Why Can’t I Give Up SMOKING?

Julie Doherty
I would like to be the first to Congratulate you on your decision to download this eBook.

I have written this book because I firmly believe that no-one wants to deliberately sabotage their health or their life. But can fall into the trap of feeling powerless to do what is needed to make the necessary changes.

You may well find this hard to believe but you do not have to be a genius or in any way super intelligent to Quit smoking. Whilst quitting smoking is actually a relatively simple process that anyone can manage to accomplish. It is about bringing yourself to make the decision, that to quit smoking and to stay free from smoking is as simple as telling yourself, that you are a non-smoker and never want to see another cigarette.

Why Can’t I Give up Smoking? It seems so simple thing and yet you just can’t seem to get your head around it. If you want to quit smoking all you need to do is to never light up another cigarette and see yourself in the world of non-smokers.

There you have it—a change of mindset for breaking away from one of the deadliest habits to ever to plague mankind. Nearly five - ten million people a year die from smoking related illnesses and disease. If that isn't scary enough, it is the years of life previous to dying that it robs you. Of being the subject of an array of examinations and treatments for which there is no cure because the damage that smoking has inflicted upon your body.

So many of you know the dangers and want to quit but don't feel as if you know how to break away from what seems to be a complicated and powerful addiction. Letting you in on a secret the truth:

It is not such a complicated addiction as you are led to believe. It may seem powerful but in actual fact is not.

I know there are a lot of people who continue to smoke until they come to suffer the disease that years of smoking has caused to their body.

It is not so much that they couldn't quit, it is more the lack of understanding of what they needed to do to quit and to stay a non-smoker for the rest of their life. A roadmap so to speak to get them off the treacherous path that smoking was taking them on.

This happens because of a lack of knowledge and understanding of how simple it can be to make that decision and to stick to it.

This is one area of your life that it is OK to quit. In fact it is a must if you want to have a healthy and vibrant life. I fully believe if you have downloaded this book that you are already there and committed to being and staying a non-smoker.

You will hear this term right throughout the book so as to empower your decision each step of the way. I will also refer to other addictions as well because basically the principles are the same when it comes to making a decision that you want a life of health and vitality.

I am going to provide you with a series of thought processes, psychological responses and various issues that surround smoking. These come from both personal and professional experiences that I have encountered over 30 years or more. So, be relieved this is not a book on “How to Give up Smoking” or even “Telling You to Give up Smoking”.

It is a book to give you the understanding behind why you may or may have felt that you couldn't give up smoking. It is composed to empower you with the necessary tools to join the world of the non-smokers. As you read through you will understand the very reasons behind why you smoke and why it is imperative that you quit and the very fact that you can.

I will bring forward to you the vision of how your life will change with the very decision to quit. As you spend time reading through the various segments there will be areas that touch on some aspect of smoking relevant to you.

There will be a sentence or section that you are reading through that will cry out to you, giving you what you need to become and remain a non-smoker today. As you make it right through to the end of the book, you will have all the understanding with the necessary tools in place to support your commitment in becoming a non-smoker.

You will have a sense of sanity and control back in your life that you will never again want to give up. You are now a non-smoker never to return to the world of smoking.
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The Keys behind your addiction!
Chapter One: The Keys Behind your addiction!

Why do people smoke or for that matter engage any drug related habits?

For some of us the term smoke-a-holic doesn't bring about the same drama or warning signals as does the word alcoholic. However nicotine addiction is equally as powerful and somewhat more deadly in many ways. It may just be a little more socially acceptable. The damage to health and the enormous death rate contributed to smoking appears to out-way any other form of negative addiction.

For a substance to be considered addictive it must meet a certain criteria. It must first be capable of inducing physical withdrawal symptoms, the abstinence of nicotine is well documented as to be an established fact. To be that considered an addictive substance.

The other criteria considered is the body’s tolerance to a drug that usually develops over time or for some people this may well only be a very short time. That is that you have this belief that the drug or substance in needed for you to function effectively. As these sensations develop it is not surprising that there seems to be a demand for increasing the quantity or dosages of the particular substance. Therefore this may well lead to larger packets of cigarettes or even more than one packet per day.

Now over a period of time this addictive substance comes to be all too consuming and somewhat of a necessity to the person using it. This resulting at times depending on the drug or substance of chosen, behaviours become quite anti-social. Even though many would argue that smoking falls into this category it is fast becoming an anti-social habit that people are refusing to tolerate. Many smokers do not fall into deviant behaviours to hide their addiction as many do with other addictive substances. However what is happening here apart from the damage the smoking is having on the individual. Smokers will deprive themselves of healthy, good quality food, nice clothing and other positive ways of caring for themselves, so as to indulge their smoking addiction.

The smoking deprivation began back during World War II, in concentration camps such as Germany, prisoners were not given enough food to fulfil minimum caloric nutritional requirements. Basically they were starving to death. So a common practice among smoking prisoners was to trade away their scarce supplies of life sustaining food for cigarettes. Even today, in poorer nations, such as Bangladesh, parents with starving children will exchange essential food for cigarettes.

This is not normal behaviour because the human is actually programmed for survival, therefore this type of behaviour is going against our programmed survival messages.

Working with clients in becoming non-smokers it is vitally important that they throw out all ashtrays, have garbage bins emptied and clean up any butts that may be laying around. Anything that will provide any form of relevance to the fact that you have been a smoker. This is to cement the decision to be a non-smoker. If this isn't done, then the temptation will be too great to pick up a butt or a light and begin smoking again.

Nicotine is a highly addictive and dangerous drug. Given enough time and for each individual this varies it will cause major health problems, leading to a slow and cruel death.

I want you to think about this and is this what you want for you?

When you have the urge to have just that one cigarette. It only takes one puff to reinforce the addiction. This is a high risk that you do not want to consider taking. Remember – You are a Non-Smoker.

I Smoke because I enjoy smoking!

If I were to ask you why do you smoke? You will more than likely tell me that it is “because you enjoy smoking”. Whilst you may believe this with all honesty, it truly isn’t an honest answer for either me, the person asking you the question, or for you as the smoker. This may come as a shock, but you do not smoke because you enjoy it. Rather you smoke because you are not enjoying your life without smoking.
As we have mentioned Nicotine is a powerfully addictive drug. Whereby you as the smoker are at consistent logger heads to battle the constant flow of nicotine going into your blood stream. This is known as the (serum nicotine). Each time the nicotine level falls in your blood stream to a minimum level, you will experience withdrawal symptoms. These symptoms present themselves in this manner, you the smoker become tense, irritable, and anxious, in many cases may show physical symptoms such as nervous twitch, hands shaking and sometimes fainting may even occur. You do not enjoy feeling these withdrawals but know they will pass when you have another cigarette. This being the only way you genuinely believe that these symptoms can be alleviated. The level of nicotine now is replenished allowing you to feel better, therefore leaving you with the belief that you enjoy smoking.

So what happens to you if you exceed your body’s upper level of tolerance for nicotine? Now you fall into a dangerous category and will suffer varying degrees of nicotine poisoning.

I am sure you have memories of this, it can often occur after a party or when you have been extremely tense or in stressful situations. It is during these times, that as a smoker you will have found yourself exceeding your normal consumption of nicotine. Smoking a great many more cigarettes than usual.

This brings about feelings of nausea, sometimes vomiting, heart rate increased dramatically, blood pressure changes often leaving you feeling totally unwell and dizzy.

However after becoming a successful smoker, you have learnt to walk this very fine tightrope. You will work at constantly maintaining a balance between these two painful extremes. Either having too many cigarettes giving you an overconsumption of nicotine to that of too little giving you an under consumption nicotine.

The fear that has become ingrained that accompanies these smoking sensations. Making for the cessation of smoking, becoming a non-smoker just horrible. Honestly believing you will have these experiences forever, should you give up smoking. Hence why often as a smoker it can be relatively easy to fall into the trap after a couple of days, commencing the habit once again.

On becoming a non-smoker what you will learn is that within about 6 – 7 days these physical withdrawal symptoms will begin to diminish. To begin with, the urges will gradually become less compounding with their intensity weakening, with the duration becoming shorter.

As the days go by, the intervals will become longer and the urges will gradually decrease even further.

Give yourself enough time and you will comfortably fit into the role of the non-smoker. Where you will reach the point of never wanting to smoke, see or smell another cigarette.

Those of you who may well continue to smoke will because you will allow yourself to remain in the constant battle between the rise and fall of the serum nicotine levels.

If you choose to remain in this battle it will be at great expense to you – Financially: buying pack after pack. Not to mention medical bills and loss of employment that go with it. The dangerous attack on your body from inhaling the poisonous nicotine and some 4,000 other chemicals. One of the main assailants being arsenic along with various tars. Producing toxic gases when lighting up of each cigarette.

So now when the subject comes up as to why you smoke, you will take a more objective view with a deeper understanding as to why you have made such a statement about a habit that is so deadly.

You now will consider all the consequences. By having this insight you will most likely realize that you are definitely going to feel physically and mentally better as a non-smoker, than what you ever did as a smoker.

You are definitely going to have a Happier and Healthier Life.

Consider all of this – Congratulations on making the Decision to become a Non-smoker!!!

Do I Smoke to be Self-Destructive?

You may well believe that you smoke because you have a self-destructive nature. Could this be true, do you really want to be sick, or maybe you are just afraid of growing old.
Thinking what does it matter I am going to die anyway.
You may well have an arrogance about you, working from your ego vowing that you will just continue to smoke until it kills you.
Not allowing yourself to become aware of the debilitating circumstances that will precede your death.
For many there may well be some emotional issues involved. Leading you to engage in self-destructive behaviours.
However it has been my experience that the majority of people who smoke do not have this attitude or nature of self-destruction.
These statements are largely made out of hidden fears of believing that they do not have the ability to give up smoking.
Once these fears are uncovered and we look at what the long term results that are going to be achieved, for the whole of your life.
A deeper understanding comes about one's own dreams and goals for life.
So this becomes a priority, overriding the importance of smoking, making the decision to become a non-smoker relatively easy.
Unfortunately for many who have not made the decision to become a non-smoker have later been diagnosed with cancer.
For others it has meant having heart attacks, strokes and other circulatory conditions. Breathing becomes a huge problem commencing with emphysema then this leading on to lung cancer. When the lungs can't function at optimal capacity then the heart cannot perform optimally either. Therefore leading to heart problems.
I think the most tragic and saddest scenarios are that of children, spouses, family and friends whom have been subject to the smoking fumes throughout their life, through no fault of their own are diagnosed with cancer and other related conditions caused by passive smoking.
It is also tragic and sad for family members who become spectators watching you, their loved one, become debilitated and consumed by the disease caused by smoking.
Loved ones feel helpless as they are unable to do anything to help.
Often the dependency comes as a sense of stubbornness – “No one is going to tell me what I can and can’t do”. The problem here lies when the smoker becomes ill and soon is being told what to do.
The simple procedure to avoid this is to - Enjoy the benefits of being a NON-SMOKER

Are you a Smoke-A-Holic?
You may well have started smoking as a way of calming you down when you became nervous.
You may have found it started during times of celebration or maybe to fit in to a social scene. To give you a certain look: or did you think it might give you energy: You did it to stay awake or get to sleep. You may well think that it would help you to think.
None of these reasons are enough or substantial to keep you in the world of smoking. The answer is quite simple people who smoke do so because they are smokers and consequently forge ahead to become smoke-a-holics.

How did you become a smoke-a-holic?
Bearing in mind that as a smoker, like any other person addicted to a drug, has become exactly that. Hooked on a chemical substance that is going to destroy your life.
It is believed by you the smoker that nicotine is the culprit. You are at the point where the failure to maintain a minimum level of nicotine in your blood stream leads to the nicotine abstinence syndrome, otherwise known as drug withdrawal.
So when you lose the sustained nicotine level in your bloodstream, you need another smoke. This is the concept of why smokers believe that smoking relieves stress. It is the actual nicotine depletion leading to the feeling of stress and anxiety giving you the psychological belief from the physical symptoms that you need another cigarette.
Stress has the physiological effect on the body that makes the urine acidic. When this happens, the body excretes nicotine at an accelerated rate. As the smoker, when you encounter a stressful situation, you lose nicotine therefore going into the drug withdrawal symptoms.

You will often believe as a smoker, that if you are upset or anxious a cigarette will calm you down.

This calming effect in actual fact is not as a result of relief from the emotional experience. But in fact that you have replaced the nicotine supply therefore ending the withdrawal symptoms.

Does this help to clarify with you that without this understanding of stress and the affect nicotine has, it brings about the fear of giving up smoking.

This is where the thought processes of you as the smoker, quite often see that in giving up smoking.

You are giving up a stress management tool.

Once you give up smoking after a short period of time, you will feel calmer, have more effective control over your emotions, even when presented with stressful situations, than you were as a smoker.

The explanation I have given you of how physiological changes in the body lead you to continue smoking.

I know is difficult for you as a smoker to believe, however with getting your head around becoming a non-smoker you will begin to easily relate to this.

**Smoking combined with alcohol consumption.**

Yes you are right the consumption of smoking actually doubles and even triples when drinking. It is often believed that this happens only because everyone around you is smoking. But if you think back to a time perhaps when you were the only person having a drink you will realize that this still caused you to smoke more.

The consumption of alcohol results in the same physiological effect as stress - acidification of the urine. Dropping the levels of nicotine dramatically. Therefore as a smoker you must light up one cigarette after another or you will suffer drug withdrawal.

It is important for you as a smoker considering quitting to understand these concepts.

Once you truly understand why you smoke, you will be able to appreciate more fully the positive aspects of becoming a non-smoker.

On becoming a non-smoker, the nicotine will start to leave your body immediately: Within two weeks all the nicotine will be out of your system. Once the nicotine is totally out of your body, all of your withdrawal symptoms will cease. You will no longer experience drug withdrawal experiences whenever exposed to stress or having a drink.

You will enjoy going for long walks without having the ever controlling urge to have a smoke. Keeping it simple you will soon realize all the benefits that were once believed of smoking are false.

In actual fact there are absolutely no benefits to smoking. You will come to realize that smoking only increased the stress, not to mention the long term stress it would have brought in terms of ill health and disease.

You will have more confidence, feel happier within yourself for becoming so strong with a great feeling of accomplishment of overcoming this deadly, addictive habit. You will feel proud becoming a non-smoker.

**What about Traumatic Circumstances?**

You may well have said and heard others say they smoke to help with stress. This has been an excuse used for decades to remain a smoker. In actual fact as we have been discussing and will go on to discuss that smoking in itself creates enormous stress. I want to simplify the reasons that underlie the continuance of this addictive behaviour.

Many of my clients who have become non-smokers have been faced with traumatic circumstances after giving up smoking. But with determination have remained focused as to being a non-smoker.
During these times they have utilized support strategies such as followup appointments, email and sms messaging. They have also utilized a network of positive friends who encourage them to remain a non-smoker. Realizing that these feelings of distress, anxiety and upset at these times were due to the circumstances and not to the fact that they were no longer smoking. Previously they were feeling well prior to these circumstances, with only the occasional urge that only lasted a few seconds that was easy to overcome.

So what was it that they were experiencing that was different? Becoming mindful now about surroundings, people, circumstances and events that may have once had them lighting up another cigarette now, just wasn’t an option.

Previously many had feelings of not being able to cope, believing that having a cigarette was a lifeline. Now it had become obvious that they were their own lifeline. Putting into place strategies that were learnt from giving up smoking and the stress associated with that. This had given them a level of empowerment and strength in their ability to cope.

As non-smokers they always keep at the forefront of their thoughts and feelings – Why? Add fuel to an already stressful situation by bringing into play a habit that is going to lead to long term distress, anxiety because of the destructive habits of an addictive substance.

Remembering that smoking has and will never be a solution to your problems. No matter what the problem, it will have to be resolved with or without smoking.

Never forgetting for one moment the risks you are taking with your health, the stress you are putting upon your loved ones. Always to remember the fact that you are a Non-Smoker.

**What’s The Use: I Have Smoked for So Long!**

You will have heard this, I know I have, from many people. “I am a heavy smoker and have smoked for so long what is the use of giving up now”. A client of mine who had smoked for many years, gave when he was diagnosed with lung cancer at 65 years of age. He never had another smoke, he regularly attended appointments with me, changed his diet, religiously took his herbs and homeopathics. Not only did he mention how well he felt with more energy and vitality. He went on to live until 82 years of age, still very bright and alert until the end.

On talking with my clients in becoming non-smokers it is always about quality of life and it doesn’t have to be the length of life. For many the length can be a great block to giving up, but when it comes to quality, wanting to enjoy being active, vital being the most common thread. This has come from many long term smokers comment to giving up and not wanting to be a burden to anyone.

**An Element of Relief – I think I have Cancer!**

You might well say who would dream of saying this. Still searching for reasons to go back to this habit, this can be something that can easily become a part of your thought process after just a few days of giving up.

Sometimes as part of the withdrawal process there can be burning sensations in your lungs as they are beginning to clear. On their next visit after quitting, one of my clients who actually experienced this, said “they couldn’t believe that they had come to such a morbid sensation, of being happy at the thought that they may well have lung cancer”. This was such a positive realization fact on the part of my client. That they actually saw the idiosyncrasy of what they were experiencing as an excuse to continue to smoke. Now determined “Never to Smoke Again”. Still remaining a non-smoker.

**How Advertising Subliminally Programs You!**

A father was feeling such joy and happiness from the pleasure he shared with his two sons. That he wanted to give them a present of their choice, to show his gratitude. He asked the older son what he would like. Oh the son replied, “There are so many things I would like, perhaps a bike, some roller skates, a snorkelling set or skis”.

However anyone of those I would be grateful for Dad.
Dad was happy he had a list he choose from. Now the younger son, who was only seven years old. He was deep in thought trying to come up with something different. So when Dad asked him what he wanted he said, “I would like a box of Tampax tampons”. Dad was totally thrown, carefully saying to the lad, what would you want those for son. The son answered simply because with Tampax you can swim, ski, ride horses, roller skate and play any sport you like.

This story can well bring a smile to our face, but sadly shows how easily messages can be implied into our minds with effective advertising to influence our desires for things that life has to offer. It also shows that the more naïve we are the more easily we can be influenced. In the early days of advertising of cigarettes was put across in a way that would lead you to believe that your life would be better, happier. That you would fit it and be accepted in any social situation. We as adults may think oh we wouldn’t be that silly or easily persuaded, but it is done to us in much more clever and precise delusion that until we become mentally aware, we are easily influenced.

Tobacco companies are still in there except now because they are not permitted to advertise cigarettes, we bring about advertisements as to how difficult it is to give up smoking with all of these suggested expensive and just as toxic means of giving it up. Making it virtually impossible for us to ever believe that we can get away from this dreaded addiction, so we may as well continue to smoke.

Without going too much into this it is important to remember that these large tobacco companies are not going to give up manufacturing products that are harmful for us. It is quite obvious the passion isn’t with us living healthy, happy lives. Only for themselves. Not a lot different to large drug peddlers who admit they “Never touch the stuff” but are quite happy to manufacture and sell it to naïve victims.

Just a quick work on E-Cigarettes these are cigarettes that instead of smoke that give off a vapour which is said to be less harmful, however evidence is beginning to show that these could even be more deadly than tobacco or other forms of smoking.

The focus is always a lot more forceful for things that are detrimental to us as this seems to be where making the big money lies. The more addictive a product then of course the customer will just continue to buy without thought to the cost or harm to themselves.

So Why Do I Continue To Smoke?

As a smoker I am sure that you have spent countless hours during your smoking career trying to come up with a satisfactory answer to one of the most complex questions for a smoker. Some of the typical answers that you well have come up with are:

There have been times you have smoked because you were unhappy, dissatisfied with your life, during times of nervousness, anxiety and stress.

Maybe it has been because of loneliness and you have found a fellow smoker to share your habit with. You have been frustrated or tired, just can't be bothered giving up.

You can't see the point no one cares, so why should you.

There are many other reasons that have come up during the times of counselling people in becoming non-smokers ranging these include:

Cigarettes help to keep my weight down
Takes my mind off of my problems
Helps me to fit in socially, gives me more confidence.

Yes there are a million and one reasons that can be put into place to continue to smoke, just allowing yourself not to feel guilty about what you are inadvertently doing to your body. Maybe looking for others to understand so as not to give you a hard time, about something that you feel isn’t within your control.

Then you come across the people who have given up and are now ex-smokers. Who have decided to join the world of non-smokers? These people make us feel even more frustrated about our addictive habit as they have shown us the truth, so to speak. That in actual fact you do not have to remain a victim of this devastatingly destructive habit.
But of course we then begin to avoid these people, once again bringing up your very own irrational beliefs and reasoning. That is that they don't understand, they have an easier life than “I do”. These ex-smokers and non-smokers must be crazy they don't understand the benefits of smoking.

Contrary to popular belief the rational side of this argument is that the ranks of the non-smokers have successfully managed to either not engage themselves or break free from the pain and agony from the physical and psychological addiction associated with this nothing short of negative, destructive habit.

They have been prepared to face moments maybe even some weeks or months of some uncomfortable emotional insecurity and self-doubt to join the world of non-smokers.

Congratulations and applause should be given to all ex-smokers who have made the decision to join the ranks of the non-smokers. They have overcome the many obstacles, rising above the emotional insecurity and self-doubt that had been created by their addiction. Rising above mere survival of being in the world of addiction, ex-smokers have found their inner strength to rise above survival into building a life that will not compromise their health or happiness. Moving away from the world of addictive behaviours brings about a sense of accomplishment and inner strength that as a smoker you never dreamed imaginable.

But now you are living the life of a non-smoker has taken you way beyond the realm of imagination to the world of reality. These people are the very core and foundation of showing you that it is possible. You Can Do It!

**Why Do I Smoke More, But Enjoy It Less?**

Continuing on a little here with the advertising tactics that you have been subjected to. You have been led to believe if you switch to different brands, with less nicotine, filtered, menthol these will all be less harmful to your health. The truth is there is no difference. This is just a tactic that would lead the smoker to believe that when they commenced smoking it would be less addictive therefore easier to quit.

So initially you thought, this is pretty good, I can just smoke say 5 – 10 cigarettes a day. Still giving you the feeling of being mature, confident and social. It seemed to help with studying, relaxing whatever you seem to want it to do, it did. This was your brain reinforcing the fact, that this was a good thing for you, so that you wouldn't feel bad about smoking.

However, over time something happens to you, the smoker. Gradually without realizing it you become more dependent on cigarettes. You begin smoking not so much for a definite result, but because you need to. It has taken a grip on you, not unlike a deadly shark attack or a python snake that wraps itself around its prey until it is dead. So you have now gone from being a casual smoker to a smoke-a-holic. You have gone from deriving some sort of pleasure from smoking to feelings of nervousness, great anxiety, irritability, depression, fear, anger, nauseousness, even that of depression if you haven't got your cigarettes. Leaving you to believe that non-smoking will never be a possibility having to go through that array of feelings when not having a cigarette.

So you then grasp another cigarette to alleviate the symptoms.

Once you have given up smoking and become a non-smoker, life begins to improve with you becoming an easier person to be with. No longer going through these withdrawal highs and lows. Not going mental because you have to get to the shop to get your supply.

Now you are free to go anywhere, anytime you wish without having to worry about when you are going to be able to have another cigarette. If you get a headache you know that it will be because, maybe you haven't drunk enough water, need something to eat or something less untoward, than maybe a blood clot in your brain, from smoking.

The grip of addiction will be alleviated easier if you begin to bring to your mind all the damage and heartache that the smoking would have created if you had continued. Putting into your mind all the positives of now being a non-smoker.

**Does Quitting Seem a Fate Worse than Death?**

Non-smokers and ex-smokers are quite amazed as to why you as a smoker can be so resistant to giving up such a disgusting habit. I am sure that you have heard and seen the horror stories associated with being a long term smoker. But somehow seem drawn to a frame of thinking that portrays sheer disbelief of it ever happening to you.
Even for many smokers who have had multiple heart attacks, circulatory blockages that have resulted in amputations. Cancer resulting from emphysema, not to mention a host of related diseases resulting not just in death, but a cruel process of dying.

In the non-smoker or ex-smokers mind, how on earth could these people continue to smoke?

For the majority of smokers there is an awareness of the debilitating and life crippling experiences that will occur in future. But continue to smoke regardless. Quite a legitimate question asked a sane smoker is WHY?

This may seem a complex issue but the answer to this question is quite SIMPlE! Cigarettes have become such an ingrained habit in your lifestyle as a smoker, that often there is a fear of becoming a non-smoker as many activities may have to be given up.

These activities seem to occur from the time you wake up, to the time that you go to sleep. Your life is just taken over by – When will be the next time, I can have a smoke? Therefore it becomes both a fearful and painful experience at the very thought of giving up this habit that has encompassed such a large portion of your Life. Then of course there is the painful experience of withdrawal symptoms that as a smoker you are afraid of. Taking all of these things into consideration the fear of quitting becomes far greater than the fear of dying or any other area of debilitation.

Let’s say you as a smoker, you are correct with all of your assumptions. To what life will be like for you as a non-smoker. It may well be that you don’t see it worthwhile to quit.

Uncovering the truth here that all these assumptions are wrong. That there is life after smoking, the withdrawal symptoms will only last for a very short span of your life, all things considered. However, should I try to convince you as a smoker of this, you may as well forget it? As it would be just an uphill battle, as you have your beliefs firmly ingrained where you have been conditioned to believe that these positive effects to be experienced as a non-smoker are false.

As a smoker you have become accustomed that you need a cigarette first thing in the morning, this helps you to get out of bed and to get started for the day. Quite often when you awake you may well have a slight headache, still feel tired, maybe a little irritable even depressed. But this doesn't stop you, you still get up and reach for that cigarette.

Maybe I Will Quit, By Gradually Withdrawing!

This is a topic that has been extensively tried throughout my years of practice I have been asked by my clients -“Could I quit by cutting down how many smokes that I smoke each day? To begin with this is just postponing the inevitable if you have made a decision to become a non-smoker.

So do you really want to put yourself through that prolonged agony? During my years of practice I personally haven't seen this as a successful approach.

However I am sure that you have seen people who may have succeeded this way. It is important to remember here that you are still addicted and by just cutting back all you are doing is spreading out the addiction.

You haven’t mentally prepared yourself to becoming a non-smoker, so you will still be suffering with battling of your mind. You will deprive yourself of taking control, giving you more power and therefore a greater level of success in becoming and staying a non-smoker.

Is It A Form Of Defiance Why I Won’t Or Can’t Quit?

Quite often as you are reflecting upon why you started smoking and why you continue to smoke. The answers often come up. As it was because of peer pressure, my Mum and Dad smoked or it made me feel grown up. Many people find it important to understand the reasoning behind their commencement to smoke in order to successfully give up. Often finding these reasons because you were young, maybe rebellious, lacking confidence and easily influenced helps.

Many people however didn't commence this habit until beyond their 30's. This has been as a response to maybe not coping with their maturity as an adult or just the thought that they could smoke socially now because they were mature enough not to become addicted.

Yes when you are younger there is a tendency to be more vulnerable to the addiction of harmful habits. Tending to believe that you are bullet proof.
However no matter what your age or stage of life when you commence these drug addicted habits, you will become addicted. It is important here to remember that the addiction isn’t just about your mind but your body’s physiology as well.

Many people think that when they are younger that it will not matter if they are debilitated when they become older. But I have said to them: “So tell me now that you are forty do you want to do less than when you were twenty?” For the majority of my clients that I have asked this question to, their answer has been – “NO!” “In actual fact I want to do more.”

So in response I would say: “Then what makes you think that you are going to want to do less as you age.” This has been a great seed for their thought process in becoming a non-smoker.

Becoming a non-smoker is the only guarantee you have to living a vibrant and healthy life.

Your initial reason for commencing to smoke gradually becomes less relevant as to begin to put the processes and reasons into place to quit smoking. The most important thing when making the decision to quit, is that it has to be for how you will benefit from becoming a non-smoker. That is you will feel better, feel calmer, have more energy, have more money, will enjoy a healthier future, therefore will be happier and feel in control of your life.

Initially some of these reasons may not seem as relevant.

It will be as time goes by that they will have an impact on your life. Keep focused on every good reason not to smoke, begin a list, adding to it each day. Reading it, re-reading several times a day. This strengthens your mind, your desire and your determination to stay smoke free.
two

Why is Smoking So Bad for Me?
Chapter Two: Why is Smoking So Bad for Me?

Smoking has become my friend

You hear a lot about choosing the right type of friends. Friends who are going to cheer you on to good things in your life. Who are going to be keen to see you succeed? Give you space to be yourself to do the things that will bring happiness and joy to your life.

So how do you think about this for a friend? Someone who has to go everywhere with you, not only are they with you all the time, but they are offensive, vulgar, for the most part unwelcomed in social company with friends and relatives. They have an odour about them that not only stinks within their vicinity but leaves a stink upon all of the people associated with them.

This friend is a total vulture, controlling you every moment of every day. This friend not only has a negative effect on your moods and relationships with fellow people whom you love and want to be with, they have no respect for you or you taking control of your life.

Your friend burns holes in your clothes, sometimes the furniture and even other people's clothing at times.

Is this the kind of friend you want to be associated with? Your vulgar friend stinks out your car and your house to the point that, the chance of having positive friendships with non-smokers is basically impossible as they do not want to be exposed to this.

As for your money, your friend doesn't care how little you have got, they will still go and make you spend it, even if it is your last dollar. Only to pay you back with heartache, ill health and disease, not to mention having no respect for the health of your loved ones or friends. Not much of a friend if you ask me.

This friend actually has you believing that there is some kind of repulsiveness at the thought of you living a healthy and vital life. Often at picnics you watch others playing vigorous activities and having lots of fun doing them.

But your friend won't let you. He doesn't believe in physical activity. In his opinion, you are too old to have that kind of fun.

So he kind of sits on your chest and makes it difficult for you to breathe. Now you don't want to go off and play with other people when you can't breathe, do you?

Your friend does not believe in being healthy. He is really repulsed by the thought of you living a long and productive life. So every chance he gets he makes you sick.

Eventually your friend becomes sick of you and doesn't want your company. So instead of just going your separate ways, this friend decides to kill you. However it is not a painless, quick death. Instead it is a long drawn out tedious one that may go on for many years. Beginning with your lungs, then your heart, your brain and arteries. Virtually every part of your body becomes dysfunctional. That means unable to function, beginning with the very essence of life. That being able to breath.

So this is the story of your friend known as the cigarette. Not exactly a true friend, someone who has your best interests at heart. Do you think it may be a good idea to break off with this friend, becoming a non-smoker?


Yes you are right to some degree, the most talked about disease associated with smoking is Cancer and lung disease. In actual fact there are just as many other tragedies and to be found in much younger age brackets. Associated diseases commencing with reduction of blood flow.

The diseases related to a reduction in Blood flow affect the effectiveness of your circulation and function of your heart. These diseases are created by the two major chemicals in the cigarette being nicotine and carbon monoxide. These are the two chemicals responsible for raising the blood pressure due to the stimulation effect of nicotine.
Nicotine also acts as a vasoconstrictor meaning that it restricts the blood flow through the arteries and veins. These are all over the body by making the arteries and veins smaller, it makes it harder for the heart to pump through these constricted arteries and veins. Due to this process it causes the body to release the storage of fat and cholesterol into the blood.

The heart now needs to work harder in an attempt to get the blood pumping through your arteries and veins. This blood flow then has to provide every muscle in your body with oxygen. Your arteries are being restricted once again an additional workload for your heart.

Every muscle in your body needs oxygen to function effectively. Remembering here that your heart is a muscle. The carbon monoxide from the nicotine and tobacco smoke, is providing poisons into the oxygenated blood. Instead of your blood being purified with the oxygen it is contaminated with the toxic chemicals of the smoking. This being your pathway to death and destruction of bodily organs functioning effectively.

**In summary Blood Flow and Circulation:**

When you smoke, the toxins from cigarette smoke enter your blood. The toxins in your blood then:

- Make your blood thicker, and increase chances of clot formation
- Increase your blood pressure and heart rate, making your heart work harder than normal
- Narrow your arteries, reducing the amount of oxygen rich blood circulating to your organs.

So together with what is happening to your blood stream, when you smoke, your arteries become narrow and clots form, this is what will lead to you having a stroke or heart attack.

**What Is Happening To Your Heart?**

Smoking damages your heart because of the deprivation of the blood to flow adequately. Causing extra work for your heart muscle as mentioned, it is also being deprived of getting essential nutrients and oxygen.

This decline in blood flow also affects your peripheral circulation that is to all your other organs and tissue within your body.

Carbon monoxide from the smoke and nicotine both put a strain on the heart by making it work faster.

This also increase your risk of blood clots. Other chemicals in cigarette smoke damage the lining of your coronary arteries, leading to furring up or narrowing of the arteries, this being the cause of arteriosclerosis.

Smoking actually doubles your risk of having a heart attack, as well as increasing your risk dying from coronary heart disease at a young age, compared to people who have been non-smokers.

The good news for you is that only after a year of being a non-smoker your risk is halved. Then after being a non-smoker for 15 years your health improves where you are at no higher risk than a non-smoker.

So together with changing lifestyle habits of the food you eat, exercising and being happy with your life.

Guess what Optimal Health is yours.

**What About Your Stomach?**

As a smoker you have an increased chance of getting stomach cancer, ulcers, diverticulitis, chron's and other digestive malfunctions. This being a leading cause of malnutrition in smokers.

Smoking has the ability to weaken the muscle that controls the lower end of your gullet, known as the (oesophagus). The weakening of this allows acid from the stomach to travel in the wrong direction back up your gullet, a process known as reflux.

Another risk factor is that smokers will develop kidney cancer, this is extremely high especially in smokers who smoke more than 10 cigarettes per day.
Looking at What’s Happening to Your Skin!

To start with smoking reduces the amount of oxygen transported to your skin because of the decreased blood flow. What this means for you as a smoker is that your skin will age prematurely between 10 – 20 years.

Your skin will also appear sallow, grey and dull with a hollowing of your cheeks. Your skin is the largest organ of elimination that is detoxification. The build-up of toxins within your body will cause cellulite, this being underlying stored fatty deposits under the skin. Cellulite is a storage place for the toxins as a protection method for your body.

There is good news here once you become a non-smoker, you will prevent any further deterioration and your skin will gradually improve over time by implementing a healthy diet and to exercise regularly.

Effects of Smoking on your Bones!

Due to the poor circulation, lack of nutrition getting to your bones, smoking is the leading cause of bone cancer: Due to the lack of nutrition being taken up by your bones, due to the poor circulation. The bones therefore become weak and brittle.

This is especially relevant for woman who smoke, as it is more common for them to suffer from brittle bones (osteoporosis) than that of non-smokers.

What Is Happening To Your Brain!

Firstly let’s have a look at the importance of your brain and its functions. Your brain is the very centre for your conscious thoughts, your moods, it is the very core of what makes your thinking and feeling possible.

Your brain controls your voluntary and involuntary movements whilst regulating digestion and breathing.

Your brain is your mechanical system that controls your conscious and unconscious thoughts and body processes.

Smoking will be the cause of your loss of bodily functions overtime due to reduced blood flow and also due to the fact that smoking causes blood clots and strokes.

As a smoker your risk of having a stroke has increased by 50%: Strokes being a major cause of brain damage, loss of bodily movements, function and leading to a slow cruel death. You risk has just doubled by being a smoker of dying from a stroke.

The effects of nicotine with your brain are that your heart and lungs are connected to your brain via your arteries.

It is these arteries that supply oxygen, other nutrients and minerals to your brain.

Not only are you deprived of essential nutrients and minerals, instead you will be receiving dangerously high doses of harmful chemicals inhaled and absorbed by the cigarette being smoked.

Nicotine and other harmful chemicals reach the brain only ten seconds after the smoke is inhaled.

This remains active for another 20-40 minutes. These chemicals and nicotine changes the chemistry of the brain. Taking control of specialized receptor cells that are responsible for regulating your body’s recovery system, feelings, mood changes and memory.

Smoking causes a bulge blood vessels leading to weakness in the blood vessel wall, known as an aneurysm.

During the course of time this can rupture or burst. Leading to an extremely serious condition known as a subarachnoid haemorrhage, which is a type of stroke, causing extensive brain damage and death.

The direct effects of smoking on the brain are that it blocks the carotid artery. Cutting off the blood supply to the brain cells. Resulting in a stroke as mentioned another medical term this is known for is cerebral thrombosis. Alzheimer’s and dementia are other conditions associated with damage caused by the effects of smoking.

The good news is that within two years of stopping smoking and becoming a non-smoker, your risk of stroke is reduced to half that of someone is has never smoked.

Then within five years it will be the same as someone who has never smoked.
Your Lungs

This is the most talked about area of the body when it comes to smoking. Your lungs will become the major noticeably affected area of your body. Resulting in persistent coughs, colds, wheezing, asthma then going on to emphysema. Emphysema is a long-term, progressive disease of the lungs that primarily causes shortness of breath due to over-inflation of the alveoli (air sacs in the lung).

In people with emphysema, the lung tissue involved in exchange of gases (oxygen and carbon dioxide) is impaired or destroyed. Emphysema is what is known as the precursor to lung cancer. This effect on the lungs is known as Chronic-obstructive pulmonary disease and unless smoking is given up relatively early in the addiction process, it may well be irreversible.

Early symptoms of this disease are usually just dismissed by the smoker as ‘smoker’s cough’.

However, if you continue to smoke eventually the lungs will become so damaged that you will have difficulty breathing, until it worsens to the degree of not being able to breathe.

What Is Happening With Your Mouth And Throat?

Well apart from the obvious bad breath and stained teeth that smoking causes, there will be gum disease, damage to taste sensory receptors. These being the initial problems that will lead onto further more serious and life threatening diseases such as cancer of the lips, tongue, throat, voice box and oesophagus.

On becoming a non-smoker your risk of these cancers will diminish after 20 years to that of a person who has never smoked.

These cancers are extremely rare with non-smoking people.

The Very Essence of Life: Reproduction and fertility

As for reproduction and fertility, smoking has a negative effect with both male and female. Smoking has the ability to cause impotence with the male, as it damages the blood vessels that supply blood to the penis. It has also been known to reduce sperm count, cause testicular cancer even in men in their 20s or 30s.

Now for our young ladies. In women smoking causes a reduction in fertility, they are also three times more likely to miscarry than non-smokers. Smoking increases the risk of cervical and breast cancer.

Smoking during pregnancy as mentioned has been lead to miscarriage, premature birth, stillbirth, and lung related illnesses in the new born. Also increasing the risk of cot death.

Medically Where Do You Stand?

The majority of people who come to my clinic to give up smoking, is that they want to get a handle on their health.

They don’t want to go through the trauma of health related issues associated with smoking.

Let alone waiting around in Doctors surgeries for appointments, going to Specialists and spending even further time in hospital with surgery and treatments for which they know deep down will have no significant benefit to the health problems occurred.

We have covered the major effects that are going to occur to your body should you continue to smoke.

You may well be thinking what is the problem the Doctors will be able to fix things.

The problem of smoking is worldwide as you may well know. It doesn’t discriminate against, creed, colour, race or wage packet. Giving the fact that over four million will die this year alone from cigarette smoking.

Smoking kills, deforms and debilitates at a higher rate than any other form of illness or accident that may occur within your lifetime.

Smoking has been part of the wide world population for hundreds of years, fooling millions of people into thinking that it is a cool thing to do. Well it isn’t such a cool thing when you are a family member or loved one or medical professional who has to just stand by watching you go through the gruelling process of this addiction, destroying – You this wonderful human being.
There is little if anything that the medical professionals are able to do with the damage caused by cigarettes, even to the point of supporting you to give up. It is something that is in your hands and mind as to you rising above this addiction to become a non-smoker.

**Cigarettes Can’t Be As Deadly As Is Said: Otherwise The Government Wouldn’t Sell Them:**

Whenever I begin to go through all the dangers and diseases that people are likely to incur should continuing to smoke be an option.

This is the first statement that is made: “If smoking was that bad, surely the Government would not allow cigarettes to be sold.” I would say, my sentiments exactly, but guess what - they do despite the scientific and well documented evidence on the damaging effects of smoking.

My response is “doesn't appear to be the Governments job to keep us safe. Nor to be protected from the exposure to other addictive behaviours or substances.”

Part of the rule of thumb is that as humans we have free will! and by right that is not meant to be taken away from us. Hence our fight for our own free will is what also makes it impossible for any other person to protect us from becoming involved in addictive habits or behaviours.

You also must realize that the Government reaps millions, possibly billions of dollars of revenue from the sale of cigarettes as well as the bi products for supposedly helping people to give up.
three

Fears Associated with Giving Up
Chapter 3: Fears Associated with Giving Up

The Isolation of Losing my Constant Companion

Life seems to have become so boring and you are struggling to maintain any resemblance of a normal routine. You were once eager to wake up and get out of bed in the morning to have a cigarette. After showering and dressing you had yet another cigarette to look forward to. Now you are prepared for breakfast, make a cup of coffee and have a cigarette before cleaning up and heading off to work or maybe just having a day off. Doing some housework, making time for breaks so as to have a cigarette. So all of your activities would be reliant on planning for smoking time from going to do the grocery shopping, if you are an artist or writer scheduling breaks where your cigarette was your reward.

So from when you wake in the morning to the time you headed off to bed there were times scheduled between tasks that included your smoking addiction. This is the habit.

Breaking the Habit: What will I do?

Everyone forms habits throughout their life. For the most part these habits are good and have become second nature to you throughout your life. Such as cleaning your teeth every day, showering, combing your hair, driving the car and the list goes on. Everything that you know how to do begun with developing a habit. The trick now as you work through creating a great life is to recognize and continue the habits that are good, whilst letting go of habits that are going to cause you enormous grief and pain. Developing new habits to replace ones that are negative and need to be discarded. These new habits will give you a life that is positive, healthy being full of vitality, peace and great purpose. Doing the things that you love.

When does a Habit need to be Broken?

So obviously here we are looking at replacing addictive and harmful habits with positive ones.

Firstly how do you determine if a habit has become addictive and if continued is going to cause you great harm. You often have heard said of someone that they are “a creature of habit”. As a person you are a creature of habit. This is inbuilt whereby you are more than likely to develop fixed patterns of behaviours. These behaviours will either give you and your life: Great meaning, purpose, positive friendships and relationships. Allowing for love and happiness or enormous grief, loneliness, exclusion and sadness.

These behaviours then go on to become habits.

Reassessing and developing positive behaviours have great benefit for you. In developing a life of optimal health and happiness. It is important that these behaviours are based on things that will not bring to you or anyone else great harm or grief. This is what is known as developing positive habits.

Such as developing a disciplined exercise regime, having a good work ethic, developing a caring nature and only eating foods that you know will be nourishing to you.

It can also become apparent that habits developed such as drug dependence, substance dependence or even becoming dependent on toxic relationships that encourage us to follow these harmful habits.

These are the habits to break, these are the habits that are going to bring us long term grief and unhappiness.

I want you to understand here that by becoming aware that you are coming into a conscious awareness of your behaviours and to how they are serving you.

This helps you to eliminate those habits that are not serving you well.

You are learning how understand and change an unhealthy habit that will be life threatening, depriving you of independence and quality of life. This will even help with you moving from destructive and toxic relationships to relationships that will empower you, allowing you to feel happy with yourself.
four

How do I Break a Habit?
Chapter 4: How do I Break a Habit?

You have been learning the underlying thoughts, causes, emotions and responses that occur when a destructive habit becomes a part of your life. Giving you important insight into why negative habits need to be let go, so that you can allow positive ones to take their place. You will now have the opportunity to live a Happier and I know I keep saying it but Healthier Life. Having become a non-smoker.

Desire: Setting a Goal: Now that you have that true inner desire to live your life of optimal health and vitality. You need to set a goal of when you are going to break the habit and become a non-smoker. It is important for you to embark on the path of breaking your bad habit with great certainty and determination to change. Breaking negative habits isn't always easy, but definitely possible and worthwhile.

Weighing up the Negative Consequences: One of the key indications that a habit is harmful and turning into an addiction is the negative and damaging consequences. These can be to our health, to our relationships and to our livelihood. That is our ability to earn an income to sustain a happy and healthy life.

Other negative consequences of a habit that is bad for you. This can be excessive weight gain, being constantly tired with no energy, the habit will lead to loss of cognitive function and mobility.

Loss of our independence having control over your life. Serious legal problems, financial loss and as mentioned loss of positive relationships.

As an addict you may well find ways to ignore or lessen the consequences for a while. However if you choose not to stop the continued abuse of smoking, taking drugs, drinking alcohol, eating foods that are going to cause you harm. Then you are going to be faced with the negative consequences as a trademark of your addiction.

Understanding Why You have this Habit: Your behaviours that have gone on to become habits whether for the good or the bad have evolved initially with the belief that there is some kind of reward.

When you are implementing habits into your life your brain searches for what is going to be gained from this. Sometimes along the way to achieving a goal you will look and implement small rewards along the way. Quite often this is how negative habits occur because you may see them as incremental rewards to help you with certain achievements to reach a goal or a project. Hence, what began as possibly something that was only going to be short term to help you emotionally get to the next level or over a certain dilemma or crisis? Has now turned into a habitual loop that forms a cue or trigger, telling your brain that you need this as a way of reward for completing or overcoming a certain part of your life. The brain (the subconscious part, that can't determine good from bad) then processes this habit as a reward.

It’s All about Who Is in Control!

You may well be led to believe that your addiction, has become a well fixed behaviour or habit in your Life, for which you have no control. Well I have good news for you, you do have control. Now it is just a matter of you determining the problems your habit is creating for you and what you need to do to break the habit or habits. Once you determine that your habit or habits are creating problems for you, it is then necessary for you to put a process of elimination into place whilst making room and implementing more constructive positive behaviours that will develop into great habits for you.

Your negative habit/addictions have not allowed for any level of flexibility as the addiction has taken control of your time and energy. Now it is time to reclaim this allowing yourself flexibility in taking up new and more appropriate behaviours that will develop into positive habits.

Defending Your Habit means it is an Addiction

When questions are asked about your addictive behaviours, you will have strong emotional responses to these questions. This being a sign that your habit has turned into an addiction for which you are feeling guilty but powerless to take control of.
Even as you continue to take part in your addictive behaviours, realizing all of its problematic issues it brings to your life. Even with this awareness frequently it will lead to you having a very defensive attitude, even when you are asked even the most innocent questions.

The reason for your defense arises from a sense that your behaviours and choices have become imbalanced. You may also be constantly denying that there is a problem or trying to conceal the addictive behavior for fear of what people are going to think. This is not the time to be concerned about what people think about you. Making a decision to quit your addictive habit is purely an act that only requires your thinking.

Becoming a non-smoker or as this can cover any addictive behaviours. Removing any label associated with your damaging habit is the focus here.

**Defining the Emotional Triggers of your Habit**

In order to determine the most effective way to break a habit is to determine the situations where you are most vulnerable and emotional triggers that feed your habit.

This is going to help you to understand the rewards your brain is looking for.

By defining this understanding it is going to allow you to put into place, positive, constructive and healthier ways of allowing your brain to have the same if not better rewards than you had with your bad habit.

Many bad habits have come about as a way of dealing with situations or events that cause distress, lack of security or a way of feeling more comfortable.

When you feel the urge to have another smoke, drink or whatever the negative behaviours may be think about the long term effects if you do this. As these habits have often become ingrained, you may not even notice why you are doing it, until you bring your thought processes into the moment of attention.

By developing this awareness it will help you to think twice, pinpointing what it is that prompts you to continue this habit.

Part of this awareness is about taking the time to even write this down so that against the reasons why you are continuing you can counteract this with a reason to quit. Doing this throughout the day is supporting your change of thinking and therefore developing new and positive patterns within your subconscious brain that you no longer want to be a smoker, drug addict, alcoholic and so on.

You are going to become focused on positive things that you can do to overcome and deal with stress and other things that have triggered your negative habit.

Because this is primarily on quitting smoking, keep in your mind that you are now a proud non-smoker.

**You need a Plan**

By now you are gaining an understanding of the situations that trigger your habit.

The reward or rewards that you have come to believe by engaging in this undesirable habit.

I am going to help you here with understanding for the success of quitting this habit, you need to make a plan. This will involve goals that will bring about changes in your behavior patterns and strategies for eliminating trigger that fuel your habit. Studies have shown that by having a clear, specific plan. This will increase and improve your chances of success in breaking your habit.

It helps with breaking down the unwanted behaviours and also helps with your creation of new habits.

Giving you positive patterns of action to follow.

Understand that you will make mistakes this is all a process of rising above your negative behaviors. The importance here is that when you do make a mistake, not to use this as an excuse to return to your negative behavior. Believing that your well documented plan is a failure. It can be easy to give in to temptation believing old habits die hard, this does not have to be true when the new habits are going to give you a far better and more desired state.
If you allow yourself to give into the temptation then you will be setting yourself up for a life of heartache, never feeling that you can accomplish anything with any level of success.

In your plan put into place strategies and support people that will help you to stay accountable. You are far more likely to succeed with your goal of breaking your negative habit if you share it with others.

**Picture your success.**

With any venture we want to undertake it becomes powerful when you visualize yourself being successful as a non-smoker. So mentally I want you to repeatedly practice seeing yourself breaking the habit by imagining scenarios in which you engage in desired behaviors rather than the undesired habit.

Then I want you to imagine situations where you would be tempted to engage in the undesired behavior and make the choice to opt out. This is planting positive reinforcement of positive behaviors and habits into your mind.

Therefore making it so much easier for you making the best decision for you, for your life of optimal health and vitality. It is all about reinforcing desired behaviours and habits.

**Becoming Mindful.**

Increasing your mindfulness throughout the day will help you in becoming more aware of your actions rather than functioning on autopilot. Becoming mindful is about becoming focused, tuning in, being aware of what you are experiencing in the moment.

It gives you time to think putting into place the things you really want and need to do so as to achieve your daily tasks heading you toward your life time dreams.

It is about training your brain so that you will respond to situations differently. Not allowing your emotions or anxiety to take control.

It actually works successfully in reprogramming you to respond to situations, people and stressful circumstances in a constructive manner that in turn brings about a sense of security for you whilst decreasing the tendency to automatically respond.

It is about taking control of your subconscious, by bringing it to your conscious mind so that you are able to say NO! To the negative habits or even people for that matter in your life.

Becoming mindful is known as mindfulness whereby you are refusing to be a victim any more to your bad habit. Be conscious of when you are tempted to give in to bad habits. It is important to become mindful bringing it to the full attention of your conscious brain, not suppressing the thoughts but allowing them to flow.

This will start to help you to overcome the overwhelm which if you are trying not to think about the fact you aren't going to have a cigarette.

This can bring about a level of anxiety and tension, whereas by making yourself mindful of it, you will be able to remind yourself of the reasons that you don't want to have another cigarette. Ironically this helps to overcome cravings, feelings of deprivation putting you in control that it is your desire and your decision to be a non-smoker.

Don't suppress thoughts about the habit. If you try not think about something, ironically, you will start to see it everywhere and become overwhelmed.

Take a few minutes every day, several times throughout the day to stop! Become quiet, focus on your breathing this will bring about feelings of peace, awareness of your body and balancing your thoughts.

To help with this you can join a Yoga or Tai Chi group where you will learn how to meditate.

This is a wonderful benefit for your long term optimal health plan.

When bringing your thoughts and the urge to indulge in your negative habit, don't judge these thoughts. Just acknowledge the feelings, reminding yourself that you no longer indulge in that habit and move forward with the positive changes that you have made.
five

Overcoming the Hurdles!
Chapter Five: Overcoming the Hurdles

Keys to Handling Difficult situations?

As a smoker if you were presented with even the slightest amount of stress, you would like up another smoke. So now that you are a non-smoker what will you do?

Well first of all, think past lighting up the smoke because logically that didn't help you cope with the situation. In fact as you well know now, it was only creating and going to create further stress and trauma. Looking beyond that what other actions, thought processes or activities did you put into place?

We are now looking beyond the habit of addiction, I want you to imagine someone very dear to you and if they were going through certain areas of doubt or stress would you offer them a dangerous substance to cope or would you help them with positive strategies or support. You may well say you don't know, but one thing you do know is that you wouldn't want to suggest or do anything that was going to bring harm to them.

The fact as we develop and mature physically, personally, emotionally, intellectually, professionally and spiritually, we will experience fear, anxiety and moments of emotional unbalance.

As humans we are prone to hurt, pain, sadness, depression and anxiety. Coming to the understanding that these feelings are normal and also necessary for us to continue to develop fully. Our Body, Mind and Soul (bringing about our very own internal emotional balance). Otherwise without this such growth is not possible for you to develop fully. Being able to experience happiness, joy, satisfaction, contentment and your true purpose.

Bearing in mind that you would not subject your loved one, children or best friend to anything that was potentially dangerous or life threatening. Then why would you subject yourself to these dangerous behaviours and outcomes.

The more aware you become of your feelings and acknowledging them. This will help you to strengthen your desire and determination for putting positive changes into place.

You will now learn to put them into a different perspective that is easier or more effective for you to manage.

Rising Above Negativity:

Arise from Negative Thinking - Be Present, Feel and Stay aware. Negative thinking is often an excuse to continue to smoke or have another cigarette. Now that you are a non-smoker, you will stop, really seeing and be more aware of the negativity of these thoughts and how they are affecting the way you feel.

Previously as a smoker it was a form of creating a shield around yourself in order to shut out what was happening (mental laziness). By enabling yourself to be more present, be aware of others, listen attentively.

So as not to block out what is happening but to feel the things happening to you. Allowing yourself to remain aware of the situation, incorporating a sense of grace and care. You will find that it's much more enjoyable taking an action of awareness and bringing into play positive actions, thoughts and feelings than to light up another cigarette. You'll also be better able to recognize turtle behaviour (trying to escape back into your shell) and be gentle with yourself rather than beating yourself up for it—for example, perhaps you're in a situation where you feel tired or simply overwhelmed and need a break—acknowledge the facts rather than calling yourself “always a loser” or blaming yourself for other people's behaviour, therefore leading you into the negative addictive behaviour as previously acted upon.

A great way to reduce our level of initial anxiety or stress is to incorporate meditation or prayer as an integral part to our daily life. This can be as simple as going for a walk out in nature, taking time in the morning and evening to pray for guidance and protection. To give you the strength and tools to work through any given situation. By taking the time to stop our thinking (meditation) each day, say two to three times per day for approximately 15 minutes at a time. This will help to increase your awareness of self and the present, helping you to arise from the feelings of self-doubt and overwhelm. Therefore allowing you to attend to your life with positive constructive processes rather than falling for the trap of being self-destructive.
Read more. Read about people who have fought fear with courage and have succeeded in life, from explorers to entrepreneurs. Through reading, you will gain new knowledge and understanding and you will see that you're not alone in the endeavour to constantly reset the mind's course. Every person who wants a successful life of optimal health and happiness has to do this.

Be creative and let yourself fall deep into the flow. Negativity can arise when you don't feel good at something. Find something you're good at or enjoy, don't set the clock but just get deeply engrossed in it so that you lose track of time and space. Allow yourself to do this at least once a week, say on a weekend, so that you have a focal point in your life that is all about doing something you absolutely love, with no strings attached. This can help to clear the thoughts that block you and spark more positive ideas.

Environmental Triggers

It can be beneficial to change your environment. It has been researched that environments can either trigger the need to indulge in the negative behavior or allow you to become strong in your decision to remain a non-smoker. So in order to be successful in breaking your habit, by reducing situational triggers until you feel strong enough with your decision to be a non-smoker will be of benefit to you.

• A good thing to do when overcoming bad habits is changing your surroundings, declutter your areas of work, have them clean and tidy. Buy yourself some flowers to brighten up the room. Areas where you once smoked remove any evidence of your previous life as a smoker. Even if it means removing the chair you used to sit in with a beautiful pot plant. You could put some pure scented candles there, so when you sit instead of focusing on smoking you will engage with the light of the candle that will memorise you allowing you to feel peaceful and still. Subtle changes will help.

• Develop relationships with people who support your desired behavior. It may not be necessary to leave your old friends completely, however you may find over time it will sicken you to be with people who smoke. Because by now you are totally convinced that it is a disgusting habit that you want no part of. If it was a substance or drug related habit, in this case I would encourage you to remove yourself from any friendships associated with this.

• Take a Vacation: One of the most effective ways to break old habits is to take a break. Go to a new place, somewhere you have always wanted to go. Give yourself a couple of weeks, three or four is even better. Totally different with your health in mind than anything you would have thought of as a smoker. This will be instrumental in helping with the break from your old negative habit into developing your new, healthier habit that will then merge into your normal life when you return home.

Create a Safety Network

In this chapter we are talking about overcoming hurdles. One of the biggest hurdles can be to try to do it on your own. In overcoming your hurdles you will find it helpful to create obstacles that will make the habit more difficult or unpleasant to continue, than were you to continue. Engage support people tell about your plan and invite them to make you accountable for your decision. You may wish to call them once a day, then once a week and so on until you are happy and confident as a non-smoker. This becomes somewhat of an obstacle as you are committed to report to determine your level of success. Therefore making you accountable and the hurdle a little less difficult to overcome with that additional support. This has to be a two way streak with you respecting this person's commitment to you in assisting you to become a non-smoker. They obviously have to have this strong commitment to you and supporting you with your positive life.

Remove any temptations to break the cycle of events that would normally lead to your undesirable behaviour. So as we mentioned initially in preparation for this event. Remove all cigarettes, ashtrays, clean all areas where you once smoked and deodorise the areas as well. Any activities that you would do and smoking was a part of that either eliminate if possible eg having a cup of coffee, beer or glass of wine. Until you are able to have these without a cigarette. Change time scheduling putting newfound positive behaviours in place of having a cigarette. For example if you once smoked when searching the internet, firstly do this at a different time and sit down with a glass of water, maybe an apple or a handful of roasted almonds. It is all about breaking the cycle.
Create small rewards that are good for you. For example, a nice long bath to relax after your long day instead of alcohol, buy yourself a new item of clothing or go out for your favourite meal from the money you have saved by not buying cigarettes. As time goes along go for a swim at the pool or the beach, a walk in the park, ride on your bike. When you’ve successfully kicked the habit, spend the money on a reward or donate it to a charitable cause.

Let someone look after you. I don’t believe in punishments, you have already punished yourself enough by indulging in a destructive behaviour, I want you to begin to think of things to do that are good for you. Go for a massage, a new hairstyle, manicure anything that will make you feel special and worthwhile.

**No Procrastinating**

You may well have many negative habits that you want to put behind you. But we are beginning with the most dangerous and harmful. So don’t allow your mind to wander and procrastinate about what else you are wanting to change. Within the realm of becoming a non-smoker you will be putting other incremental changes into place such as eating a healthy diet, including some exercise, drinking more water and you may well have made a decision to give up drinking coffee. So split these few additional goals into tasks that you are able to implement during the day and during the week. When we have a list it is easier for us to implement these things and hence it stops us from procrastinating. By splitting up these goals into small achievable steps, it makes changing less difficult and easier to manage.

Do you work in blocks of time, yes before when you were a smoker you would automatically do this because you would have the urge to have a cigarette. But now you don’t have this so it is important to block your work periods into 50 minute blocks, at the 50 minute mark go for a short walk, do some stretching, make a cup of herbal tea. Another strategy that is important to overcome procrastination is to become disciplined when checking social media, your phone or emails. Only have set times throughout the day that you do this unless it is part of your job. Checking no more than 3 times per day.

You are establishing new habits within your brain that are good for you. These habits are good for you because they are going to give you a level of success with your life that when you were a smoker could only imagine. Guess what your brain likes success.

**Overcoming Boredom & Replacing the habit**

So you are replacing your negative habit with something new and positive in your life. The key to your success here is when you are making your plan or task plans to engage in that it involves a level of activity such as instead of having a cigarette have some chewing gum, regularly throughout the day engage in deep breathing exercises, go for a walk, think of something happy that you like to do, like going for a coffee with a friend (who is a non-smoker). Do some retail shopping buy that shirt, blouse, dress, and pair of trousers that you just love! By replacing your undesirable habits with happy, healthy alternatives this will be instrumental in stopping you from backsliding.

**Patience**

Learning patience in life you know what your mother said is a virtue. This is no different, this is going to be one of your great accomplishments and as with all great accomplishments it will take all the patience you can render up. Be patient, be kind to yourself and most of all believe that you are worth it. In our wisdom and with engaging in many self-help books, CDs and videos they all say that it takes 28 days of implementing new, positive behaviours replacing old negative ones to break the negative habit. Even though this process may vary from person to person, the important thing to remember here is consistency, your commitment to your plan and your life. Always remembering the rewards of being a non-smoker definitely out way those of being a smoker. If you are still not convinced then you need to start again from the beginning of this book.

**Stop! Criticizing Yourself**

Chances are that you fell into this negative habit because you were too hard on yourself. Didn’t have a very good, steady idea on who you are and who you want to become.

So here I want you to be kind to yourself. Each time you go to tell yourself you can’t do something, or that you are an idiot or anything else that isn’t supportive of you feeling good about yourself.
I want you to change it to something that you like about yourself and something you feel good about that you can do. These may well start with simple things such as your hair, that fact you have two legs, two arms you get the message.

As for your skills and talents you can't tell me that there isn't anything that you have done that you have felt good about achieving. Even if it is only one thing at the moment I want you to focus on this and build from it. Why? You might ask because thinking badly, speaking badly about yourself is a bad cognitive habit that will reinforce your belief that you are unworthy, so why give up this negative habit.

Being harsh on yourself isn't helpful to you or anyone else. Even if you have done 101 silly things in your life and only 1 good thing. It is far better for your happiness and chance for change and improvement for a happier life to acknowledge the silly things putting it down to learning and you will do better and then focusing on the thing that you do well.

I want you to add statements that are positive for you moving forward such as I know I can do this, yes you may well need some help. By creating positive plans, asking positive questions will help you to face your challenges. Do you know that it is OK, to totally screw up at times: Because if we want to be honest everybody makes mistakes, it is called being human. The fact is that we can own our mistakes with pride because we can learn from them, so we can do better next time.

I am only a Smoker: It’s not a Punishable Crime!

“So I am not able to give up smoking is that such a big deal. I refuse to feel guilty or come down hard on myself. After all I am only smoking cigarettes, I am not committing a crime, it’s not like I am going to be punished by death.”

Is this a humorous statement or not? As I have heard this statement many times as I am sure that you have and maybe have even said it to yourself. It seems to come from people whom have failed to abstain from smoking even for a couple of days.

It comes along with the many other excuses that are placed in the way. Such as “Oh I just started a new job:” There are a lot of family pressures at the moment: Or Just that there is just too many other things happening. Guess what as long as you are in the world there are always going to be things going on, it is called Life.

However needless to say that cigarette smoking isn't a crime and is not punishable by death. I must admit is quite amusing not to mention unfounded news to me. According to statistics tobacco along kills over 4.9 million people who smoke per year, not to mention the victims who have been non-smokers but exposed to cigarette smoke and have died from diseases associated with being a passive smoker. In my eyes that tends to bring it, into a category of a punishable crime. Due to its detrimental and deathly affects to innocent bystanders.

Would you then think that it might be fair to put the related deaths to smoking into either of these two categories – either suicide or murder or maybe even manslaughter as the intention may well not have been to deprive a life as such?

As you well know there are many tactics that we have discussed that are used in the tobacco industry to manipulate you into believing that smoking in itself appears harmless, maybe even sexy, sophisticated and a vital part of becoming an adult.

Similar tactics are used in peer groups to manipulate up and coming adults, teenagers and children into experimenting with highly addictive substance abuse. The tobacco industry knows that if they can just get people started, they can hook them on cigarettes and milk them for thousands of dollars over the smokers' lifetimes.

The tobacco industry works in total contradiction with the research taking place by credible medical professionals who are stating in no uncertain terms that cigarette smoking is lethal.

What the tobacco industry attempts to make you believe is that the attacks on cigarettes are all lies.

Looking at the facts here if the medical profession were going to mislead you about cigarettes, wouldn't you think that it would be by minimizing the dangers, not exaggerating them?

The medical profession or health industry as a whole have a code of conduct and obligation that is about helping people to be healthy and well. Being able to support and treat ill health and disease with a degree of confidence in helping each person to become well. As you can see from what you have read up until now that is highly compromised in the case of people who smoke or have other habits that are harmful and deadly to their health.
Where on the other hand, the tobacco industry's only goal is to encourage each person to smoke, with no thought or concern to their health or wellbeing. Only to make a huge financial profit with no concern with the enormous cost to you the smoker.

You may well argue to the fact that smoking could be related to suicide, murder or manslaughter. As to the tobacco industry when it comes to dismissing all the dangers to you the smoker.

I know that your intelligence is to the degree that you know that smoking is bad for you, but you continue to smoke anyway

I do not believe in putting you the smoker into the classification of suicide. However you must realize that you as a smoker knows the risk and yet still continues to smoke. So the question here must have to arise having knowledge of all the facts is it a case of accidental death or suicide? By becoming a non-smoker you will change from any of this classification being free of any negative emotional ties or consequences.

I Will Quit When I Hit Rock bottom!

It has often been thought or believed that often people with drug addictions, such as alcoholism or illegal substance drug abuse. That the addicted person would have to hit "rock bottom" before realizing that they needed help. Hitting rock bottom could mean anything to that person's life.

Life may well become so out of control, complicated and unmanageable that the addict would come to a realization of not wanting their life to be like this and quit their addiction. Hitting rock bottom for some may even go further into losing their family, their health promising career to becoming homeless or even ending up in jail.

As traumatic and life shattering as these occurrences may well be, the addicted person with professional help, counselling and a mindset of not wanting this to ever happen again. Over time can often regain a normal lifestyle whereby they can be happy. Now regaining a real love of life whether it be sobriety, giving up substance abuse or any other harmful habit. There comes a sense of achievement, accomplishment for having rectified these problems. Now living a drug free and positive life.

Yes I know you are a smoker but you are a drug addict too. It is unfortunate that for some smokers there is a contentment that waiting to hit rock bottom is a long way, away. Of course not seemingly as bad or drastic as that for an alcoholic or substance abuse addict. As a smoker your life can still be quite functional and manageable. You will often think as a smoker that you will quit with relative ease before things get too bad. The problem with approaching smoking in this manner, that because the signs of destruction a far more subtle and happen over a longer period of time. The damage brought about by smoking is not normally correctable when left for a long period of time.

As a smoker quite often you won't lose your job as such or become homeless or with no money to support your addiction. You won't necessarily end up in jail because of smoking, no one will ever commit you for treatment without your consent.

So what are we looking at here for you as a smoker, what will your “Hitting Rock Bottom” look like.

A medical diagnosis may be the first port of call. Previous to this difficulty with breathing, walking, lot of muscular pain, coughing up blood or just feeling generally unwell.

Results of the medical diagnosis they may tell you that you have a disease such as cancer, heart disease, emphysema, even such diseases as diabetes, brain tumours as you well know from our previous conversation the list goes on.

Your rock bottom list:

Emphysema, your breathing will be impaired for the rest of your life. By quitting to smoke this will significantly slow down the disease and prevent further deterioration.

Cancer basically this is the cost of your life, if you really take stock of your health, changing your lifestyle drastically by implementing nutritional changes, change of mental attitude you may be able to extend your life with a lesser degree of trauma.

Heart: this may well cost you your life or cheat you from autonomy and independence.

Circulatory disease: this also can lead to death but prior to this loss of function and loss of limbs.
If you decide to become a non-smoker, quitting before any of these rock bottom scenarios. You will improve your health both physically and emotionally. Your confidence will improve along with your self-esteem. Being very proud of your accomplishment.

If you are waiting for that magical moment to come when you feel the time is right. Let me tell you it isn't going to come. You have the strength to quit the moment you make the decision that you want to be a non-smoker. That decision is within your head you just have to put in the right information, like you do when you want to google a subject. That is going to back up your desire to having a life of health and vitality.

Welcome to the world of non-smokers.

**It Won’t Affect my Employment or Chance of Getting Employment!**

You may be saying to yourself, whether I smoke or not this is my business. Nothing to do with anyone else. Employers are becoming more aware these days that many of the workers compensation and injuries have been exacerbated by the fact that the employer was a smoker.

So you may have seen in recent years this message is beginning to appear as part of job description.

Except for this clause the position may have well suited you, however you are a smoker so therefore not eligible to apply. You may think, “Oh well they won’t know.” Many a client has walked into my clinic and is shocked when I ask the question are you a smoker? They look at me in shock as if I have mental telepathy: No just a good sense of smell. As we have mentioned it is a very stinky habit, even to the point if a non-smoker is in the presence of a smoker that they will smell as if they are a smoker.

You may feel as a smoker that such hiring practices are discriminatory. Feeling great resentment toward the prospective employer. Many companies are now implementing no smoking rules for current employees. Once upon a time the smoker was even allowed to smoke at his or her desk without a hassle. This has all changed to designated areas as far away from the building as possible.

Gradually building up to this process of having employees as non-smokers. Currently smoking employees are banned from smoking during the working day.

The employer is prepared to face the animosity from such an anti-smoking policy from existing employees, prospective applicants, and even some clients. This practice serves the employer many benefits with the reduction of sick days from employees, to work cover claims to improved and increased clients due to the non-smoking practice.

The benefits to companies are many as we have begun to mention ranging financially, to decreased medical costs and claims: improved work productivity: less accidents and no claims against employer for second hand smoke related issues.

The benefits to the employee are that they will feel better because they will work far more effectively: have improved stress levels: look forward to earning a promotion because of improvement in the work performed. The working career will span for a longer period of time, allowing them to have an improved lifestyle financially.

As a community more and more people are demanding their rights not to be exposed to cigarette smoke and rightfully so, it may be your destructive habit. But should not be inflicted on other people.

**As Sense of Pride being a Smoker!**

Your identity of being a smoker. So what has it been for you for the past 5, 10 or more years? “I am cool, I can fit in anywhere: “Glamour, Sophistication”: “I am all grown-up now, no one can tell me what to do.” “I look intelligent, maybe masculine when I smoke.” All this has really meant is that you were using these as reasons to validate your reason for smoking.

Fortunately due to increased knowledge and awareness times have changed. Being a smoker now is about as popular as having leprosy in ancient days.

Within the past 25 years, smoking has gone from being an acceptable habit maybe somewhat desirable. To now being a habit that is totally unacceptable let alone desirable and more often than not demoralizing.
As we keep mentioning that smoking is more than just a habit it is a destructive addiction. Robbing you of a life of Optimal Health and Vitality.

Being a smoker is synonymous placed with that of being a drug addict.

Bringing about a set of problems that once inflicted the smoker loses control of the life that they so much would love and is now controlled every minute of every day, by this thing called a cigarette. The smoker brought into a sense of belief that they have to smoke, contrary to scientific evidence because they think they need it for their life to function normally.

Even with further control and restraints so that the smoker is continually faced with withdrawal symptoms. Many smokers are not allowed to smoke in the family home, car, work, restaurants, hospitals, at various appointments and shopping centres.

This is agonizing for the smoker, putting you as the smoker into a total panic, anxiety dilemma. This will only expand with time due to the evidence coming into place of the effects of second-hand smoke on innocent people. Therefore the public banning of smoking is going to become tighter.

So for you as a smoker chronic withdrawal is becoming a way of life. Leaving you feeling continually anxious, depressed, angry, sad, and lonely.

Leaving your mental health in a terrible state, feeling as if you are powerless unable to take control of your life.

So where is this all going to end for you? With not only smoking and withdrawal symptoms having control of your life but at the mercy of the medical system as well.

It is worth making the decision to join the world of non-smokers for life. It is worth it for your own sanity and freedom to live a great life.

**No-one Knows I Smoke!**

The thought of giving up seems to be so difficult to get my head around. As silly as this sounds “No-one knows I smoke.” I have heard this from clients coming to my clinic for the sole purpose of giving up smoking. At their second appointment they come to tell me, that they think it might be best to give it up on their own without any further support, seeing that no-one seems to know that they smoke. “So I should be able to do this on my own.”

What follows for this person who appears to be a non-smoker to their family and friends?

Are you one of these hidden smokers? If so your lives become far more complicated beyond that of the known smoker for your potential life threatening health risks caused from smoking.

You are carrying with you the additional burden of living a lie that exposes you to the constant fear of being exposed. As a hidden smoker this may well drastically reduce the amount you smoke. Especially if you work, have a family and busy social circle as you will only smoke as opportunity permits.

For you this means that you spend numerous hours each day, possibly entire days where you are in a constant state of withdrawal. Your main focus being on when you are going to have the chance to smoke your next cigarette and what if someone sees me or can smell it on me. Then it goes through your mind what will that person think of me?

Of course from there goes on to who else is this person going to tell?

Getting caught becomes your worst nightmare. Knowing that you are going to be seen as a fraud, even if you deny it you will be seen as a liar. So there will go people being able to trust or believe you.

Whilst reading this, it may well go through your head: “Who cares what people think?”

However it becomes much more significant for you when faced that this. Could be the people you are closest to, people whom you love and you know love you. Deep down you really don’t want to deceive them, but you are so scared to give up that you are willing to take this risk.
This is where you can pull together your strength and your integrity to these important people in your life. The very core essence of not lighting up another cigarette. Overcoming the chronic anxiety faced every day of being a hidden smoker, is far worse than a few weeks of overcoming the nicotine withdrawal. That will then dissipate to where you will no longer have the constant turmoil with your integrity and being found out to be a fraud and a liar.

Becoming a non-smoker is going to benefit your health in so many ways that you won’t believe the difference of being able to rock up just being you. Without the cloud hanging over your head, of when are you going to be able to have your next smoke?

**Do I need Therapy?**

You may well be one of those people whom is thinking, I can do this myself. I don’t want to go through therapy sessions discussing my weaknesses. I can get over this on my own. I am not going to argue with you here because I am sure that you perhaps can as I am sure many have done so.

However it has been within my findings and talking with people that they have found a sense of caring that comes from the support of therapy, not to mention just being answerable to someone else who has no emotional ties has made becoming a non-smoker much easier. As well as minimizing the risk of relapse.

It is not a sign of weakness, but a sign of strength to book into therapy sessions, counselling. I have had clients even book in for regular massage sessions as a way to support your decision to become a non-smoker.

By committing to therapy you are confirming your positive decision in giving up this addictive and destructive habit with a positive activity or action. You are beginning to take care of yourself.
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Steps to Quit Smoking!
Chapter 6 Steps to Quit Smoking

Preparing to Quit!

Congratulations on the Decision to Quit!!!

Make a Date: Yes as you would for any other must do task on your calendar

Plan for the Date: Wash and clean everything that looks or even smells like cigarettes. The Car, house, your wardrobe.

Get Friends & Family on board: Communicate your decision, clarifying the importance of their support for you making this decision. If there is anyone who is not totally supportive you may either have to delete them from your life, or if that isn’t totally possible distance your relationship for a while until you feel comfortable and confident in your decision to become a non-smoker.

Have Positive Strategies: To avoid becoming sucked back into smoking, change the way you do things. For example if you normally have a cigarette when you have a coffee or glass of wine. Then either go without these for a couple of months until you can cope, or have some roasted almonds or walnuts to have with them. If you are feeling stressed go for a walk, take deep breaths and drink plenty of water.

Avoid People who Smoke: This is vitally important especially in the early stages of becoming a non-smoker. If you have a husband, partner, and wife or adult children living with you who are smokers then you will have to ask them to refrain from smoking inside or anywhere is close proximity to the house or in the car. When I say close proximity to the house I mean under front or back verandas.

Vitamin Supplements: About a week or even two before making the decision to become a non-smoker get yourself a liquid B supplement and some homoeopathic drops for nerve support. The tissue salt Kali Phos is great for stress and anxiety and works well. These will be available through your pharmacy or health shop. Plus drink lots of water.

See yourself as a Non-Smoker: It is vitally important to see yourself as a non-smoker. Clarifying the reasons why you want to be a non-smoker such as you want to smell nice, you want to have great skin, you want to live your life free from disease related illness associated with smoking such as emphysema, lung cancer, heart attacks, and heart disease.

Benefits you will notice almost immediately:

1. You will smell better
2. You will feel better about yourself as you have taken control
3. Within a few days the nicotine will be out of your system, therefore the withdrawal symptoms will have ceased. It is now just putting positive habits and strategies into place. You may well want to join a gym, a walking group or go swimming at the pool.
4. You will be financially better off by about $100 per week that is $5,200 per year. Book a holiday that you have always wanted.

Keep Going You will Never Look Back!!!!!

The Day Has Come: Yes Cold Turkey!

This is the day that you have planned for, programmed your brain and all of a sudden you feel terrified. Cold Turkey! In actual fact, this is far easier for you and less painful to go cold turkey than to do it any other way. There is less suffering, creating a shorter time frame of going through withdrawal symptoms.

It assists your brain and cognitive thinking by understanding that this is the way it is going to be.

Your brain will therefore be able to support your body efficiently therefore reducing the trauma and decreasing the withdrawal symptoms.
It is important for you to realize that you have been addicted to a drug. Yes a drug called nicotine a powerfully addictive drug. As you have learnt during your time as a smoker your body has required a certain level of nicotine in the bloodstream. When the level of nicotine is not maintained you as a smoker have suffered from varying degrees of withdrawal symptoms during this time. Once you quit, the nicotine level eventually drops to zero allowing the physical withdrawal symptoms to cease. Occasional cravings for a cigarette may continue. However with time and keeping your mind strong as a non-smoker this physical and also psychological dependence will cease completely.

Cutting down on cigarettes on the other hand, puts you through unnecessary stress and trauma. You are fooling your brain by saying one minute you are a non-smoker then the next changing to being a smoker. Confusion, anxiety sets in and in no time you are back to being a full time smoker.

So by attempting to give up smoking in incremental degrees this will throw you into constant states of chronic withdrawal symptoms.

As soon as your body reaches the minimum requirement of nicotine, then your body starts demanding it, once again. So you can see that as long as there is any nicotine in the bloodstream, the body will keep demanding it.

This is where just smoking one or two cigarettes per day or wearing a patch. Therefore reducing the amount of nicotine being delivered to your bloodstream, resulting in your body not achieving the required amount of nicotine therefore creating a chronic state of peak nicotine withdrawal. Giving you major drug withdrawal symptoms.

This state will continue throughout the rest of your life unless you take one of two steps to rectify it. Firstly, you can stop delivering the nicotine altogether. Whereby the nicotine will be metabolized and over the next few days totally excreted from your body. This stops the withdrawal symptoms forever.

The next step is that you can return to the old level of consumption, that is back to smoking the same quantity of cigarettes whereby you feel a failure that you have gone back to full on smoking.

Not accomplishing your goal of becoming a non-smoker. So as you now can see that cold turkey is really the only effective method of choice. It supports you both psychologically and physically in becoming a long term non-smoker.

Taking it One Day at a Time!

This is a strategy that is important to put into place when overcoming any emotional conflicts that may arise throughout life. It is vital to allow your body to heal from almost any traumatic situation The reason that it is so often quoted is that it is universally applicable to almost any traumatic situation.

Coming to terms now with your decision to quit smoking and becoming a non-smoker will bring into play its own little emotional roller-coaster-ride for you. One Day at a Time is the key strategy that gives you the strength and ability to rise above your emotional conflicts in order to successfully remain a non-smoker removing yourself from the powerful grip of the nicotine dependence.

In the initial stages of quitting, the concept of One Day at a Time is of great support to you with your thought processes of never smoking for the rest of your life. Because there still may be some doubt in your mind as to whether this is the path you want to take.

There are still some thought processes that envisions you being a non-smoker as being more stressful, painful and far less fun, than that of being a smoker.

As the days go by you will begin to realize that your prior thoughts of how life would be as a non-smoker were wrong. That there is still life after smoking, even though there are still moments of anxiety and stress you haven't crashed you are still here and intact.

You feel cleaner, surprisingly calmer and you know that now you are headed for a healthier life. You are beginning to realize that the thought of returning to smoking is becoming a distant memory and down the track even further you will find the idea quite repulsive.
So now your fears have reversed, still keep your One Day at a Time in place until you feel fully confident that you will NEVER smoke again.

Even non-smokers experience bad moments, things going wrong and even some quite traumatic experiences. However now that you are a non-smoker you will incorporate positive habits to deal and cope with these moments. Managing your time and commitments better so that you don’t have as much on your plate. Taking a walk in the park or down the beach.

Drinking lots of water, believe me you will be surprised how much this helps when going through stressful situations. Watching a funny or romantic movie. Reading a good book. Maybe just taking a day off and doing nothing.

These are all far better coping strategies than lighting up another cigarette. Why? Because they will not cause you any further problems or distress.

Taking One Day at a Time is something that should not only be practiced in the initial stages of giving up smoking. But throughout your life as it has you focusing on the moment and how you can make the most of every moment of your life.

Even during the bad times, because it is out of our hardships and difficulties that we become stronger finding it easier to overcome difficulties and tragedies with the ability to rise above them.

Giving us confidence and a belief of achieving our core desires and passion for what we want for our life.

One Day at a Time allows us to have positive reinforcement for staying on track and not letting yourself down.

Every day that you wake up staying in the positive thought process of being a non-smoker is one day closer to you enjoying the benefits of optimal health.

Each night before going to bed make sure you congratulate yourself for staying on track with your goal.

Feeding your pride is a very useful and important tool for you to stay free from cigarettes. Not only is this important because it is well deserved.

Be proud of the fact that you are now a non-smoker. You have broken free from a very powerful and addictive habit. That you now have gained control over your life, rather than allowing this addictive substance to control you or your life.

Affirm to yourself: saying this little but very important line many times a day, every day: “I have completed another day as a non-smoker and I feel GREAT.” I will deal with each day as it comes, remaining a non-smoker.
seven

Staying a Non-Smoker!
7. Staying a Non-Smoker!

Be True to Yourself!

It is important to understand that even if when you began to think about giving up smoking it may well have been that it was because your husband, wife, partner, children or friends couldn't stand you smoking.

Oh I am just quitting to support my wife, husband or partner as they want to quit.

The kids get sick from my smoking, so they keep nagging me so I thought it would be a good idea to quit for them. The Doctor is always on my back, so I am just want to get everyone off my back.

All of these reasons may have come about initially to give up smoking. However they are all for the wrong reasons. At the end of the day anything we choose to do must be from your heart, your core values, desires in order to give you the determination, courage and strength to stand by your decision.

When giving up something for an external reason or for another person there will always be a feelings of that you are being cheated, deprivation and still will having feelings of helplessness as you still haven't taken control for yourself.

So stay true to yourself by caring for your body, showing it respect in positive, constructive ways that are not going to bring about ill-health, disease and debility. Be proud of the fact that you have made the decision for yourself to become a non-smoker. Of course it is great that your family and friends will benefit but that is the additional bonus not the reason.

Why Should This Time Be Different?

So you have quit before, maybe even multiple times. You are questioning yourself as to why should this time be different. Because each time you have quit previously it was different to this time.

There may well be many reasons why they didn't work or were different. It could well have been for the wrong reasons as mentioned, you didn't take it seriously enough and didn't do your homework.

Whereas this time obviously if you are reading this you have definitely done homework about this debilitating habit that you just didn't seem able to conquer.

So now that you have done your homework. This is no different to school, if you did your homework and did it properly. Guess what more than not you passed your test.

You are going to pass this test and continue to stay a non-smoker. Believe in yourself and don’t let all the effort, energy and time that you have spent reading this book go to waste.

So to sum it up as you have learnt is about making that decision whether the giving up it relatively easy or terribly hard doesn’t matter.

The important thing here is that you have given up, and decided no matter what you are never going to smoke again.

The Mental Challenges!

During the initial stages of your quitting process, you most likely wake up either feeling (remember this comes from your thinking) – either with great determination that you are not going to smoke today or you will feel extremely vulnerable and unsure.

So the focus for you has to remain to real your thinking back to determination, if vulnerability is attempting to creep in.

Reaffirm your goal by reminding your brain that you are now a non-smoker and hate the very thought of cigarettes. Breathe and feel that sense of pride for not falling for the trick of having a cigarette.

Repeat to yourself as many times as needed throughout the day, the word firstly NO!!! I say no to cigarettes because I am now a non-smoker.
For all these previous years that you smoked are now behind you, giving you every opportunity for control over your life and ultimately your health.

Through all of this you must keep up the determination by reminding yourself of your core desire to join the world of non-smokers. It is not a time to become complacent because you don’t want to let that enemy into your life again.

You have put new well defined rules into your life that are going to support you in positive and constructive ways.

You are no longer a victim to something that is going to bring about grave harm and sadness to you.

Always start your day confirming the fact that you are a non-smoker and you are not going to smoke TODAY!! NEVER AGAIN!!! - Will you let this disgusting habit take control of you!

Taking Charge of your Blood Sugar Levels: Decreases unwanted Side Effects!

The most common side effect that takes place during the first two to three days of quitting are that your blood sugar levels plummet. The most common symptoms from this maybe headaches, an inability to concentrate, dizziness, feel somewhat confused or euphoric about the time of the day and you may have an a craving for sweet things. This is because your blood sugar levels have dropped.

The answer to this is not to eat sugary or sweet foods as this will only help the problem short term. However the cravings will become worse as your blood sugar levels spike and drop very quickly when having sweet or sugary foods.

The answer to this is the beginning of your journey now to optimal health. As always it begins with your diet.

Obtaining great health is all about balance, especially when it comes to blood sugar levels. It is important for you now to eat the correct portion ratio of healthy fats, proteins and carbohydrates with each meal. This keeps your blood sugar levels stable hence eliminating the cravings for sugary foods.

By maintaining healthy blood sugar levels you will have improved physical and emotional balance. Feeling more able to cope with your life. As mentioned the sugary food cravings will stop and you will have improved energy levels. You will find that these improvements will last you right throughout the day.

The next important thing we need to mention is to keep your body well hydrated with PLENTY of water throughout the day. This is beneficial on many levels throughout your body – for transport of minerals and vitamins to vital organs: for detoxification, nerve and brain health.

Include these foods every day and you will feel the benefits:

Greens such as broccoli, kale, spinach, beans, dark leafy lettuce. These are loaded with healthy fibre and calcium. Eat some of these with each meal.

Protein this includes wild caught fish, free-range beef, pork, turkey, chicken, eggs, tofu, quinoa, nuts, seeds, yogurt. Looking at your meat, chicken and fish protein source the portion size is to be that of the palm of your hand. Red meat once to twice per week, white meat this includes pork, chicken and turkey, two to three times a week. Fish can be eaten 3 – 4 times per week. Eggs once to twice per week.

For vegetarians good sources of protein include beans, legumes and grains are the highest. They have a high ratio balance of protein to carbohydrate. Sprouted beans, lentils, soybean sprouts and vegetables such as sweet potato, kale, broccoli, spinach and mushrooms.

It is important to eat two to three serves of protein per day. It doesn't have to be all meat protein you can say have one serve of red meat or one to two serves of fish or one serve of chicken or eggs, then add the other recommended protein sources to that meal.

Wholegrains – protein rich wholegrains such as quinoa and millet are the ones that help sustain energy without spiking or crashing blood sugar. These can be cooked as you would rice and added as a base to any of your other food choices.
Nuts – grab a handful of roasted almonds or walnuts. These make a healthy snack and adjunct to top a desert or even vegetable dish. I also like to eat an apple when I am eating almonds or walnuts. These nuts are a great source of fibre, healthy fat and also protein.

Beans such as lentils, cannellini beans, chick peas you can eat these in a salad or make up a hummus dip. They are high in fibre, low in fat a good source of protein whilst keeping your blood sugar levels nice and steady. They are also of benefit for supporting healthy digestion. If you are buying the beans dried ensure that you soak them overnight. If you are buying them in a can ensure that it is an Australian product and rinse the beans well before using them.

Now we are going to look at the Foods to avoid that are going to spike your insulin levels in a harmful way causing problems such as increased inflammation that leads to weight gain. This in turn will lead to mature diabetes. So to achieve optimal health and eliminate your cravings for sweet, sugary foods it is best that you avoid these foods:

Refined Sugar – Foods such as lollies, biscuits, cakes, buns these are quite obvious foods that you may well realize that you need to avoid. However with our huge industry of processed foods there are also items such as salad dressings, yogurt, fruit juice, canned and packet meals, sauces. Unless you want to spend a great deal of time reading labels which I highly recommend when purchasing anything in a packet, can or jar. It is far easier to avoid these and for the majority of your daily eating to just stick with whole, fresh foods as close from nature as possible. This will benefit not only balancing your sugar levels but also for prevention once again of ill-health and disease.

Refined and Processed Carbohydrates – These include bread, pasta, dried biscuits and crackers. These elevate once again blood sugar levels.

Bread for many including myself is difficult to totally avoid. However steering away from the supermarket brands, keeping it to maybe a slice or two a day, or even to once or twice a week.

The healthiest choices are wholegrain rye, seeded bread (if you are not suffering from digestive problems) or sourdough as these also aid digestion.

Healthy alternatives to pasta are – zucchini, cabbage and broccoli: this can be shredded or grated making a great replacement for spaghetti. Rich in fibre, also helps with maintaining healthy cholesterol levels.

Squash, Quinoa, Rice noodles, Shirataki noodles, Seaweed noodles

If you are struggling with this then you might look into having cognitive counselling to support you with these health changes.

It Doesn’t Seem To Getting Any Easier!

We have discussed how the physiological withdrawal symptoms diminish and within two to three weeks will stop. It is easy to accurately predict this with testing, however the psychological withdrawals are quite different and can occur at any time.

So the psychological urges are quite different to the physiological ones, as they inflict a level of physiological pain. With the physiological urge there didn’t seem to be a way to get past this, except you have now trained your brain that not only that you could get past this, but that you have.

Your psychological urge while may feel just as strong, it is quite different. These are within your conscious control.

A simple way of explaining this difference between physiological and psychological pain is that of say a toothache. A decayed tooth will cause a great deal of pain. By the dentist explaining to you why your tooth is hurting, really doesn’t resolve the situation.

As you know why it is hurting but even with the explanation the tooth still hurts. The pain doesn’t go away. So after the dentist has examined your tooth, he explains that you have a cavity and the tooth will need a filling.

The work that the dentist has to do in your mouth, the rubber damn, drilling and filing is not a pleasant experience by any stretch of the imagination. But he has to drill the tooth in order to fill the tooth and ultimately alleviate the pain.
So after this experience, whenever you hear a dentist drill, the sound of the drill will make you cringe, feeling anxious and on edge. Once you realize that this is a reaction to your previous experience, you calm yourself with the understanding that you are not in danger.

Understanding the cause of your fear alleviates the anxiety and associated stress.

So any urge that you are feeling from now are reactions to what is known as conditioned triggers. You may be taking on something new that you are doing for the first time without smoking. It could be that you are going to a bar, a wedding, a holiday, new job.

You are getting the picture. It could be that you are meeting with people that you would have normally smoked with or it could be a familiar aroma or emotional triggers that will set off this sudden urge out of what seems nowhere to have a cigarette.

If today you find yourself with this desire or sudden urge, then stop, take a deep breathe, look around and bring to your mind that now you are a non-smoker. Therefore having the courage and strength to say NO!!! I will not be engaging in smoking today or any other day.

All you need to understand and bring to your attention here is what triggered the thought or urge, then the urge will pass without any further problem.

Each time you are faced with a similar situation you will not even think of having a cigarette. You will have empowered your mind and reinforced you mind with the information of how to deal with these situations. Welcome to the world of non-smoking!

Becoming successful at the game of quitting smoking is all in learning to deal with our experiences as a non-smoker. Each time you overcome an urge you will strengthen your status as a non-smoker. As time goes on when you are entering any of these previous triggers, lightening up will not even enter your head to overcome them. You will have learnt to put into place positive and constructive strategies that will replace your negative habit.

Overcoming the psychological dependence of smoking is the real key to your success. Understanding that nothing terrible is going to happen to you because you haven't had a cigarette.

**What if I Relapse?**

You may well be feeling how did I come to relapse and commence smoking, yet once again.

There is where the mental work of continually affirming the fact that you are a non-smoker and will never smoke another cigarette is of vital importance.

It happens with the false belief that you could just have one cigarette. It is an addiction and for an addiction to be fully broken, it has to be completely stopped.

You can't justify the relapse, but are determined that this isn't the way you want it to be.

So it is just that you haven't completely convinced your subconscious enough of the new terms of your agreement to be a non-smoker.

Reinforce once again in your mind that you are now a non-smoker and throw the cigarette or cigarettes away, once again. Going back to the steps of staying a non-smoker.

It is important to remember that as an ex-smoker that you did have an addiction, and to not succumb to any persuasion to ever light up again. As in order to get back to everything that you have strength to overcome, all that great work will be undone. To once again put you back on the downhill road of ill-health and disease. Whilst once again giving control of your life to a destructive addiction.

**Adjusting Sleep Patterns!**

During the first few days, maybe even a couple of weeks. You may find your sleep may be disrupted. Your body is going through a crisis and is healing from the trauma of a substance leaving your body that your body has become dependent on for so long.

How this affects people varies from some who get very little sleep, waking every hour or so, to not sleeping but not feeling tired.
To where some people will feel tired all the time, feeling the need to sleep 20 hours a day if they could and still feeling exhausted. No matter which area you fall in, as time goes by your sleep pattern will adjust itself, eventually getting back into a normal routine.

The best way to support this is to firstly not become all anxious and uptight, telling yourself that this will improve with time. Secondly, drinking chamomile tea prior to bedtime, melatonin a homoeopathic remedy is excellent to supporting healthy sleep patterns. Also introducing relaxing music to send you off to sleep. Warm milk and honey prior to bedtime. This works with almond milk, soy, A2 and goat's milk beautifully.

There may be a catch whereby you don’t know what a normal sleep pattern should be. By this we are referring to that of someone who has never smoked. So heading off to bed at say 10.30 pm, 11 pm being the latest and waking, getting up at around 6.30 am or 7 am. This may well vary with shift workers. The importance here is to get 8 hours sleep.

When you were a smoker the Nicotine was a stimulating drug, that as it wore off it threw you into a physiologically depressed state. In order to overcome this depressing effect as a smoker, you would smoke again as stimulation to what you thought was to improve you state of being. Then as soon as it would wear off, you would return to this endless cycle. That would be repeated over and over again.

Your sleep schedule is the time that your body repairs itself. Balancing blood sugar and hormone levels. But for you as a smoker the opposite would happen, only for you to come crashing down later. By the end of the day you would invariably be physically exhausted from this chronic stimulant/depressant roller coaster. So you would adjust your sleep around these effects.

What about these Dreams!

It is especially common in the first few days or weeks of quitting, that you may well have extremely disturbing and frightening dreams that seem very realistic. They may well be so realistic that you may wake up actually smelling for tasting a cigarette as if you have actually smoked.

It may have you so convinced that you will actually search the house for the extinguished butt.

There is a perfectly good explanation that I would like to share with you as to why you are experiencing this.

As previously explained in the early stages of quitting, one of the early physical repairs taking place is that of your cilia production. More often than not only after 72 hours of ceasing to smoke, the cilia begin to regenerate.

As an ex-smoker your lungs have begun to clean out in a matter of days of quitting.

The commencement of this process you will begin with a series of coughing and spitting out of mucous and other unwanted substances trapped within your lungs.

This may well all seem a little gross at the time but it is a very necessary part of the healing process of your body.

So now getting back to the dreaming. Your dreaming now may well be quite harmless and free from danger, but your cilia and sensory nerves still hold the taste and smell of nicotine. So these dreams of the physical sensations of taste and smell are still occurring until your time of awakening. This is when the sensations cease and you will remind yourself when you wake up that you are a non-smoker.

Sometimes even after years of being a non-smoker you will have a fearful dream that you have returned to smoking, fortunately to realize when you awaken that you are a non-smoker. These type of dreams are quite normal when overcoming any type of trauma in our lives. It is important that you don’t prevent the flow of the dream, just work through it and then let it go with the joy that, that trauma is no longer a part of your life.
Your Key Secret! Putting into Place Your Human Survival Skills!

Each of us have been born with a unique set of human survival skills. These are techniques that you are provided with to use in a dangerous situation like natural disasters to save yourself and someone else. These techniques are meant to support you, so as to provide basic necessities for human life. These are water, food, shelter: to avoid possibly fatalities. Your unique inbuilt ability to overcome ill-health, injury and other ailments.

Survival skills are ideas and abilities that are very basic, otherwise known as common sense and have been provided for us, within us ever since mankind began. Outdoor activities such as hiking, backpacking, horseback riding, fishing, and hunting all require basic wilderness survival skills, especially in handling emergency situations. Bushcraft and primitive living are most often self-implemented, but require many of the same skills.

It is your trusting the fact that you have been born with these innate set of skills and part of your life lessons is to put these skills into practice. Otherwise the old saying – “If you don’t use it, you’ll lose it.” Will take place.

So the moral of the story being use these unique set of skills to change from negative habits that are going to cause injury and harm, into positive habits that are going to support your desire for survival and surviving well. With Optimal Health, Happiness and Vitality.

I would like to Congratulate you and hope that this is only the beginning of ridding yourself of negative habits and putting into place positive habits to ensure your New found Life of Health and Happiness.

I would like to dedicate this book to my deceased Mother and Father whom died prematurely due to the negative effects of smoking.

Also as a support and dedication to my family as to the exposure of this life destroying habit.

I truly care about you and hope with all of my heart that this supports you in developing habits that are both positive and constructive for your life ahead.

Yours Truly,

Julie
Don’t Stop Here!

I would love to get to know more about YOU and what you want from life! My goal in life is to help others and it is people like you that allow me to do this. It would mean the world to me if you would drop me a line to let me know what you thought of this eBook.

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