dental professionals we can offer help and advice to any patient who wishes to give up smoking, but we should ask ourselves, how often do we offer reasoned advice? And how much do we know about the personal process of cessation?

This book outlines in four sections the process a patient will go through while giving up, providing the reader with a better understanding of the road blocks and pitfalls which await.

‘Offers detailed advice on cessation aids and what we should do to prepare to quit, both physically and mentally.’

Section 1 is ‘Understanding nicotine addiction’. Physical addiction to nicotine is, in Dr Seidman's estimation, the lesser of the two hurdles that face ex-smokers during recovery. He feels that the psychological side of nicotine addiction, or the habits and associations people build up around smoking over time, is the number one challenge to healing from the addiction. This section also includes a breakdown of the six most common types of smokers: the social smoker, the scared-

to-quit smoker, the emotion-triggered smoker, the worried-about-weight smoker, the alcoholic smoker, and the situational smoker. It is useful to look through these categories in an effort to understand the attributes of your patients and provide advice, which may be bespoke, supporting them to begin their journey.

Section 2, ‘Preparing to quit’ is excellent. This section explains how to broach smoking cessation methods with the patient, whether it is NRT or group therapy. Cessation methods all rely on strong willpower and a determination to quit, with support from people who care. The section allows us to better understand the vast array of support an individual

‘Although this book is written for the smoker it allows health care professionals a great deal of insight.’

must have in place to provide them with the best chance to quit.

In section 3, ‘Becoming smoke-free’, Dr Seidman deals with the ‘Bermuda Triangle of relapse’, used to describe the three risks he feels can threaten an ex-smoker's resolve to remain smoke-free: alcohol, negativity and other smokers. He shares insights into how a smoker can plan ahead to avoid falling into a mindset that leaves them ripe for relapse.

Most items covered in this book are excellently laid out for the person who wants to quit smoking. It covers the basics on how to prepare for a successful quit programme, helping readers understand how people can become addicted to nicotine and why it is hard to stop smoking.

The book offers detailed advice on cessation aids and what we should do to prepare to quit, both physically and mentally. It also describes the vital role support must play in allowing a smoker to quit. Although this book is written for the smoker it allows health care professionals a great deal of insight, hopefully allowing us to provide in some small way more support to our patients who wish to quit.

Alan G. A. Dewar
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