



Quit Marijuana Now! No Withdrawl! No Cravings!

[About The Author - Who Is Peter Hill?](#)

[Chapter 1 - What To Expect When You Quit Marijuana!](#)

There are five major pitfalls for the marijuana smoker who wants to quit. Know and prepare for these traps ahead of time, and you will see your success rate increase by 80%.

[Chapter 2 - Quit Marijuana With The Ultimate Success Formula](#)

So you have decided to quit marijuana! You know what you want, and you have a goal in mind. Perhaps its to improve your health, your relationships or just to save money. Congratulate yourself because you have just taken the first step of the ultimate success formula!

[Chapter 3 - The Secrets of Quitting Marijuana: Even If Everyone Around You Is Still Smoking](#)

Revealing the truth behind what it takes to quit smoking marijuana, and how you can keep your friends at the same time. These are the important details you will need to remember to break the cycle of smoking pot, and still party with your friends.....

[Chapter 4 - Quit Marijuana Using The 6 Step Method For Change](#)

Learn the important details of how to quit smoking pot. This six step method shows you exactly what you need to know.

[Chapter 5 - A Simple Exercise To Help Quit Marijuana Now!](#)

Discover a powerful and proven psychological technique for quitting pot. A method for quitting marijuana that is so simple and so effective it might as well be a joke.

[Chapter 6 - Quitting Marijuana With Auto-Suggestion And Affirmation](#)

Thoughts are things, they can create or destroy and they can be used to change any behavior or feeling you have. Everything in your life right now began as a thought, just like your decision to quit marijuana. Use the secret power of your mind and discover how you can use the time tested miracle of affirmation to change any habit.

[BONUS - How You Can Use Hypnosis To Quit Marijuana](#)

Learn the secrets of how professional hypnotists use their talents to help people quit smoking pot. This article will introduce you to the technique and uncover some things about quitting weed you might not have known.

About The Author

Peter Hill is a human resources specialist and an expert in helping people change their habits. He runs an informational website that provides tips, audio and stories to help people quit marijuana naturally and easily, without cravings or discomfort. To take advantage of this cool stuff and more make sure to check out Peter's site at <http://www.QuitMarijuanaNow.com/>

Chapter 1 - What To Expect When You Quit Marijuana!

Changing any habit that we do daily is a challenge for most people and to quit marijuana is no different. When you decide to quit smoking pot, there are a number of things you may want to consider ahead of time, so that you're not thrown off guard when they come up. From having realistic expectations of quitting, understanding the temporary withdrawal symptoms, the most common times that relapses occur, and how many attempts most successful ex-weed smokers endure before reaching success. This article will discuss these four main events that occur and give suggestions that can help improve the rate of success dramatically. The first step is making your plan.

When people decide that it's time to quit smoking cannabis, it is important to remember that quitting isn't easy. It's important that when you make a plan that you have realistic expectations of quitting marijuana. It may not be easy but it's not impossible either. Just this year alone over one million Americans quit smoking weed and now you will be one of them. Make your plan as realistic as possible and understand what symptoms you will encounter.

There are a number of withdrawal symptoms that every quitter of pot must face. But what is more important to understand is that withdrawal symptoms are temporary and will fade away with time. In fact, typically they will only last one or two weeks before they disappear. After one or two months you develop momentum, and reach the point where you decide to never smoke another marijuana joint again. Knowing how long to expect withdrawal symptoms is one thing, but knowing about common relapse times is critical too.

Most relapses occur shortly after the decision is made to quit cannabis. The first week after quitting marijuana is the time where most relapses occur. This is when withdrawal symptoms begin to build up and become the strongest, and the body is still very dependent on the weed. For most people, this will be the hardest time of all and it is at this point that you must use all your personal resources, your friends, family, willpower and the tips in this article to get you through this most critical period successfully. Along with this, relapses can also occur later on in the process.

It is important to realize that for many people, the second most frequent time for a relapse is in the first three months after quitting pot. Typically it can happen when situational triggers such as a stressful event occurs. It is in situations like this when people reach for the weed automatically, simply because they have developed a strong association to smoking marijuana and relaxing. This type of situation is very common for the simple reason that it is quite difficult to prepare ones self until it happens, so it becomes increasingly important to recognize it if it is to happen to you. The critical element is to remember that smoking cannabis is simply a habit, and all habits can be broken, even if it takes many attempts.

In fact the statistics show that most successful ex-pot smokers did not necessarily quit the first time. It appears that most of the successes happened later on, after several failed attempts. You may find yourself to be one of those people who can quit marijuana on your very first try, and I hope you do. But the message is clear, if you're not one of those people, make sure to decide now, to never give up, and try as many times as necessary until you reach your goal.

Once you consider in advance the major pitfalls on the path to quitting cannabis, you will have the foresight to avoid these troubles and your success will be practically guaranteed. Knowing and preparing for these contingencies and following through until you have quit will put you into ranks of those successful men and women who have overcome the dependence and quit marijuana. You will have realistic expectations, you will know how long to expect the withdrawal to last, avoid the most common relapse times, and never give up until you are free. This way you know exactly what to expect as you begin the journey today to quit pot for good.

Can't Find the Strength To Quit On Your Own? Get committed, get motivated and [Stop Smoking Marijuana FOREVER!](#)

Chapter 2 - Quit Marijuana With The Ultimate Success Formula

There are many ways to go about changing the way you live your life and making the adjustment to quit marijuana. One method of personal transformation that has been exceptionally well received by the personal development community is a simple system known as the ultimate success formula. From making a clear decision about exactly what you want, taking massive action towards your chosen goal of quitting marijuana, noticing if you have been effective or not, and changing your approach as needed to eventually and predictably obtain what you want. This article will introduce to ultimate success formula within the context of quitting pot for good.

How Do You Want Things To Be Once You Have Successfully Quit Marijuana

One of the most critical moments for someone who wishes to quit cannabis is deciding exactly what they want for themselves. Being clear about your goal, and having a specific outcome is so important. Do you want to quit marijuana completely or have the self control to only smoke with friends. Do you want to be able to feel comfortable with people smoking weed around you or do you want to remove it from your life completely. When you make your decision, write it down in a clear simple statement of purpose. Clearly the first step is knowing what you want, the next step is making things the way you want them.

Take Action And Do Everything In Your Power

There are a series of steps you will begin to take as you follow your plan to quit pot and they are always specific to each person. The best way to get started is by making a list of all the things you will do, and beginning at once (whether you are entirely ready or not) to carry out the actions you have written down. For many people it starts with throwing out all the marijuana paraphernalia, throwing out lighters, ash trays and getting rid of your stash. Another thing that might be included on the list would be calling up your friends you smoke pot with and telling them that you are making the decision to quit. Many people also find it helpful to commit to a number of people they are close with and agree to pay them a \$20 bill if you turn back on your plan. Since you don't want to be paying someone just so they can tell you your an idiot, there is a high probability that you will follow through in the end. But even after taking massive action towards the goal of quitting pot, many people worry about not being successful.

Notice What Is And Isn't Working

Often times people plan to quit marijuana only to find that there are obstacles in the way. As you go about your daily routine it isn't uncommon to find that certain people or things will trigger the desire to smoke pot. The best way to be ultimately successful is to notice how you are responding to things once you have quit and take inventory of what is working and what isn't. Often times people find that throwing away all of their cannabis related items helps them quit at home, but find that when out with friends they still crave a joint. You may find that you want to write down what is working and what is not working. This way you can proceed to change your approach.

Change Your Approach

Part of effectively using the ultimate success formula is being able to notice what isn't working and changing your approach in order to respond to the feedback you are getting. For example if you find that you are spending time with people you ordinarily wouldn't spend time with just to get high again, then you can be sure that changing who you spend time with is a decision you need to make. For other people it may be that they stay off weed for some time only to smoke when they are drunk at a party. Whatever the situation that brings about a relapse, be sure that you just need to

change your approach and move on. It may even seem completely obvious, but it is a necessary step in order to be successful.

Since 80% of quitting marijuana is simply a psychological challenge, use your intelligent brain to overcome your old habits. Become crystal clear about what you want and how you want to be when you quit pot, take massive action towards your goal, notice what isn't working and change your approach until you are free. Once you have successfully used the formula to quit weed, you can use it for anything else. Use it with my blessing. The sky is the limit.

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Chapter 3 - The Secrets of Quitting Marijuana: Even If Everyone Around You Is Still Smoking

Many people reach a point in life where its time to quit smoking cannabis. One of the most common challenges for people today is quitting pot while they still have friends or family who continue to smoke around them. From breaking the cycle, to acknowledging that only you can do this, talking with the people in your life, laying down ground rules and spending time with your friends and not smoking. This article will discuss the basics of quitting marijuana naturally and easily while still being around all your friends who still smoke.

The best way to be successful at quitting weed is to break the habits of taking breaks to smoke with friends. The challenge with this is that people

experience a withdrawal from their friends and marijuana buddies. So if you are going to quit, you will have to take time to remove yourself from the places where cannabis is smoked. Just remember that just because you have made the decision to quit pot doesn't mean that you have to stop seeing your friends for good. It just means that you will have to do some things that will change the relationship dynamics.

The first step will be in realizing that nobody cares about whether you quit marijuana now or not expect for you. You will be alone in your journey to quit, and the solitude may be tough at first but will easier with practice. The reason alcoholics and weed smokers stick together is so that nobody quits. Become a leader for yourself and others and take control of your life. Otherwise you will be a follower and it will be your friends who shape your destiny.

The way to take control is to talk to the cannabis smokers in your life and discuss your decision. You want to make your friends commit to helping you, you want them to know that quitting marijuana is very important to you and that you want them to promise that they help you quit. You should also mention to them that you do not expect them to quit just because of you, but that you do expect them to put the pressure on you to stick with your plan. Quitting will always be a personal decision, and no one can do it for you. This is first most important step.

Next you need to lay down some ground rules with all the people in your life regarding this issue. Make it very clear and simple that you are counting on

them to cooperate and help you quit. Tell them where they can smoke when they want to but be sure to have something that you can have to distract your own attention. Even something as simple as making a phone call, or playing a video game instead of smoking will work wonders.

The reason you will need something to distract your self is that most friendships will naturally involve being together and smoke marijuana together. Get used to going out to the bars, or to parties and not smoking cannabis. Each time you go out, and hang out with your friends without smoking you will reinforce that behavior until it is automatic. This way you will naturally quit without any stress, strain or confusion.

It is definitely a great thing when you have quit smoking marijuana for good, and still have all your old friends be supportive of you. If you can just remember to continually break your old pattern of smoking, take responsibility and become a leader, tell people about your decision to quit and lay down your ground rules, accustom yourself to going out with and spending time with your friends. This way you can quit pot even while everyone else still smokes, and keep your friends that you care about while settings a great example of self control.

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