

Prologue

My observation on the subject of “how to successfully stop smoking” had sent me on the path of curiosity due to the fact that the success rate of this interesting subject seemed to be very low.

Some people have boasted to have stopped “cold turkey” and for a while seemed to have succeeded until reality kicked in and after a short absence from the habit, they were back to square one, meaning they were back happily smoking again, worse than before.

Many products are offered by multimillion dollar companies offering cures and promises that sound too good to be true. Many books are also written on the subject, all with the good intentions of helping smokers kick the habit.

As I will explain later in this book, I have stumbled over the concept of why stopping smoking is so exceptionally hard to do and how it

should be done correctly without the hassles and the money unproportionally spent in comparison with the results.

The concept in this book is completely natural and will give the body enough time to adapt and detoxify itself from the need for nicotine without side effects that usually show up during the process.

Please read the book to thoroughly understand the basic concept and if it makes sense, then take the next step and venture of making it all work for you.

Introduction

I have been wanting to write on this subject since 1985 for multiple reasons but my constant involvement in other subjects such as my main job and my tight timeline concentrating on all other additional activities such as rollerblading, travelling on my bike, and keeping fit in the gym completely prevented me from even trying to get close to doing this, thus putting this particular subject in my “neglected” file forever.

The reason I’m writing this is my obligation to share something of value to others that are in need of this knowledge which at the end of the day might improve their quality of life and even save it for that matter.

Too many people are very much in the dark about how to stop smoking and are therefore usually “misled” by many variations of ways starting by buying products that promise them the

moon, giving them false hopes, and demanding “superhuman effort” of something that they did not have the power to stop in the first place.

The concept we are going to discuss in this book is basically simple. We are going to cure the problem at the source by first getting a basic understanding of how this will be obtained and this will then eliminate the many distractions that we usually face when trying to reach a target or a light at the end of the tunnel with a lot of frustration which drives us against the wall.

All that is demanded of us here is “commitment and consistency”, something which is “complete torture” to some and an “enjoyable journey of reached gains” or progression of the journey itself to others.

The main question here is to ask one self: Am I going to commit myself to this venture or is this just something of less value that I am half heartedly going through due to pressure from my spouse, boss or peers that will eventually go away with the passing of time.

Another wasteful effort is the sudden “I can do this short cut because I know all the answers” and this “suddenly got smart” attitude. If we are going to take this road then we can completely discard the whole idea of even getting close to trying.

I’m sure we’ve all heard the quote “Success is a journey, not a destination”, so when we’ve made up our mind then “Just do it” but be committed. This is going to be a commitment you

will not regret and I can only be happy for you when you have successfully reached this supposedly unreachably goal where many others have failed in vain due to their ignorance of the fact that has kept them completely in the dark without any way out.

The good part of this book is that it is almost effortless and the most interesting and “unbelievable” part is you can and will have to keep on smoking to reach your goal. This might be a bizarre statement to most people but rest assured you “will not” reach your goal if you do stop smoking before the program tells you to.

Can you imagine not having to go through some inhumane torture program while trying to better yourself. No such thing. The matter is “how” and this is the fun part, like I mentioned before, too good to be true. You are also not going to spend any money on medications except for cigarettes which is gradually going to be less.

Moving further into this interesting subject we will go straight to the root of the problem: Why you do not have the will to stop this habit of being a “dedicated” smoker.

First of all we are “trying too hard”.

You can forget this road. It has absolutely nothing to do with your will power.

What’s at stake here is that something inside you is by passing your brain beyond your control.

This is basically the main the main cause of our problem.

Does the word “craving” ring a bell? This is one of the main cause but does not answer the question to the whole problem.

Craving cannot be fought and it is a waste of time to do so as the more you abstain yourself from the substance you crave, the worse it gets.

Craving is the result of “a need” which the smoker has created with the intake of nicotine every time he or she smokes a cigarette.

The more cigarettes one smokes per day, the higher the tolerance and the need for nicotine.

Once this situation is created, the human body will demand a regular dose of nicotine bypassing the brain. This is what we call the stage of addiction.

It is not your fault that you have no control over this as it is a natural thing for the body to react this way. The higher the nicotine intake, the deeper the addiction.

What we are going to do now is to reverse this situation and this can only be done “gradually”.

Trying the “cold turkey” approach is not safe and will demand superhuman effort which is not necessary as we have a more enjoyable way with better results, as a matter of fact you are not even demanded to stop smoking at all, only get into a weekly tapering off program which will give your body enough time to adapt without going through the craving process.