



STOP

QUIT E-CIGARETTE

**Eliminate
Vaporizer from
Your Life**

STEVEN CASE

QUIT E-CIGARETTE

Eliminate Vaporizer
from Your Life

Steven Case

Table of Contents

- Let's Get Right to It 6
 - Important Steps 10
 - Why Do You Smoke? 11
 - Why E-Cigarette is so Addictive? 13
 - Why Should You Quit? 19
- All the Right Reasons 22
 - Gaining, Not Quitting 24
 - Health 26
 - Money 31
 - Social Reasons 33
 - Why Should I Be Smoking? 35
- Action Plan
 - Is It Hard To Quit?
 - What to Expect When You Quit?
 - Free Without Withdrawal
- Three Powerful Exercises
 - Plan Your Route
 - Altering Your Mindset
 - Final Step
- Little Bit More Motivation
 - Cravings
 - Resisting "Just One"

Nicotine Replacement Therapy

Let's Get Right to It

Quitting is actually easy and painless once you build up your mind muscle and know how to do it correctly and this is what I will help you with. After more than a decade of smoking I was able to quit quickly, easily and most importantly - permanently.

You have probably already tried quitting and you are familiar with experiencing frustration, cold sweats, inability to concentrate, aggressiveness, nausea, headache, drowsiness and anxiety, which follow quitting process. I will show you how you can reduce them to bare minimum.

I tried my first cigarette when I was fourteen years old. It was not the love at first sight. I started smoking regularly only at the age of sixteen and by eighteenth birthday I was smoking pack a day which eventually increased to two packs. The biggest problem I had with smoking was the smell but other than that smoking was my good companion.

I considered cigarettes as an inseparable part of me. They helped me when I was feeling down, they helped me to meet new people and they helped me to calm down. Mental addiction was actually stronger than physical. It is not only a habit but a ritual as well.

Some situations just begged for a cigarette because without it they wouldn't feel right. Cigarette was a way for me to start and to end the day. You could say that it even increased my safety as on long drives I would stop regularly to have a smoke. I did smoke on the go but I preferred to stop whatever I was doing - it was like a small meditation session.

Half-heartedly I tried quitting a number of times, quite few of these attempts were to show that I could "if I really wanted to" but usually that would end after a half of day with a cigarette in my mouth.

You invite colleague to come with you to have a smoke break, but he says "neah, I'm quitting" and with a feeling of betrayal you say "cool, good luck" but sooner than later you are standing together puffing away. He looks at you with a look of disgrace and defeat.

You probably also had this conversation multiple times. You both light up and you have that conversation:

- So, aren't you quitting?

- Yeah, as you can see it's going great.

I switched to e-cigarettes around 2008. First time I saw e-cigarette was in 2004 in inflight magazine. I was amazed- I could smoke inside the plane! Since then I was hooked.

People in my life were telling me to quit and I constantly heard the same reasons - save money and improve your health. Both sounded good but I felt fine and expenses weren't that significant part of my income.

I would say that actually I don't need to quit because e-cigarette is basically like breathing water vapor.

But we know that this is not true. Water vapor doesn't have that effect and as studies come in it turns out those e-cigarettes are a very risky thing.

In this book I use “vaping” and “smoking” do describe the use of e-cigarette for a reason. Some argue that using e-cigarette is not smoking but what is smoking?

Smoking is a psychological and physical behavior of using a nicotine delivery system. E-cigarette and regular cigarette have exactly same function and they have same reasons why they are addictive so there is no reason to distinguish smoking from vaping.

This is why you need to find what will motivate you and I will share logic behind my reason with you in a bit. Reason is more important than the method.

Currently you can have nicotine patches, gum, spray, hypnosis records, “special” diets, tea, etc. Let's try not to use

any of them and for now continue smoking as you did before.

We will begin the process by building your motivation.

Important Steps

Let me congratulate you. You have decided to quit smoking. This is the first and the most important step in this process. To be honest, I wasn't very excited to quit due to physical and emotional addiction. I'm guessing you have the same emotional and physical attachment.

This is an important decision and if you don't have a strong reason yet, do not worry, as we will work on that. But if taking the first step were the only thing that mattered - you would have never learned to walk.

Let's get those shackles off. What can you do so you would be enjoying energy and self-respect that come from achieving freedom from nicotine addiction?

All you need is right attitude towards vaping and strong motivation. You might be tempted to use substitutes but trust me - you have all you need inside you.

By reading these words you already showed more motivation and have taken more action than most people will ever do in order to achieve this goal.

Read this book carefully, follow advice and do exercises.

Why Do You Smoke?

I thought about it and I came to the conclusion that I have never made a decision to start smoking. Think about it - have you?

Nobody wakes up one day and says to themselves “Today, I will start smoking! At first it might make me sick but I am not a quitter! I will stick with it. I will make it a part of my daily routine.”

In movies cool characters smoke and a cigarette in woman’s hand right away tells you that she is sexy, strong and independent. Even if we discount influence of culture you still couldn’t escape the fact that it was the cool kids who were smoking.

You might have been saying to yourself that you are a strong person but in reality we try to follow people we find appealing. This is why celebrity gossip magazines are always the ones with the best sales stats. This is why smoking is now decreasing in popularity.

Cigarette advertisements were banned in most of the world and we just don’t see badasses and sexy women with cigarettes in their teeth as often as we used to.

Now e-cigarette ads are being restricted as well. These are same habit forming potentially harmful nicotine delivery system so they need to be controlled same way regular cigarettes are.

You can put blame on you starting smoking at least partly on TV and others. That's the good news.

The bad news is that it doesn't really make any difference now. You might have not made a decision to start smoking but the decision to stop is all you and only you.

You see anti-smoking ads, people around you say how bad it is, encourage you to quit but that is only noise until you make a decision.

I used to constantly hear that I should think about my health, that I should think about how much I could save. I have never really paid any attention. The decision to quit was only slightly influenced by these outside factors. You need to make this decision for yourself.

I found that the most important thing is not the method but the reason. Now let's work on that motivation and figure out reasons that will help you stay the course.

By the way, currently let's say you are in a preparation stage so smoke along.

I will tell you when and how to quit but for now puff away.

Why E-Cigarette is so Addictive?

I like to eat chocolate and drink coffee but I can go without these for days or even weeks without any discomfort. Some people are addicted to chocolate and coffee as I used to be to vaping.

They can't go a day without their fix. We are all addicted to something so is it only the chemicals that control us or is it something else.

Nicotine activates reward pathways making you feel good. Nicotine stimulates a feeling of happiness. Maybe in the beginning cigarette had such an effect on me but at the end it was a different relationship.

E-cigarette was not so much making me feel good as I felt bad without it. It seems to be the same story with all drugs. Even exercising is actually a drug.

Runners start running to improve their health, achieve a goal. As it becomes a habit they can't stop. They need to exercise because if they skip a day they start to feel bad physically.

People exercise because they feel better and even euphoric. I'm talking about the so called "runners high". It is called this way because it really is the same thing as drug "high".

The key is endorphin. It's the "carrot" of your body. It's the happiness drug that you get every day. Not always it is in high doses. Tasty cake triggers your pleasure but if that cake produced a drizzle, drugs produce a flood.

This is important because you need to get one thing out of your head – nicotine is not as strong a stimulant as morphine or cocaine. When I vaped I actually searched for exactly this in Google: "nicotine addictive as cocaine" and I was sooo happy to find an article that "proved" to me that quitting smoking is the same as quitting hard drugs.

But it is not! I never tried morphine but I imagine it should have a much stronger high than I used to get from e-cigarette. Face it, nicotine is just not that strong of a stimulant. That doesn't make it less addictive but realizing this will help you quit.

If you ever had hallucinations due to smoking please let me know but I never experienced that. The only way vaping will make you hallucinate is if you get dehydrated to a dangerous level.

But that was not the question. The question was why e-cigarette is so addictive. Nicotine is not as strong of a stimulant to get you hooked only on the merit of being a drug so it must be something in addition to that.

As you smoke day after day, year after year you form the second ingredient – the habit.

My day used to start with a e-cigarette. That was my morning ritual and that's how I told myself and my body that the day has started. At work it was the same story.

At regular time intervals I would stand and go for a smoke. The immediate question when planning on quitting was “So, now what? I won't do brakes?”. Should I now work without taking a brake as it seemed that there was not much else to do except to have a smoke.

Every habit is formed by you and you can stop any habit you have or create a new one. To tell you the truth, it felt weird for the first few days not to vape at work.

It does take willpower to break the habit. I substituted smoking with a carrot. Think of what you could substitute your habit with.

By the way, carrot was a short term solution. Now I just make a cup of tea or chat with colleagues.

It is very common to get an advice to come up with a habit that will replace old habit but don't force anything. For a habit to stick you need either to use a lot of your will power or for that activity to feel easy and natural.

As a portion of your willpower is used up by quitting I recommend looking for something that is easy, enjoyable and won't require you to fight yourself to do it.

Sport is a habit that requires willpower. As you start doing exercises your whole body is resisting this “torture”. It

takes time and effort for it to become at first comfortable and even more time to get pleasure from doing it.

Smoking and later vaping became a habit because it was easy. But is it really comfortable and does it really give you any pleasure?

Let's look at comfortable. On a nice day it is comfortable but even when the conditions are great you still experience discomfort as you are not allowed to use e-cigarette in public spaces. How comfortable is it to stand in a cold of winter, in a rain or while sun is burning you?

I'm an ex-smoker and trust me – it is fun to watch smokers during bad weather. If you're having bad weather right now look at those poor bastards. See how funny and pathetic it looks when you look at it from a side. It's cold or it's raining and you sit comfortably as you watch a smoker fight the elements.

The only thing that makes such moments a bit less fun is the thought: “Damn, I used to be one of them. Why was I doing that to myself? “.

So, smoking is not comfortable but what about the pleasure. You can find tons of publications that prove that nicotine is a stimulant that works like cocaine.

Yes, nicotine does affect the brain in a similar way to opiates. But that's meaningless. My body works same as the

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

