

Quit Smoking Or Die

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Introduction

It was the fall of 2011. My company was losing tens of thousands of dollars every month because of a bad contract, and my livelihood was going down the drain. I was behind on paying myself my salary because I had to pay hungry vendors instead. I also had a part-time job on the side just to keep some money coming in. After all, I had to somehow feed my then 2 year old daughter and keep her warm and sheltered.

Working two jobs isn't easy, but I don't think anyone does it voluntarily. I think we do it out of necessity. Add to that, all the stress I was under from the fear of losing everything I had worked for. I had a mortgage, two car payments, three lingering line of credits (all maxed out), and bills that wouldn't stop coming in. I had had enough.

I was also a smoker at the time. I smoked about 13 cigarettes a day, and believe me I enjoyed every one of them. I especially loved the first one in the morning. I always looked forward to that one. It was a special cigarette, and our time together was brief but intense. I lived for that cigarette. Oh, and don't even get me started on smoking and drinking whiskey. What a heavenly concoction! I loved smoking and I thought I would never quit.

And then one day, during that fall, my wife and I came to the conclusion that we had to quit or losing everything for sure. Together, we were spending \$300 a month on cigarettes, which comes to a whopping \$3,600 per year. Just imagine what you could do with that kind of money. On top of that, I couldn't play with my daughter without losing my breath. She has always been a very active girl and I couldn't keep up with her.

Basically, it was a quit or die situation. We knew this day was coming and we had quit many times before, but this time it was different. This time, we didn't have a choice. The choice was made for us, plain and simple. So we took everything we learned from our failed attempts, and with one giant push forward, we finally quit for good. She quit first and I quit five days later sometime in early November of 2011. I had been a smoker for 23 years.

It Is So Possible

My wife and I quit while under extraordinary circumstances that went from bad to worse. We were three months into our quit when we decided it was best to shut down my business and just deal with the aftermath. I had the wonderful privilege of negotiating and settling with my creditors, which is a gut-wrenching experience that no one should have to go through.

However, there was no settling the business line of credit I had with the bank, and I'm still paying it down today. Banks are funny that way. They say they are your friend, and they are, as long as they don't lose any money.

Once the doors were closed, I had only my part-time job to pull us through. So I asked for full-time hours and they were good enough to give them to me. My wife used to work for me, so she became unemployed. Did I mention it gets worse? I think I did.

Anyway, we decided to sell the house which was worth some good coin, and we ended up buying a much cheaper house in another nearby town. We then lived off the proceeds of the sale for as long as we could, and believe me, savings dwindle fast.

My wife found a good job shortly after we moved and I still had my part-time job. I was actively seeking work for the sole purpose of making as much money as possible, and I finally found a job when we were down to our last thousand dollars or so in our savings account. It's so weird how it worked out that way.

In case you're wondering why I didn't declare bankruptcy, it's actually complicated and the bankruptcy would have affected other people. I explored the issue but it wasn't an option.

Since then, life hasn't been easy for us and we're barely making ends meet while slowly paying off our debts. However, over two years later, we are still proudly smoke-free and we haven't looked back. Not only that, but I feel like a million bucks every day. I practice yoga and meditation, and I'm very energetic. So the very thought of giving up what I experience now, for a cigarette, is both depressing and painful for me. I can't even fathom it.

I just want you to understand that, no matter what is happening in your life right now, you can be a non-smoker. To be honest, the only life-altering event I can think of where it would be extremely difficult to quit smoking, is the death of a loved one. It's tough, I know, and I don't want you to lose your sanity because you quit smoking when your father died. But once the grieving is over, there are no more excuses.

Believe me, if I can quit smoking under the most stressful of situations, you can too. And if Paris Hilton can become a celebrity, a miracle in itself, you can quit smoking.

Quit Or Die

To say "quit or die" might come across as extreme, perhaps. After all, there is no guarantee you'll die from smoking. But you do die a small death every time you light up.

Every time you light a cigarette, you're killing that part of you that begs you to stop. There is a voice inside of you that tries desperately to stop you from smoking. It's from a person who you used to know when you were little, a person so full of life and joy, who is now kept stuffed down underneath piles of emotions, and the cigarettes just keep the emotions from breaking loose.

When you light up, you silence the inner voice who wants to quit. You're saying, "Nuh Uhh, not this time. Tomorrow, I promise I'll quit." And when tomorrow comes and goes, that voice loses a little more hope, becomes a little smaller and more difficult to hear, until eventually it's dead and can't be heard anymore.

You're reading this right now because you listened to that voice. It's still alive, battered and bruised, but alive.

Of course, you can quit next week, next month or even next year, but will you still be able to hear your inner voice? It will only get harder, but not impossible, to quit the longer you wait. Waiting until the time is right is not going to make it any easier. Honestly, it won't. It's actually the opposite because the Soul Slayer gets bigger with every day you smoke, and the bigger he is, the harder it will be to beat him down.

The Three Essential Ingredients

There are three required ingredients for a successful quit. I will introduce them later, but for now, just know that you'll have to be armed with all three. This will not only give you a better shot at quitting, it will make your quit so much easier. This is especially true of ingredient number one. It is absolutely essential for your quit.

I didn't come up with the ingredients, although I did learn about them through each of my failed attempts at quitting. They are so obvious to me now, I wish I had known about them from the start.

I can also guarantee that if you fail to stay quit, you can look back at what went wrong and be able to trace it back to a lack of one of the ingredients. Anyone who has ever quit and stayed quit has, at the very least, had the first and third ingredients in his or her arsenal. The second ingredient isn't necessary, but it makes your life so much easier that I wonder why anyone would want to quit without it.

This isn't a magic formula or a 'quit the easy way' system of quitting. This isn't a system. It's just the only way to quit, plain and simple.

Your Only Obstacle

You should be able to answer this one on your own. When you quit smoking in the past, what is it that made you light another one up? Did someone put a gun to your head? Were you held at knife-point? Did they hold your cat ransom in order for you to start smoking again?

Who told you to light one up? Was it you? I wouldn't believe it if it was. Something must have happened in your life that made you start smoking again. After all, life can easily force us to get in the car, go to the store, buy a pack of cigarettes and smoke one. I simply love dripping sarcasm. It's my best form of poetry.

When you realize you are responsible for your own actions and the life-altering results of those actions, you'll have no choice but to blame yourself for continuing to smoke. Adults take full responsibility for their lives, no exceptions. So, are you an adult and are you ready to do something truly life-altering? Only continue reading if the answer is 'yes'.

What To Expect

I've already mentioned this is not a book with a magical formula. I won't introduce you to the ten easy steps to quitting. I'm not going to ask you to buy something from me or anyone else that you can't afford. In other words, if you're looking for the easy way to quit smoking, you won't find it here. Actually, you won't find it anywhere because it doesn't exist.

All that I will do is arm you with all the ammunition you'll need for a successful quit. You're about to go to war with yourself, but I can't fight the war for you, just like Barack Obama can't fight in a war overseas. He can only train his soldiers to fight and arm them with the right weapons. That's what I'm doing here. I'm just arming you. The rest is up to you.

And one more thing. Beyond this paragraph, there is going to be some serious ass-whooping. Your ass! I'm not going to sugar-coat anything to make you feel better unless I deem it necessary. I can't undertake this project without taking your life seriously. Smoking is a serious issue and I would be doing you a great disservice if I said, "Oh that's okay John. I'm sure you'll quit the next time you try." Nope! John is going to find my foot up his ass. So if you're looking for someone who is going to give you a pat on the back or play nice, you'll find that in at least a hundred other books on Amazon. If you want to quit smoking for good, read on.

What You'll Have To Do

I'm going to keep my end of the bargain and kick your butt into gear. You on the other hand will have to do all the hard work and actually stay off cigarettes. Deal?

Quitting is hard work, but I can make it easier for you if you just listen to what I'm saying. You'll also have to get off the couch and do some work but I'm fully confident you can handle it. I wouldn't ask you to do anything I didn't feel you could do. I have full confidence in your ability to quit smoking simply because I did it, and we're both human, and we're the same. I'm no better than you and vice-versa.

My strong recommendation is to read the book in the order it is written. I didn't write it this way to mess with you. I wrote it in a certain way and I want you to read it in that order.

I also don't believe in book fillers just to plump up the sucker. If I wrote it, it's important. Yes, that means everything. I have done my best to condense the information so you can get to your quit asap, but I also made sure I covered everything so you can get the full benefit. I want you to quit, plain and simple!

Finally, you can quit right now if you want to. I wouldn't stop you, but I'm sure you won't. So I recommend you quit after reading the chapter entitled, 'Set Your Quit Date.' Once you've finished that chapter and you've set your quit date, stick to it. In the meantime, keep reading the remaining chapters because they will give you the rest of the ammunition you will need. Those chapters aren't essential to your quit, but believe me, they will make your life so much easier if you just take the time to read them.

Why Is This Free?

You might not care about why this book is free. So if you want to skip this chapter, don't. Besides, I do accept donations through my website. So after all is said and done, you've successfully quit and you know you've quit for good, feel free to donate to me whatever it is you pay for one pack of cigarettes, whether it's \$3 or \$10. Even if you decide to not donate (why give away money, right?), that's fine. I really don't care. I'm just letting you know the option is there. The website address is:

www.quitordie.ca

Speaking of my website, I have armed it with information and tools you can use to help you in your quit. I'll also be adding more as the ideas come to me and as time permits. So stay tuned.

If you're reading this on your Kindle, I must let you know that Amazon won't let me sell this ebook for less than \$0.99 and I get a lousy royalty out of it. Whoopee for me!

I Want You To Feel Great!

So why do I care how you feel? Simple. I'm tired of seeing your grumpy face at work, and at the restaurant, and in the library. Seriously, quit smoking already and be happy you don't need a nic-fix.

I feel like a million bucks every day, as long as I get a good night's sleep, and I want you to feel the same way. It doesn't happen overnight though. It does take time.

Honestly, if I could make you feel for one minute how I feel on a daily basis, I would, and you would quit in an instant. The problem is that when you've smoked for so many years, you forget how it used to feel to be a non-smoker. Smoking becomes the new normal and you just accept it as such.

When you first started smoking, that great feeling didn't go away in a day. It took time and many cigarettes. Eventually you forgot about it, and of course you're not going to try to get back what you've forgotten about.

Well I'm here to remind you of that feeling. It's when you wake up in the morning, alive and ready to explore the world. It's when you want to go to the gym or play sports because you love those wonderful little endorphins that course through your body filling you up with life-exploding energy. It's when you've just finished mowing the lawn and you're ready to tackle cleaning the garage because you have extra energy to burn.

I promise that when you quit, you will not feel this way right away. Your body is going to go through a detox process that is going to hurt more than it feels good, at first. For me, it took about three months before I started to feel the positive effects of a smoke-free life, and I would say it was a year before I could look back and really say, "WOW, what a difference!"

Unfortunately, we live in a society of instant gratification and we want our reward now. So right now, you're probably wishing you had quit a year ago. And if you don't quit soon, you might be wishing the same thing a year from now. See what I'm saying? It's going to take a year. Deal with it.

We Are Better Than This

We've made it to the moon, mars and beyond. You're probably reading this on a small hand-held device that picked this book out of thin air like magic. We are transported on ground and by air using technologies that would have seemed unbelievable two hundred years ago. See how much we've accomplished in just the last fifty years or so? And yet, we continue to smoke as if we're cavemen. We are advanced, so let's start acting like it.

I would like to see a humanity that acts in line with our values. Our cultures are as diverse as they are rich, but we pollute our lungs with toxic smoke which is unthinkable. We should have been over smoking since the 1970s, but we're in 2014, and we still smoke when we are capable of so much more. We should be holding ourselves to a higher standard, but for some reason we don't.

You are better than this. You were born perfect, and maybe things happened in your life that were less than perfect (in your opinion), but you are still perfect exactly as you are. So why are you killing yourself?

I Hate The Tobacco Industry

Okay, I have to admit this is fairly personal. I would love it if everyone in the world quit smoking so the industry would die. It's selfish, I know, but you should hate those bastards too for one very important reason:

Tobacco companies only want your money and they don't care if you have to suffer and die for them to get it!

What's worse is your own government profits from the tax collected on cigarette sales, and I don't hear them complaining. If none of this pisses you off, I don't know what will.

Stop Lying To Yourself

Seriously, who do you think you are? Who gave you the right to lie to yourself? When did you start lying? Did others lie to you too, and did you believe them?

You're Better Than You Think

Let me start by saying you are nothing short of spectacular. You are an amazing person who has so much to offer the world. So why the hell are you ruining your life with cigarettes?

What if I told you that you have the potential to bring peace to the entire world? It wouldn't matter because lung cancer would kill you before it happened, and World War III would wipe out the human race a year later..

I could tell you that you'll find the cure for brain tumors, but you'll die of a heart attack instead, and then your mother will die of a brain tumor.

I would love to let you know that you'll invent a new and more stable system of world economics. Unfortunately, you'll suffer from a stroke that will paralyze you and limit your ability to think, and then the world will suffer the worst economic collapse in recorded history and a billion people will starve to death.

You do have the potential to do something great, every one of us does, but very few of us actually believe it. And you know what? If you made a positive difference in the life of just one person, that would be incredible. Yet you smoke, and by doing so, you're basically saying that a cigarette is more powerful than you. How is this possible?

If you have the power to do great things, and I know you do, then you can quit smoking. It's really that simple!

Nevermind What They Say

Do your friends or coworkers ever tell you it's hard to quit smoking or that you'll never do it? I used to have a friend like that. He would always tell me I could never quit, and laugh about it. Yeah, he's not my friend anymore, but your friends can be wrong.

Besides, what the hell do they know about you? Sure they know you, but only you know yourself better than anyone. So why would you believe what others say about you? When you do, you're just giving your power away. Don't do it! Believe in yourself, please.

Growing up, my friends would make fun of me and tell me I was dumb. So I did the only thing I could do. I ignored them, got myself a university degree, developed awesome woodworking skills (my hobby), developed my computer programming skills, and just for fun, I quit smoking and became an author.

Just remember one thing; a million people CAN be wrong. An entire nation can be wrong. Definitely listen to what others have to say, but arrive at your own conclusions based on what YOU think, not what others say.

They're All Excuses

I'm going to put this as politely as I possibly can. If you told me you have a perfectly good reason for not quitting, I'll tell you you're full of shit. How did I do?

Unless you tell me that you actually love smoking and you have no intention of quitting, you're full of shit. Of course, you're reading this, so I have to assume you want to quit. There is no such thing as a good excuse to not quit smoking. I'm living proof of that, as I'm sure many others are as well.

I don't care if you tell me you're dying of a broken heart, or that you lost your dream job, or that you can't afford college. By the way, I could tell you why you can't afford college, but.. never mind. Whatever your excuse is, please do yourself a favor. Slap yourself upside the head and grow up. You aren't a kid anymore. At least I hope you aren't.

True adults are able to do extraordinary things, and quitting smoking isn't one of them, because quitting isn't extraordinary. It's actually quite simple. Any adult is able to quit smoking. If you're twenty and you can't quit smoking, you are not an adult. If you are sixty and you cannot quit smoking, you are not an adult.

Remember this. An excuse is just a sugar-coated lie. So every time you use an excuse to keep smoking, you're just lying to yourself, which is really the worst kind of lie if you believe it. Do yourself a favor and ask yourself how much truth there really is in the excuse you're feeding yourself. I'll bet you'll be surprised by the answer.

Remember When You Were Young?

I know you're addicted to cigarettes now, but there was a time when you didn't smoke and didn't even think about cigarettes. So that proves you can live without them.

You might counter with, "Yes but I'm addicted to nicotine now. There is a difference." I would agree with you, but an addiction only has power when it is constantly fed. So, yes it is true you can't live comfortably without them when you first quit, but eventually it becomes very comfortable, even enjoyable, more enjoyable than smoking.

That uncomfortable feeling you experience when you go off nicotine does eventually go away, and you develop healthier coping strategies to help deal with life's ups and downs. If you were able to cope with stress as a non-smoker, you can once more as a non-smoker. Please don't tell me you need cigarettes to deal with stress because that's bullshit and just another lie.

I get stressed out and I have three coping techniques: meditation, yoga, and my personal favorite, my punching bag. So let me weigh my options. I can have a cigarette, ruin my health and feel like dog crap, or I can take out my frustrations on my punching bag and get a great workout in the process. Do either of these choices scream at you?

You Owe This To Yourself

They say life is short, but if you think about it, eighty years is a really long time. Do you really want to spend the rest of your life hacking up yellow gunk, smoking in forty below weather, and working just to pay for your addiction? Don't you want a little bit more out of life? Aren't you worth the effort? Seriously, are you not worth the effort?

I promise you, you will not regret quitting. You will hate me in the beginning because of the discomfort, but you'll thank me in the long run. You will look back a year from now and ask yourself, "Damn, why was that so hard?" You'll ask that because in a year from now, not smoking will be so easy. You won't even think about it anymore. It will be a non-issue. And when it does happen to cross your mind, you'll look at this thought and wonder what it would feel like to have another cigarette. Then you'll remember everything you have to lose and that will be the end of it.

The First Ingredient

The first ingredient will probably shock you. It's actually nothing special and it should be so obvious by now based on what I've told you so far. I'm convinced it is impossible to quit without this, and if you don't possess this already, you'd better get your butt into gear and get it. So...

To quit smoking forever, you must be forced to quit.

It's really that simple! Read it over a few times and really let this sentence sink in.

In order to quit for good, you must quit because you HAVE to quit, not because you want to quit. A 'want' and a 'must' are two very different animals. I want to quit drinking beer because I want to lose my beer belly, but that isn't going to happen because losing my gut isn't a must. Other than looking slim, there is no other benefit for me, so why would I do it unless looking slim is really, really important to me? It isn't, so I will continue to enjoy my delicious cold beverage all year round.

When you quit because you want to quit, it doesn't last because there's nothing stopping you from picking up a cigarette, whether it's three months or three years down the line. When you just want something, you tend to forget about it after you get it. It becomes something you fancied in the moment and is no longer important.

When you must have something at all costs, come hell or high water, it sticks with you your whole life and you'll do whatever it takes to keep it forever. I quit because I had to for financial reasons, and I still can't afford to smoke today. However, even if I became rich and could afford to smoke again, I still wouldn't because the thought of going back to that lifestyle is so incredibly painful for me now, I couldn't bring myself to do it, ever!

For me, it's this painful thought that keeps me from smoking ever again. It doesn't even bother me to be around smokers. I don't fantasize about it and I'm thankful every day that I don't smoke anymore.

I enjoy my good health so much today that I must keep it at all costs. It's too valuable to me to give it up. I now draw more pleasure from my health and vitality than I used to from cigarettes.

So now I would like you to ask yourself, "Do I want to quit or do I have to quit?" To know the answer, just think about smoking a cigarette and see how it makes you feel. If you enjoy the thought, you want to quit. If it scares you or makes you feel uncomfortable, you have to quit.

If your quit is based on a 'want', I can help you change it to a 'must'. Just read on. If you already 'must' quit, it wouldn't hurt to read the rest of this chapter anyway just to reinforce your 'must'. Every little bit helps.

Do Your Homework

I don't have to tell you about things like cancer and emphysema. You've already heard of them, I'm sure, but do you really know how they affect you? Have you ever really stopped to think about what life would be like to have to be on a respirator the rest of your life? It happens when your lungs can't breathe on their own anymore, and smoking is the leading cause.

I know too many people who died of cancer, one of which was lung cancer. He was a smoker and he was in his early twenties when he died. It can happen at any age and to anyone, including you. Don't ever think that this stuff only happens to other people, because to other people, you too are other people. Everyone is at risk, no exceptions.

My grandfather of 91 years old used to smoke. Now he looks forward to being admitted at the hospital three to four times a year because of chronic obstructive pulmonary disease. He takes puffers and other medication on a daily basis just to keep himself out of the hospital, and sometimes he needs the respirator to help him breathe. What a way to live!

My grandfather was an avid gardener, and I say 'was' because he can't do it anymore. The slightest bit of heavy breathing puts him back in the hospital. All he can do now is sit still and do whatever he can to enjoy the rest of his life. Imagine living life like that.

In order to develop the 'must' ingredient, you have to have reasons why you must quit. So the first thing I would like you to do is learn about all the health consequences of smoking. Believe me, it will give you a nice push in the right direction.

Of course, I wouldn't dare ask you to Google cancer and COPD. Instead, I've done the work for you and you'll find all the information you'll need on my website (www.quitordie.ca) and click on 'The Facts' link. There you will find everything you'll need to know about cancer, heart disease, COPD and any other health matter affected by smoking.

Every section is in an easy to read, condensed format, and it shouldn't take you long to get through it all. However, I would urge you to stop and think about what you've read at the end of each section. This will help to really drive the point home.

Pay Your Respects

Now I'm going to ask you to get off your butt and out of the house to do something very important. It's one thing to read about this stuff, but to see it in person will have a whole different effect. I don't just recommend you do it. I'm on my knees, begging you to do this. It is so important.

I would like you to go to the nearest hospital and visit the cancer unit. While you're there, I would like you to talk to people who are on respirators. They're probably really lonely, so I'm sure they wouldn't mind.

While you're out, visit the local cemetery and see how the other half lives. Who is at the cemetery? You'll probably see someone visiting a loved one, mourning, maybe crying. That could be one of your loved ones mourning your loss.

Who else is at the cemetery? No one! They are all decaying bodies. It's a very sad and lonely place. You're going to end up here anyway, but why not put off the inevitable?

Also ask yourself, how many of these bodies ended up here due to smoking related causes. They might still be alive today, but they decided smoking was more important.

What To Look Forward To

Health issues aside, there are many more reasons to quit smoking, and a whole lot to look forward to if you don't. I could go on forever, but I'm just going to list the ones that I feel will affect most people.

- Not being alive for your daughter's wedding: Of course, if you're dead, you probably won't care, but she will. This is the most important day of her life and she wants you to be there. Why deny her that privilege?
- Not living long enough to enjoy grand children: My daughter is 5 years old and I love her to pieces. She is a joy to be with, and soon she will become a teenager, get married, and she won't want to spend as much time with me anymore. So I want to enjoy it all over again with my grandchildren because it will be like being with my little girl all over again.
- Being in a hospital bed on Christmas: How would you like that? A good friend of mine died in the hospital on Christmas day. He was elderly and on a respirator. He was also a smoker.
- Not being able to play with your children because you can't keep up: I will admit, I still have this problem. When playing with my daughter, I have to take breaks, which pisses her off, but I can't keep up. I'm getting better at it, but it's going to take a long time to undo all the damage I've over 23 years of smoking.

- Can't afford to fix the leaky roof because you don't have an emergency fund: You have to admit, we all take our roofs for granted. We don't think about it until it leaks. Same goes for every other part of the house. Houses need maintenance and that costs money. So you need an emergency fund to pay for these unexpected costs. Please don't tell me you'll just use your credit card because then you're spending money you don't have and can't pay back. Think about it.
- Can't afford to take your hard-working spouse on a vacation: My wife and I used to spend \$3,600 a year on cigarettes. Imagine what a nice vacation you could go on with that kind of money. Or you can imagine sitting in your backyard, smoking your life away, on your time off.
- Can't afford to buy a new television: How about a new mattress, or a new car? Seriously, think about all the nice things you'll be missing out on simply because you can't pay for them.
- Can't afford to put food on the table: At my last job, a new hire came into the office and asked the boss for an advance on his pay because he couldn't put food on the table. He was also a smoker. Duh!
- Can't afford to buy alcohol: Alcohol is a nice treat, in moderation, of course. It's nice to come home after a long day and enjoy a cold one, or a shot of whiskey at the end of the day. What if you couldn't afford to buy a bottle of wine for a dinner party? Wouldn't that be embarrassing?
- Freezing in winter weather because you need a smoke: I think we've all done this at some point in our lives. Millions have to do it every winter. Guess what? You won't have to anymore when you quit!
- Feeling like crap: Anyone who has smoked for several years complains about how shitty they feel because of the smoke. Well not only do you not have to feel this way anymore, you can actually look forward to feeling super-amazing after you quit!

Feel free to add your own benefits. Everyone is different and we each have our own unique value system. So if there is something else that is important to you, please add it to the list. Load up the ammo, baby!

Your Only Alternative

If your 'must' is in place and you 'have' to quit or die, you're already well on your way to a smoke-free life, and that is awesome!. If on the other hand you've looked at the consequences of smoking and nothing fazes you, go ahead and smoke.

If you don't have to quit, if you're not forced to quit, you aren't going to quit, plain and simple. I hate to be the bearer of bad news but that's the truth. You are probably going to be stuck smoking the rest of your life.

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