

The  
**Quit Smoking**  
Bible

**The 10 Commandments**  
To quit smoking forever

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## *Introduction*

Your thoughts are things. You cannot create or destroy anything in this world without first having a thought. Everything you experience in your life right now, good or bad, is a creation of your past thoughts and your current thoughts. Until you change your thoughts, nothing in your life will change. You and your life path as a smoker will remain the same until you change your way of thinking.

This is the governing law of this book that you will come to understand and that will completely shift the way you have thought about your smoking habit and your past attempts to quit. You will come to understand that your thoughts have created your smoking habit and when you shift your way of thinking, your thoughts will be the weapons to destroy your smoking habit. You will shift your thoughts of quitting from painful, difficult and depriving, to easy, fast, exciting and enjoyable. You will find that quitting smoking absolutely does not have to be a struggle. You will find that you can glide easily into being a non-smoker for life, without hard work or deprivation.

The only thing that will be asked of you is to be open to changing your mind. I have been where you are right now. I struggled for years, doing the same things over and over again trying to quit. I tried many different methods to quit and always went back, I always blamed the method that I tried for not working, when in reality anything I tried to quit would have worked. It was me that didn't work. I wasn't thinking properly. I just continued to think the way I always had and expected some outside force to get me to magically quit smoking.

A conversation with an ex-smoker changed my life and by proxy the lives of all my clients. I remember his words very clearly...

***“Its not the cigarettes, its you.”***

That simple statement changed my life. I realized that the cigarettes themselves had nothing to do with my inability to quit smoking. The cigarettes would never change; it was me that had to change. So I did and I can help you change too.

Quitting smoking is my business and I have spent years helping my clients quit smoking. I have talked with them at length about their habits, fears, and emotional and physical addictions to cigarettes. I have spent a lot of time evaluating my own journey to quit smoking and using that as my guide to help my clients break free of smoking as well. Over the years I have used what I learned through my own journey and have also used what I have learned in day-to-day work with my clients. I have taken all of this knowledge and formed it into an indestructible method for quitting smoking and changing your life. This is why I call it “The Quit Smoking Bible” I believe that by following the ten commandments in this book, that there is no human being on earth that I could not get to quit smoking if they are a willing participant.

The commandments set forth in this book, when used to their full potential will absolutely shift your thought process away from that of a smoker and shift it directly in harmony with that of a non-smoker. Not only will you become a non-smoker, but also if followed throughout your life, the commandments will be a mental shift to help you change any other aspect of your life that is not in harmony with who you want to be. Any one of the laws alone could be more than enough to change most smokers’ minds to quit forever, but used together they are unbreakable. The commandments in this book are the only mental changes you must make to never smoke again.

Quitting smoking has two parts. There is the physical nicotine addiction and the mental addiction. You have a physical addiction to the *cigarettes* and a mental addiction to *smoking*. The physical addiction to

cigarettes is real, make no mistake about it, but it is tiny. The book is separated into two parts. In the first part of the book we will briefly cover some very easy things you can do to help you ease through the physical aspect of quitting. I use lasers with my clients, but you will not hear me promoting my business here. I do believe you can be successful with a variety of options when handling the physical addiction; laser treatment is just the method I prefer for my clients.

The second part of the book is the Ten Commandments; which is the main focus of the book. We will spend the most time here getting you into the right mindset of a non-smoker eliminating all of your mental hang-ups about quitting; which is the bulk of the anxiety and frustration with quitting, the mental addiction to smoking. The mental addiction to smoking is about 90% of the reason for most failures when quitting. You are caught in a cycle of thinking that actually traps you into failing over and over again. That is what this book will change for you. By taking care of the tiny physical addiction you have to cigarettes, you will be able to focus completely on the Ten Commandments in this book and change your way of thinking, to never smoke again. I assure you it is a very simple and enjoyable process, you just have never been shown the way, until now.

I have been where you are. There are millions of other ex-smokers that have been where you are. There is nothing to be afraid of on the other side of the smoking life you have been living. From the path where you are now as a smoker to the path of a non-smoker is only a thin veil of fear and uncertainty. I am here to show you the way, so walk with me and let me guide you to the other side. All of us ex-smokers are here waiting for you. We are doing just fine without our cigarettes and you will be too.

## *Handling the physical addiction*

We have all heard stories about or know someone personally that has quit cold turkey. They are the minority. Most of you have tried that method before and know that quitting cold turkey is a recipe for disaster. If you were just fighting the physical urge to smoke, you could get through it pretty successfully and the same is true if you were just fighting the mental urge to smoke, but your fighting both. When you are fighting the physical and mental urge to smoke at the same time, it is just too much for most people to handle. They usually give up before they get started.

Lucky for you, you don't have to quit cold turkey and you don't have to experience the physical discomfort that comes with quitting. In my clinics I have found that all smokers, with a little boost to help get past the physical addiction, can much more clearly deal with the mental aspect of quitting without fighting discomfort of going through physical withdrawal.

The physical discomfort a person feels from quitting smoking is pretty minor. Most of you have heard that quitting smoking is harder than getting off of heroine. This is NOT true. This is what most smokers tell themselves. Quitting smoking is nothing like getting off of heroine. If you received no help in getting over your physical addiction to cigarettes, you would feel a little shaky, maybe a little nauseous, your head would feel a bit foggy, and maybe a headache and you may have a few cold sweats. Kind

of like a minor case of the flu. If you have ever witnessed someone getting off of heroine you would know that quitting smoking doesn't come anywhere close to a heroine addicts level of pain.

The minute you lay down your last cigarette, your body begins going through a detoxification of the nicotine. This is what causes a physical urge for a cigarette. Your body starts to let go of the nicotine that is clinging to your muscle and fat cells and it is in this process that you experience physical withdrawal. Imagine your body like a gas tank. You fill it everyday with a certain amount of nicotine, depending on how much you smoke. This is why most smokers tend to smoke the same amount of cigarettes every day. The moment you stop smoking and your nicotine levels begin to drop, this the moment you begin to feel the physical discomfort of quitting. Your body wanting a cigarette is your body's way of trying to fill its nicotine tank back up again to normal levels. Your body just wants to get back to the feeling it considers normal.

Physically quitting smoking is uncomfortable and this discomfort is more than enough to cause you to cave and go back to smoking. This is the reason it is suggested that you seek treatment to get you over this minor hurdle. The physical withdrawal from nicotine generally lasts at most about three days and is pretty uncomfortable. This means that once you have made it past the three-day mark, if you never inhale another cigarette; (second hand smoke doesn't count) you will never have another physical urge to smoke or have to go through the physical withdrawal symptoms ever again. It is done! You are **officially physically a non-smoker**. Who can't get through three days, especially if you get help and you don't have to experience the discomfort of quitting cold turkey?

If I told you that I would give you a million dollars if you could sit in a room alone for three days without any food or water. Would you do it? Could you do it? Of course you would and you could. It would be very difficult and you would definitely feel some real suffering, but it could be



done. That's what its like quitting cold turkey.

If I told you that I would give you a million dollars if you could sit in a room alone for three days, but I was going to give you food, water, TV and a nice bathroom. Do you think it would be much easier then? Absolutely it would be. That's what its like when you get some help physically to get you through those three days. So please do it.

There are a lot of different options to overcoming the physical addiction to nicotine. Laser treatment, prescription drugs, patches and gums. Do some research and find out what you feel the most comfortable with and will work best for you. All of these methods will work for most people and can eliminate your physical need for nicotine. With all of the treatment options available today, there is no reason to deal with the physical discomfort of quitting smoking. You will only be making it harder on yourself than it has to be.

Once you have chosen a method to deal with the minor physical addiction, we need to set a date and get started getting ourselves in the right mindset to never smoke again

### *Setting a date*

Setting a date is an important part of the process in your ultimate goal of quitting smoking. Having a date in mind and on paper helps you to have something tangible to look at, refer to and get excited about. You want to write it down in a place that you will easily see it everyday. Put it

on the fridge, in your daily calendar, on the bathroom mirror or a sticky note on your computer. Writing it down and looking at it daily just helps your mind to mentally prepare in a countdown sort of way. This will not be like other attempts at quitting. With the help of this book, by the time of your quit date, your mind will be in the right place to go forward from that date without ever looking back at cigarettes.

I have probably heard a million theories on the best way to pick a quit date. Some of the more popular are

Birthdays

Anniversaries

Right before a vacation

Monday morning

Friday after work

I have had more than a few clients that booked on the anniversary of their divorce! A female client of mine said the reason she picked her divorce date was because “Screw him! I’m not going to die just because he wants me to!” Her words, not mine. Whatever your motivation and whatever date you choose, just keep in mind that the date itself is not so important. It’s that you set a date that you have made a personal decision to stick to. Do not keep changing the date to suit events or situations that you have planned that you think you would like to be able to smoke at. You will be a non-smoker and will not care that you’re not able to smoke. The date makes no difference if you are genuine in your desire to quit.

What if I told you that the day you were finished reading this book you could quit smoking? How about if I told you that you could quit within three hours after you read this book? What about one minute after you read the last word and close this book? Would you believe me? It may seem impossible or you may say to yourself “I would need a little more time than that.” One of the most profound theories that I have found when

setting a date to achieve a goal is **Parkinson's Law**. This theory shows that you can accomplish anything at any given time you set your mind to it. I have witnessed it in action in my own life and the lives of my clients. This is a summary of **Parkinson's Law**: *The demands upon a resource tend to expand to match the supply of the resource. The reverse is not true.* In other words: *The amount of time in which one has to perform a task is the amount of time it will take to complete that said task.* If you give yourself a goal to do something, like clean out your closets and you tell yourself “I want to have those closets cleaned out by Christmas.” Then it will take you till Christmas to get those closets cleaned out. When in reality if you gave yourself till the end of the day to clean out your closets, you would find the time and get it done by the end of the day. It's the same with quitting smoking. If you say your going to quit on your birthday, then it will take you till your birthday to quit, when in reality you could quit right this very minute. This is why we all think we are so good under pressure or doing things last minute. It is because we get done what we need to get done, when we place pressure on ourselves to do something in a defined time.

That's something to think about when you're setting a date to quit smoking or to accomplish any goal in life. You will always do what needs to be done in the time you allow to do it. If you keep telling yourself someday I will quit smoking, someday I will accomplish that goal and live my best life, then someday you will. It just wont be today, tomorrow, or anytime soon I would presume. Someday just simply does not register as a defined goal in your mind, so your mind doesn't place any importance on quitting or achieving any goal until you do. So make a decision pick a method to get over the physical aspect and set that date!

Keep in mind that when you set a date to quit smoking, if you decide to use a prescription medication to handle the physical withdrawal from nicotine, ask your doctor about possible side effects and be sure to begin taking them at the prescribed time to give them enough time to take

effect before your actual quit date.

### ***Understanding your mind***

Before you can grasp real change in your mind about smoking and all of the ways smoking has trapped your mind into a state of constant failure, you must know the difference between your conscious mind and your subconscious mind. The dysfunction between these two distinct parts of your mind is the cause of your smoking habit. Bridging the gap between these two parts of your mind will be the key to all of the Ten Commandments in this book, putting your mind back in harmony, to think as a non-smoker.

Your conscious mind is the part of the mind that perceives, reasons and judges our reality. Because of our conscious mind, we are aware of our ability to think and to choose. We also use our conscious mind in connection with all of our senses. It is through our conscious mind that all

ideas pass and are filtered. We either accept what we see, hear, smell, taste and touch as true, or we don't. It is at this moment when we accept something as true or false that we send that information to our subconscious mind. Our subconscious mind assimilates this information and figures out what to do with it so that our conscious mind can move on to receiving other information.

The subconscious mind does not think, reason, or judge. It accepts all suggestions that it has been given by the conscious mind. It makes no judgment whether that information is good or bad. Your subconscious mind's job is to take the thoughts it is given by your conscious mind and create a pattern to work by in order to bring those intended thoughts into reality. Once an idea for what you want has been passed through to your subconscious mind, it has no choice, but to go to work to make that idea a reality. The only way to stop it is to change the thought of what you want in your conscious mind.

Your Conscious mind is the boss and your subconscious mind is the workers. By changing the way that your conscious mind perceives cigarettes and the idea of smoking them, we can send real signals to the subconscious mind on an emotional level, telling it that smoking is no longer an acceptable behavior. By following all Ten Commandments you will easily make the connection and your unthinking subconscious mind will have no choice but to follow your conscious commandments. In doing so when the time comes to lay down your cigarettes for good, you will do so with ease because smoking will no longer fit your thinking. Smoking will become an error in your thinking pattern.

# *The Ten Commandments*

*To Quit Smoking Forever*

*First Commandment*

## ***Do not struggle***

***“Those who cannot tell what they desire or expect, still sigh and struggle with indefinite thoughts and vast wishes.”***

***Ralph Waldo Emerson***

Almost every smoker I have ever encountered in my profession has viewed quitting smoking as a struggle. A constant battle between themselves and the cigarettes that they just can't let go of. It is a series of stops and starts. Some stops lasting longer than others, yet around the corner there is always another start. All along the way they struggle in a perpetual state of quitting smoking then starting to smoke again. You probably have experienced the same existence.

We as humans pride ourselves on the amount of fight we have in us. We pride ourselves on the way that we can will our way through any situation. As people we believe that anyone who gives up the struggle, is weak and unworthy. Some will say, “Struggling is just part of the human condition.” “We must fight for what we want and never give in.”

I am going to ask you to do something that goes against everything in you, yet will be a great relief for you. I am going to ask you to give up. Give into the fact that you're a smoker, just quit and give up the struggle of trying to quit smoking, just smoke and feel relieved. Are you tired of wiggling around like someone stuck in quicksand? The more you wiggle, the deeper and more permanently you feel stuck. It is time to give up the struggle of trying to quit smoking and it is time to stop wiggling and thrashing about without any direction. It is time to let go of all of the past failures that have built up the mental condition that quitting is hard and may

never be possible because you have tried everything before. Just stop. Ease back and just let go by telling yourself “ I am just going to concentrate on making the changes in this book. I have my quit date in mind and I know if I follow what is in this book, by the time my quit date comes, I will be at ease with quitting. I know longer have to worry about that now. I can just focus on changing my thoughts and the rest will follow.”

The struggle is over, dead and in the past. Today, instead of struggling in your old skin, that of a smoker, you are going to shed that skin and be born new as a fresh non-smoker with fresh ideas about who you are, who you want to be, who you will be and how you will feel the moment you quit smoking. Is it true that till this point your smoking habit has been the tail wagging the dog? From this point forward you will not fight or struggle with quitting smoking, you will not fight with a cigarette. You will simply change your mind. Once you have changed your mind and the current mental state that you are in, going around and around trying to quit smoking will seem silly to you. Once you have changed your mind, smoking will not fit in your life anymore. There will be no struggle.

### ***Realization***

Two admissions have to be made up front, before you can let go of the old you and stop the struggle. First you must be truthfully honest with yourself and admit that you are a smoker and your mind for years has thought like a smoker. This on its face may seem like a simple question for you to answer considering that you do smoke, but the majority of smokers have never fully admitted to themselves that they are real smokers because they have been in a perpetual state of quitting and starting to smoke again. This has become part of their struggle. They see their smoking habit as a temporary situation even if they have smoked for 40 years. They see



smoking as just something they do in-between times that they are quitting smoking.

Have you lived this way for years and just never realized it? Once you make the first realization that you are a real smoker and it is permanent unless you change your mind and quit forever, you can begin to recognize the patterns of your thinking and why you have failed so many times in the past. Its not that you didn't try or that you are weak, it's that you were never able to see yourself for who you have been. How can you solve a problem, you don't know you have? So go ahead and make the statement, "I have been a permanent smoker in the past. I have used my intermittent quitting as an excuse that my smoking habit is just temporary. Unless I change my mind and get in the state of mind as a non-smoker, smoking will be my permanent situation for life." This should feel like a relief.

Making the admission that you are a smoker and have been living by the thought patterns of a smoker is the first admission. The second admission is the realization that in order to quit smoking for real and for good this time, you must change your mind. The old thought patterns, old methods of *trying* to quit have failed you. I'm sure you have heard the definition of insanity, 'repeating the same act over and over again, expecting a different result.'

Once you realize that you will never quit smoking for good if you continue to think the way you have always thought, you will have dealt you brain a hand it can work with. It needs some help; it needs a new map for success. The old map wasn't working very well.

After you can truly make these two admissions to yourself, you will feel a relief and feeling relief will take you out of the struggle. You will feel ok with past failures, because you will know your mind was not in the right place. You were only fighting with yourself. I am not giving you an excuse to fail in the future, but I am giving your mind and your heart a fresh place to start from so that we can get real results.

## ***Importance***

One of the easiest ways to get your mind ready and in the right place is to take away the importance of the cigarette. Ask any non-smoker how important it is to them to have that ‘first cigarette in the morning to get them going.’ Obviously it’s not important at all. It never enters their minds, yet its usually the first thought on your mind. They place zero importance on cigarettes, let alone smoking them. When a non-smoker looks at a cigarette, their mind is seeing nothing. They very well could be looking at a rock. They make no connection with the cigarette, emotionally or physically.

A client came into my office one day with a very distressed look on her face. She began to explain that she felt like she was going to have a panic attack, because she had smoked her last cigarette and it had been thirty years since she had not had a full pack of cigarettes waiting in her purse when she ran out. I first tried to calm her down and get her in the right frame of mind to at least listen to me.

Once she was calmed down, I asked her what having that full pack of cigarettes in her purse did for her. She said it gave her confidence that if she needed them they would be there. I proceeded to ask what would be a likely scenario that she would ‘*need*’ her cigarettes. She said, “If I was in traffic and someone cut me off or if I was late for an appointment it would take the stress away. Now I don’t have them and I don’t know what I will do.” This is a very common feeling for smokers, especially long time smokers and during stressful situations. Having the pack with you sort of becomes a security blanket. No matter what happens today, at least your cigarettes are there for you. You are placing a tremendous amount of importance on your cigarettes to get you through the day. You may even consider them your best friend.

I understand this emotion I felt that way too. Your cigarettes have been with you through good times and bad times. They have never judged you for anything. You must realize that non-smokers encounter the same stressful issues throughout every day; the exception is cigarettes don't cross their minds as a way to deal with the stress. They don't see cigarettes as an option. If they thought of smoking a cigarette, they know it would make them feel worse than they already do.

After my client came to the realization that she put too high a value on having that pack of cigarettes with her for comfort and that was her source of struggle, she was able to get herself into the right state of mind and get over that fear. She has since referred other friends and family members to me and she stops in every once in awhile. She now says the mere thought of picking up a cigarette and holding it in her hand would feel foreign to her. She no longer places a high value on that cigarette the way she once did, so it no longer fits her '*needs*.'

Do yourself a favor and take a look at your cigarettes right now. Look at the pack, then pull a cigarette out and look at it as well. You might be tempted to smoke it, but don't. Just put it back in the pack and set them down. You may feel a little anxious and that is ok. Now I want you to imagine that pack of cigarettes as a pack of pencils. Really focus and imagine that they are a fresh pack of pencils. See the color of the packaging and the picture on the box of pencils. Now pull a pencil out and look at it closer. Look at the pencil, the erasers and the writing on the side of them, then put it back in and put the pack of pencils down. I am quite certain that your level of anxiety was much less than when you saw them as cigarettes.

This exercise is to get you started in the right mindset of a non-smoker. It is also to help you see that cigarettes are nothing. They are in a box and will never see the light of day unless you bring them out. Keep this in mind once you have quit. When you see a pack of cigarettes, imagine

them as something else. As a non-smoker, you don't care that there are cigarettes in that pack because you don't smoke.

Once you have finished this book and changed your mind about how you see cigarettes and what you think your getting from smoking them, you will look at them the same way you do a pack of pencils. They will mean absolutely nothing to you. If you know someone that still smokes after you have read this book and you have quit, your mind will have changed so much that you could grab one of their unlit cigarettes, put it in your mouth and goof on them, "Hey, how cool am I with a cigarette hanging out of my mouth?" without feeling the slightest urge to smoke it.

Taking away the importance that you place on smoking and the emotional attachment you have to it, will make quitting easy. You will accept that cigarettes are just inanimate objects, like anything else. They have no power over you. The only powers they have over you are within you and the importance that you place on them. Start now. Every time you look at your pack of cigarettes, imagine them as something else. It will get easier and easier.

### ***Flow like water***

As the great Bruce Lee once said, "*Flow like water.*" Water is the most powerful substance on earth. It can nourish our bodies, it fills the oceans, it can carve away solid rock, one drop at a time. It can rust and rot steel. There is nothing that is impervious to it over the course of time.

Your past attempts at quitting smoking have presumably been painful and arduous tasks, full of deprivation and irritation. I am sure there were a lot of white knuckles involved. I know I have been there. In the past you have had difficulty because you have been what I call a 'swimmer on the river.' You have had fear of quitting smoking because at any moment you could crash into the rocks or go over the falls and go back to

smoking. There are people and events everywhere that would get in your way of quitting and you would inevitably find a reason to smoke again. Someone would give you a hard time, your car would break down, your boss is giving you stress. All of these reasons in the past made simple excuses to crash as a swimmer on the river and begin again to smoke.

You will get nowhere fast being a swimmer on the river. Instead of being a swimmer, you must '*become the water*'. To flow like water when you are quitting smoking simply means that you are the water. You are the one in power! You are not merely a swimmer on the river without any power over what happens to you. When you stop smoking, you have given yourself tremendous power. You have stated that, "I no longer need to smoke, no matter what events happen in my life or what the people around me do, I will continue to be a non-smoker and I am fine with that." You are beginning to change your mind. Water flows as the river, as you will in life. It does not crash into the rocks or anything else that lies in its path. It just flows around it, under it, over it or through it. When you quit smoking it will be easy to see yourself as the water and you will not let anything or anyone get in your way of fulfilling your ultimate goal to become a non-smoker for life.

In order to flow like water after you have quit smoking, you must anticipate events in your life that will cause you stress, whether they are the people that surround you or the circumstances that you are in, you must anticipate and understand that you have no control over them and you only have control over how you will react to them. You will not be able to anticipate every stressful event that will occur in your life, but you will be able to control your emotions when stressful events occur. To do this you need to make a plan.

Before you head out to work for the day, try to map out some of the things that used to trigger your want for a cigarette and imagine what you will do to diffuse that situation. If your boss is giving you a hard time

and causing you a great deal of stress, know ahead of time that this is going to happen and have a plan in place to flow around this situation. If you see your boss coming and know you're in for it, just smile and after it's over, take a break if you can and get some fresh air or go to the bathroom and wash your hands and face, take a few deep breaths and get back in the game. You are the water. You have the power. Never give the power away. If you smoke because your boss or someone else made you feel anxious or stressed, you have crashed and given them complete power over your destiny. Never, ever give your power away to anyone or any event in your life. The moment you cave and smoke because you gave your power away, you will feel even more powerless, perpetuating the same quit smoking cycle you have in the past and your internal feelings of failure will be multiplied.

You are the water and you have the power to flow over, under, around and even through any situation you encounter. You must make the pact with yourself that never smoking again is the power of your choice and you will not allow anything or anyone to stand in your way. You must make the choice and commitment that any situation that arises you will easily flow through it and come out the other side, intact and more powerful than ever before because you made it through without that cigarette as a crutch. Every time you do this, you will gain more and more power and your confidence will grow.

I have found that this works for all aspects of life when outside forces cause you stress or try to bring you down. We will never be able to rid ourselves of stress or people that cause us stress, but we can change how we react to them. Smoking is not the way. It only hurts you and gives other people and events around you power over you. So "*Flow like water.*" I usually say it in my mind the way Bruce Lee would say it, "A flowa lika watta." It makes me smile and you should too. Remember quitting smoking is not a struggle, so smile and feel at ease, it will pass and

you will be a better person for it.

### ***Today- I will not struggle (Affirmation)***

*Today I have realized that quitting smoking is not a struggle. It is not a battle between cigarettes and myself. It has only been a battle with myself and my way of thinking. Today I will change this way of thinking, thus eliminate the struggle.*

*I know that part of my human condition is to feel the need to fight my way through any obstacle in my path. I have been conditioned to fight for what I want and what I need. I have been conditioned to tense myself and get prepared for battle.*

*I now realize that this is not the solution to my problem. There is no great battle to be won. In this moment I will stop here, I will fight no more and I will struggle no more.*

*Today I realize that the struggle is over, dead and in the past. Today I will shed my old skin and thoughts of a smoker and replace them with fresh ideas about who I am and who I will be as a non-smoker.*

*Today I will gain relief by letting go of the past and gain excitement and enthusiasm for my future.*

*Today I understand that quitting smoking is not a battle that I can win by my force or by my will, I can only win this battle by changing my mind.*

*Today I have made the realization that in the past, I was a smoker and have thought like a smoker. I have lived in limbo between the smoking world and the quitting world, never fully committing myself to either. I have lived this pattern of struggle all of my smoking life. It is the pattern of defeat and failure. I will live this way no more.*

*Now that I know my patterns of the past, I can release them at start fresh and new with an open heart and mind.*

*Today I realize that I have placed too high of a value on cigarettes and their importance in my life. I now realize that taking away that value from the cigarettes and placing that value on the positive dreams in my life, will reduce cigarettes to the status of a mere rock and a rock is nothing of any great importance in my life.*

*I realize that cigarettes only have the power over me that I give to them. That power is mine and never again will I give it away so cheaply or easily. Once that power is taken away from them, they will become unimportant to me because they will no longer fit my needs or my dreams for the future.*

*Today I realize that the easiest way to ease myself of the burden and anxiety that quitting smoking has given me in the past, is to relax my mind, stop the struggle and to flow like water.*

*Whenever a situation arises that brings me thoughts of smoking, in my mind I will easily picture myself flowing like water, around, over or through the situation with ease.*

*Today I have made a great revelation that I know longer have to struggle. I now release the old thoughts and failures of the past and it has brought to me a great relief. I can now take a deep breath and go forward with an open heart and mind for the future. I will smile and know in my heart, I will never go back to struggling again.*

## ***Second Commandment***

### ***Get Positive***



***“Nothing great was ever achieved without enthusiasm.”***

***Ralph Waldo Emerson***

What you feed grows. When you speak negatively about anything, all your doing is feeding that seed. When you tell yourself over and over again that quitting will be impossible, I have tried before and was never successful, you are growing the monster of self doubt within so that when the day comes and your feeling a little down and want a cigarette, that monster will have a foothold to jump right in and say, “I told you so.” The same is true when you are constantly feeding the seeds of positive thoughts about quitting. When you over and over tell yourself that this will be easy and I will have no problem dealing with any situation that comes my way without cigarettes, you feed that positive emotion until it becomes the only way your mind is willing to deal with quitting.

When clients come to my office it is a mixed emotion for most of them. Fear, anxiety, worry and for some complete elation. Some come in with somber looks on their faces which lets me know immediately that this has been a hard decision for them to make. A decision that they are still not sure of because they see quitting as an impossible and torturous affair. I swear some of them would rather be going to the dentist than coming to see me. I ask them “Why the down look on your face, you should be excited that today you are going to quit smoking.” Most of the responses I get are “I hope so.” I hope so is a far cry from excitement. Hoping for something and wishing for something will get you nowhere fast. My father has a saying, “Wish in one hand and shit in the other. See which one fills up first.” You can wish and hope all day, but until you get positive and take action, nothing will happen. You will continue to smoke the same as you always have.

So it becomes my challenge to get my clients to see that changing their attitude about what they are going to accomplish by quitting smoking

is nothing to take lightly. While of course you know I believe that it is very easy to do, it still has many levels to accomplishing that task and staying a non-smoker forever will be one of the most exciting things you will do in your life.

When you look back over your life at all of the successes and failures. I am sure that the day you quit smoking will be one that brings a big smile to your face. The day I quit still makes me smile. You will smile because in some way it will be the day that you told yourself, I will not tolerate mediocrity in my life, I will no longer put up with things in my life that I do not enjoy and that bring me pain. I am stronger than I thought I was and that once I realized quitting smoking was just a matter of changing my thoughts, I realized that any decision in my life that I don't like I can change by simply changing my mind. You will smile because that will be the day that you raised your standards for your life and you put a real value on you and your worth to everyone in your world. All of this will spill over into other aspects of your life. It did for me. I felt like everything in my life would be easier once I quit smoking and it was. I am not saying that your life will be easy just because you quit smoking. What I am saying is that difficulties that arise in the future will all seem just that little bit easier because you already know you have the strength to do something you thought was impossible. You may not remember where you got the strength from, but in your heart you will always be a little stronger because you overcame this obstacle.

When you set your mind that you will never smoke another cigarette again and you will never experience the failure of going back to cigarettes you will be filled with joy and excitement. Embracing your new life with positive emotions is going to be one of the most fulfilling and rewarding aspects of your journey to quit smoking forever. So get positive, get excited and know that you are so close to having what you want.

## *Passion and Desire*

In order for you to begin to get motivated about quitting smoking you must get passionate about the idea of quitting and desire the results that will give you.

Have you ever wanted something in your life so much that there would be nothing that could stand in your way of getting it? I would like to think that for most of us there has been at least one instance in our lives that has propelled us to new heights and brought out the best in us in order to achieve a goal. For some of you maybe it was sports, maybe it was a love of your life that you just had to have. I am sure all of us can find at least one instance in our lives that brought out the true animal of passion and desire to get something accomplished or to obtain a certain goal at any cost.

Quitting smoking must be no different than any of those goals that have driven you in the past. You must be willing to do or give anything to get past this objective and reach the goal of becoming a non-smoker for life. There should be no excuses and nothing to stand in your way. Say to yourself now, "There will be nothing and no one that will get in my way." This is the time for you to be selfish and put your needs and wants above anything else in life. It is time for you to become so passionate about becoming a non-smoker that nothing outside of that goal can faze you, nothing can get you off track. You will not let anyone else's agenda get in your way. Do not make other peoples problems your problems. Other people's problems and stresses are not yours to carry. You must not let anyone's negative thoughts or attitudes detour you from what it is that you want the most.

This is your life and you can make the choice to live the way you have always been living, smoking and hating it, or you can get excited, get

positive and find what motivates your passion and desire until you are full of energy to achieve that goal of becoming a non-smoker. This must be a real passion and desire to quit. All of the usual motivations you use to try to quit smoking will not work. You cannot be motivated enough by vague wants and desires.

## *Motivation*

When asked what a persons motivation is to quit smoking, they usually answer with the usual, “Money, health, kids, my spouse is harassing me.” These are very common answers and all very good reasons to quit smoking. They just are not enough motivation to quit. These vague answers are not enough to compel you emotionally, on a subconscious level to desire to quit. They are not specific enough nor are they immediate enough. There is no pressure to do anything in reasons.

For example lets say you want to quit smoking because you want to be there for your kids later in life and you want to be healthy enough to watch them grow and be active with them.

Your subconscious mind registers this as a nothing request. There is nothing for it to do. It is looking outward at a healthy life with you and your kids and is seeing nothing for it to do to accomplish that goal, except keep you breathing. Number one this request asks no action of your mind to do anything, and number two your not being specific enough. You’re not giving your subconscious a map towards a goal. Your mind senses that you’re breathing just fine right now. There is nothing for it to do. Game over. Its not motivated to do anything.

Lets say you want to quit smoking for money reasons. You want to quit because cigarettes cost too much and you can’t afford them. Again this does nothing to stimulate your mind to take action. It just registers that smoking is expensive, but not nearly enough motivation to quit,

considering you have been able to come up with the money till this point, so why stop now?

Finding proper motivation to quit is essential for you to have any long-term success in staying quit smoking. If you don't know in specific detail what your motivation is to quit smoking, then when the challenges come and the thoughts of going back to smoking come into your mind, you won't have sufficient motivation to put up a good argument for not going back to smoking.

There is only one way to truly pull all three pieces of the puzzle together to get you motivated. In order to get positive, and get the passion and desire you need to quit for good, you need to learn how to use what I call '**Goal bonding**'.

### ***Goal Bonding***

You cannot just omit something from your daily routine without driving your brain crazy wondering "What's missing here?" Your brain is like a tape going over and over again every day with mostly the same thoughts and habits and routines. This is your mind's way of finding comfort, security and safety in your everyday life.

Smoking has become a part of the security you feel everyday. That cigarette has been there with you through good times and bad times. It's always been there, so the minute you take it away your mind starts to look for that activity you have done so regularly, for so many years. The longer you go without that cigarette, the harder your mind searches for what is missing. It starts to fixate on the fact that something is missing and you don't feel right. It usually will manifest itself first as anxiety. Then it will move on to full blown irritation and frustration. It is at this point you will usually break down and buy a pack of cigarettes because your conscious mind knows exactly why you're feeling irritable. Your conscious mind knows exactly what is missing. You are missing that cigarette! This is also the point when you realize that all of those vague motivations you had for

quitting smoking no longer seem that motivating or at least not motivating enough not to go back to smoking.

In order to get rid of a bad habit without the struggle and anxiety that starts to come pretty immediately after you smoke your last cigarette, you must replace that cigarette with something that gives you more pleasure than the cigarette. You must find something that motivates you by pleasure in the immediate sense. By finding a pleasurable motivator that you can take action on every single day, you will have replaced the motivation to smoke with another motivator that gives you much greater pleasure and will stimulate your passion and desire to do it everyday! Thus taking your mind off of smoking.

I have used this many, many times with my clients and it works without fail if my clients are honest with themselves and choose a motivation that truly lifts their spirits. If you don't choose a motivation that truly lights a fire under your rear, when the time comes and you start to think about smoking, you will cave. You will not have sufficient motivation to stay away from the cigarettes.

Once you find this motivator, you will equate more pleasure with this goal than you will with the cigarettes, thus you will cause your mind to equate great pain with going back to smoking because going back to smoking will get in the way of your new desire. It is **Goal Bonding**, you tie your goal with quitting smoking to a goal larger and more positive than smoking cigarettes and the much larger goal which motivates you to take positive action immediately will outweigh the cigarettes every time. Remember, you must pick a goal that is so big that it will strain your potential and cause you to focus only on it. It must arouse the passion in you so much that you cannot think of anything else. The more and more you think of this goal and take action towards its completion, the more the thought of cigarettes and smoking will become a silly annoyance and of no importance to you. Your mind will only do what it is deemed by you to be

important. It must be specific enough for your mind to take action to make it happen. You will then have found the motivation and a goal lofty enough of your worth and without effort your mind will rise to the occasion and leave those cigarettes behind.

When I quit smoking I was a small business owner and an investor in some real estate properties. I knew that in order to really take action and make things happen, I had to be self-motivated. I didn't have a boss to crack the whip and get me out to work every day. I always knew that in order to be really motivated in my business and in any aspect in my life, I have to set goals. I believe that little goals get little results and big goals get big results.

The day I became serious about quitting smoking, (after many attempts) was the day I realized that in the past I had just not been motivated enough to quit. I needed a way to get so passionate about something so positive and so big that it would take my complete focus and smoking would get in the way of what I wanted to accomplish.

I purposed to myself that I would use all of my skills and knowledge with my business and investments to make a million dollars in six months from my quit date. I was very small time. One small business and a few rentals, so making a million dollars in six months was an unbelievable leap for me. I had also made the pact with myself that I would not make one attempt at starting on my new goal until the day I smoked my last cigarette. I can tell you that the lead up to my quit date was a very exciting time for me. I almost couldn't wait for it to get here so that I could get started on my other goal to make a million dollars in six months from my quit date. It was in that time leading up to my quit date that I understood there was a shift in my mind. I had created a goal that seemed unattainable for me, but the thought of achieving it excited the passion in me so much that I couldn't wait to be done with cigarettes so I could get to work making a million bucks!

Once my day came and it was time to quit, didn't give it a second thought. I put down the cigarettes and started my new life. I was so excited and so focused on my new goal that I knew cigarettes could not be a part of this new me. I did have thoughts of cigarettes and you will too. The difference was that I associated more pain with going back to smoking and back to the unproductive me that I was before I quit, than with the tremendous pleasure I was feeling in trying like crazy to achieve my new goal. Going back to smoking was not an option at that point because it would mean that I would not get my million dollars in six months and I associated extreme pain with that thought.

I will say I did not achieve my goal of a million dollars in six months time, but they were the most productive and lucrative six months I had ever had up until that point in my life and every time I need a shift in my life or I need to light a fire under my rear, I give myself an amazing goal and it has made all the difference. It can for you too.

So go ahead and spend some time brainstorming some real fantastic motivation for your future. Lets say six months from the day you quit smoking you want to have something fun and exciting accomplished. Maybe you want to lose 60lbs in six months. Maybe a trip to the most fantastic beach you ever dreamed of and in the most expensive nice hotel you have ever stayed in. Maybe you want a brand new car and you can't afford it right now. Start thinking of ways you can get that new car and actions you can take immediately to put you on a path to that car within a six-month period. Maybe you want to be on the cover of a magazine or write a book or maybe you want to make a million dollars in six months. The choices are very personal and are up to you, but you must make it a motivation worth your effort and don't worry if its too big. The bigger the goal the better because you wont have time to think about smoking if you're after something huge! Also don't worry about how you're going to accomplish this goal just yet. Once you start to focus on it religiously, the



opportunities will present themselves because you will now have your eyes open to your dreams and motivations and not in a smoky haze.

By taking a negative habit like smoking and bonding it to an extremely powerful and positive goal, the negative habit will lose every time because you're a human and your mind instinctively wants joy and fulfillment in life. Your mind will be so preoccupied with your new motivation that it will flick the smoking habit just like a cigarette butt. So go ahead and dream Big! Bond your goal of quitting smoking to a goal that truly gets you fired up.

### ***Today- I am positive (Affirmation)***

*Today I am filled with a new hope for the future. I have learned that in the past I have dreaded quitting smoking for the pain that I thought I would endure, but now I know that there will be no pain, only pleasure and happiness.*

*I am positive in my ability to quit smoking, as I am positive about the affects quitting smoking will have on my life. I know that in order to succeed I must have a positive outlook on my future and I now know my future will be bright.*

*Today I am filled with a passion and desire to quit smoking forever. It has been a drain on my life for so long that I can take no more. This ends now. I will do whatever it takes to achieve this goal and there is no person or event that will get in my way.*

*I know that this is a time in my life to be selfish and do what is best for me. If any one stands in my way I will put them aside and deal with them later. This is my time and I desire to make a change in my life. Smoking no longer fits my needs.*

*Today I realize that in the past, my motivations for quitting*

*smoking have been vague and weak. My desire for money, health and time with my family are not specific enough to motivate me.*

*I now know that my motivations must be specific and something that I can act on immediately. I must send a signal from my conscious mind to my subconscious that I am serious about leaving cigarettes behind and moving forward onto bigger goals, which smoking cannot be a part of.*

*Today I realize that the only way to accomplish this is through **Goal Bonding**. I will dream as big as I dare dream and will attach myself to a specific goal, within a specific time, which will take all of my attention and focus. It will become such a positive all consuming goal as to force my mind to completely eliminate smoking from my thoughts.*

*I now know that by dreaming big and taking action on that dream from the moment I quit smoking, I will no longer need cigarettes or the habit of smoking to get me through my days. I will now have a much more positive outlook on my days and a lofty goal to consume my time. Going back to smoking will take my dream away and put me back into my old ruts and I am not willing to go back there.*

*It is time for me to live the best life that I can live and with the time, energy and freedom from smoking, I know that I can accomplish anything.*

*Today I am positive and will look at the sun and breath in the fresh air because I can and will always will be able to conquer anything. Smoking is a negative habit and can no longer co-exist with my new positive attitude. When the thought of smoking comes into my mind as it will on occasion I will think only of the great changes I have made in my life and the positive affects they have had on me and my family and will with ease dismiss those thoughts as something I just don't do anymore.*

*Today I am positive, happy and enthusiastic about my new life.*

## *Third Commandment*

### *Make a decision*

*“There is no more miserable human being  
Than one in whom nothing is habitual but indecision.”*

*William James*

The most successful and productive people in life are the ones that make decisions quickly and change their minds slowly. The most unsuccessful and unproductive people in life take forever to make a decision and change their minds quickly and always.

If you break it down, making a decision it is simply choosing one thing over another. The three reasons most people have a difficult time making a decision whether to quit or not:

- They are not willing to commit to and live with the outcome of their decision.
- They always feel as though they are missing out on the socializing with their smoking friends.
- They do not trust their own confidence to be themselves without the cigarette.

Any one of these three reasons may suit you and your worries about quitting smoking and committing to staying quit smoking.

You are beginning to understand that quitting doesn't have to be nearly as hard as the people around you have made it out to be. We are really now starting to take the uncertainty out of the process. Making a decision to quit at this point should very easily feel like the right thing to do

and you must know that you're moving in the right direction. These three fears will only get in your way of your ultimate goal. Most of these fears are based on your personal beliefs of pain and pleasure, which we will discuss in this chapter, but the first way to combat these nagging issues is through your own internal dialog and understanding of your right to choose the way you want to live.

### ***Make a choice***

No thing or no one controls you. There is no person or event that can force you to smoke. When you make the decision to quit you must realize that smoking does not fulfill you its only object is to make you a slave to it. You must make the choice to not be a slave anymore. Cigarettes are meaningless objects that you have control over.

You have the choice to embrace the fact that your word is the law. If you say you are going to quit smoking, then that is the law and you will never break that law. You will not make half-hearted attempts to quit anymore. You will not try to quit until you have made the true choice to quit. Once you have made these statements your laws then you must follow them. Until you hold yourself to your choices, they will always have control over you.

Taking full responsibility for your actions of the past and then letting them go will free you to make the choice to quit smoking forever. As long as you hang onto those old thoughts and fears of failure, you will be forever drawn into the cycle of quitting and starting again.

When you make choices, you must also make statements that concur with those choices. If you are going to be a non-smoker then tell the world that is who you are. Tell yourself that is who you are. You must use words that are strong and powerful when you talk to yourself and other people. "I don't smoke." "I will never smoke again." "Smoking is the last thing on my mind." These are not just fake words you are saying to make yourself believe something that is not true. They are real and you will feel

them in your core as real when you say them. You will feel a power within you when these words come out of your mouth. Imagine someone asking you if you want a cigarette, instead of your usual thoughts, (maybe I should or I could go for one.) Say it to yourself right now out loud and with force, “I don’t smoke!” Can you feel the power in that? Make the choice to be powerful and make the choice to not feel weak anymore. Make the choice to be free and not let smoking take anymore away from you than it already has.

The greatest power we have as humans is the power of choice. We can choose to change our lives at any moment we choose. We can quit our jobs today or start a business today. We can choose to die today or choose to live today. We can leave our significant others or we can stay and love them. We can be mean to our children, we can leave them or we can love them. We can make friends today or make enemies. All of these life changing choices we can make at this very moment and act on them right now. If we can choose something as significant as whether we live or die, then we can surely choose something as simple as continuing to smoke or quitting for good.

### ***Pain or Pleasure***

Every decision we make in our lives, from the most tiny, to the biggest life impacting decisions, are all based on what we connect pain or pleasure to. In the past you have connected great pleasure with smoking, so you continued to do it.

You are reading this book now, so I can assume that there are certain aspects to smoking that you are starting to associate pain with. If you only associated joy with smoking, you wouldn’t waste your time reading this book or ever thinking about quitting.

The pleasure that you have felt in the past, with the act of smoking has been a lie. That’s right a lie. It is not natural for you to smoke, it’s not natural for you to want to smoke, and it goes against every human instinct

you have for survival. We as humans have an instinct to run from fire and smoke. If we breathe too much smoke at once, we die. It's that simple. Yet you have made the decision to smoke cigarettes and to continue to smoke, you have decided to trick yourself into believing that it is pleasurable.

Do you remember the first time you ever smoked a cigarette? It was undoubtedly a painful experience, but you did it again. Some of the reasons you did it again were physical, but most of them were mental. There are a thousand reasons mentally why you would have smoked again after such a painful experience and we don't need to list them all here. The main point is that you did and for you to make the decision to smoke again after such a painful first experience, you had to convince yourself in one way or another that it was going to be better this time. Every time you smoked again after that first cigarette, you have been convincing yourself and telling yourself lies about how much you enjoy smoking. This is the point I get most arguments from people about, but it is true. You have mentally trapped yourself in a cycle of selling yourself on the idea of having another smoke, when you could just as easily put them down if you would only stop lying to yourself about the empty pleasure you hope will come with the next one and when it doesn't come you smoke another. In a very real way, you are hooked to the pain.

Pain and pleasure walk a very fine line together, the same way love and hate walk a very fine line together. They are both very passionate, primal feelings that can get very easily mixed up. We instinctively want to avoid pain, but if we can convince ourselves that the pain we are receiving is worth it because of the pleasure we mentally connect to it, then we have tricked ourselves into taking a connection to a bad feeling and making it a good feeling. The way we usually do this, and the reason most people have a hard time quitting smoking is by selling ourselves on the idea that *quitting smoking will be harder than continuing to smoke.*

In order to end your relationship with cigarettes, you must begin to change your mind about how you feel about them. You must begin to associate pain with continuing to smoke. Not just a little discomfort, but real emotional pain and disgust for them. I often hear from my clients, “I love to smoke!” The real root of the problem is not that you love to smoke or enjoy smoking, because you don’t and it’s not natural. *You just associate more pleasure with continuing to smoke than the pain you expect to feel from trying to quit.* Sometimes in life when we are in a bad situation, we will continue on living in that situation even if we have a choice for change. We do this because we have grown comfortable with the pain we are currently experiencing and fear that if we choose to get out of this bad situation, that we may end up in a worse situation. It’s the uncertainty that causes most of the fear behind making the change. If you ask an ex-smoker if they enjoyed being a smoker more than being a non-smoker better, most of them if not all of them will tell you that their lives are better and more pleasurable without the cigarettes. In my memory, I remember loving to smoke, but being a non-smoker now, I know that love was not real.

So lets turn this around. You will need to visualize with me to truly get the emotional feeling you need to make a change at your core level. To associate deep emotional pain with smoking, your visualization cannot be of a health risk of cancer that could possibly be ten to twenty years down the road. Your subconscious mind cannot grasp something that far away on an emotional level, at least not on a level high enough to get the immediate emotional results we want. You must over and over again, every time you smoke a cigarette, start to visualize the bad things happening to you right now and with every puff these things are getting worse and worse. Go ahead and exaggerate them in your mind. Really visualize the worst-case scenario. We are now getting to your core emotional values about whom you see yourself as and who you don’t want

to be.

This is what you should be thinking; “Every puff of this cigarette that I take, my teeth are getting a shade more yellow, the wrinkles around my mouth are multiplying and getting deeper with every puff. I smell worse and worse with every puff, people look at me, watching me smoke with disgust on their faces as if I am an animal. They take time away from the things I should and could be doing. They take time away from my family. My breath smells unbelievably bad and my skin is getting more yellow and wrinkly with every cigarette I smoke. My stomach feel sick and my chest is so tight I can hardly breath. I can smell the disgusting smell of cigarettes on my fingers and everything I touch.”

You must tell yourself these things every time you smoke until your quit date to get your mind to feel it physically and make the connection on an emotional level. Dig deep and find the aspects of smoking that disgust you, find the parts of smoking that you hate. Use any one of these or a combination of all of them. Just find something that touches you on a core level so you can make that mental shift.

I know this is harsh, but you need to associate massive immediate emotional pain to what you are doing until your mind will start to reject it as an option for your survival. Smoking goes completely against your survival instinct and it is only allowed to continue to do so because you have tricked your instincts into believing that smoking is pleasurable, therefore safe for you to continue doing. If your mind associates extreme pain with a behavior, it will reject it as something you wont do because it can jeopardize your ability to survive.

As you do this exercise, also at the moments when you are not smoking, start to imagine what a pleasurable life you will have without the cigarettes. Imagine that every time you brush your teeth that they are getting whiter, every time you take a shower and wash your face that your skin is getting brighter, more elastic and some of the wrinkles are starting



to smooth out. Imagine how great you will smell and how good you will feel being close to other people. You will be starting to associate immediate emotional pleasure to the feeling of being a non-smoker and that is exactly the way you want to feel and the way you will feel. By deciding to feel like a non-smoker and feel all of the pleasures that come with being a non-smoker, your natural instinct will gravitate towards that feeling because it is one of joy and pleasure, ease and comfort.

You must decide to embrace the pleasure of being a non-smoker and every great part about that person you will become. Take the pleasure out of smoking and put the pleasure back into your life goals, dreams and desires. As you embrace the positive aspects of being a non-smoker, your mind will gently shift to embrace it as well, making it a natural transition back to being a non-smoker.

### ***Today- I have decided (Affirmation)***

*Today I have decided to quit smoking because I have raised my standards and decided smoking no longer brings me the same fulfillment I once thought it did. I will no longer be a slave to a meaningless object.*

*I know that today I am smarter, more confident than I have ever been. I know that making this decision is the right thing to do. I have no questions that it will be one of the greatest achievements in my life. My confidence is such that my mind will not resist the fact that I have made this choice to quit. My mind will fully embrace that I am a non-smoker and never give me any difficulties in accepting that fact.*

*Today I have made a decision and my word is the law. I will no longer allow halfhearted decisions in any aspect of my life. I know what I want and what I want most right now is to quit smoking and be free from this behavior that brings me down. I am taking full ownership over this decision to quit and I refuse to fail myself.*

*I have decided that smoking has cost me too much up till this point in my life. It has cost me money, health and freedom. All of those aside it has cost me more than I can measure by costing me time, and time is the most precious gift I have. To myself and to my family, I will no longer allow smoking to consume another moment of my time, whether it be the current time in which it takes me to smoke and takes me away from my family and friends or future time in which it robs me of the final days of my life. I would give all the money I had for those last days of my life back, yet all I have to do is decide now that I will no longer smoke and I will no longer rob myself of time.*

*I have decided to enjoy and get excited by the decision to be a non-smoker. I have decided that there is nothing that will be missed the day I lay these cigarettes down. I already know what I am missing and that is the freedom I experienced as a child before I allowed cigarettes into my life. I have decided to as free of mind as I was as a child.*

## ***Fourth Commandment***

### ***You must redefine your identity***

***“Such as are thy habitual thoughts; such also will be the character of thy mind; for the soul is dyed by the thoughts.”***

***Marcus Aurelius***

I am a smoker and smoking is what I do. I do it first thing in the morning. I do it on my way to work. I smoke on my breaks and when nobody is around. I have my after work ‘victory’ cigarette to celebrate a job well done today. I smoke before dinner and one right after dinner. I smoke while I relax the evening away and then I smoke before I go to bed. I am a smoker and smoking is what I do. I will start all over again tomorrow because the day will be brand new.

Defining yourself and the type of person you are or long to be, is a

very personal thing to do. When we get right down to it, its usually pretty ugly in our heads, especially when we get into those deep, dark places.

Lucky for us, to quit smoking doesn't require us to go that deep or that dark. Smoking is really a surface issue of worth, desire and redefining who you see yourself as and who other people around you see you as. Now it's impossible to predict or control in any real fashion the way others see us for the most part. One thing we must do is define who we think we are and what our values for our lives will be. Sadly most people never truly sit down and take stock of who they are currently and who they would like to be in the future, so most people slosh around their whole lives like ice in a cup, with no direction or compass to guide them. Getting you on a firm track to understanding what it is like for you as a smoker now and what it will be like for you and what to expect as a non-smoker, will make the transition easy.

I would like for you to sit for a moment quietly and give a brief examination of who you think you are. Ask yourself questions about your personal life and professional life. Where do you see yourself ten years from now? How do you look now and how will you look ten years from now? What are your goals for the next year?

What do all of these questions have to do with smoking?  
Everything! Smoking invades every single aspect of your personal and professional life. It will affect where you will be in ten years. It affects the way you look now and how you will look ten years from now. It will in the immediate term affect how you will achieve your goals and dreams for the next year. You can't name one aspect of your life that smoking does not invade.

We need to redefine who you see yourself as so that you can drop the stigma of seeing yourself or others seeing you as a smoker. The only way to do that is to define who you see yourself as now as a smoker and who you will be as a non-smoker.

## *Who are you now?*

This is a great time to really get honest with yourself over your smoking habit. This is a time you debate with yourself all of the things you hate or enjoy about smoking. Go ahead be honest with yourself, get it all out on the table. Take a piece of paper out and list your favorite things about smoking. Then list the parts of smoking that you hate. I will tell you my favorite part about smoking. The one aspect I enjoyed the most about smoking was that initial burn I would feel as the smoke hit my throat. I remember pulling the fresh cigarette out of the pack, putting it between my fingers and then to my mouth. Taking that first puff that I didn't inhale, just puffed to light it, then blew it out. Then the real hit off of the cigarette that I dragged in deep. It was one of the things I missed most about smoking. I can still feel it hit my throat as if it was yesterday.

I will tell you what I hated most about smoking was the way it smelled on my clothes. I would take a shower, brush my teeth, slick up my hair, put deodorant and cologne on and hot damn I would feel pretty good. Then the minute I stepped out the door I would light a cigarette and all of that effort of getting ready, was wasted. In my mind, I should have just rolled out of bed and jumped in a mud hole with pigs and exclaimed, "I am ready for the day!" That is how bad that aspect of smoking bothered me.

Now is the time to take a look at your list and recognize that whether you wanted to or not, smoking has defined you and has crept into every aspect of your life. Every element, event or happening of your past, from the moment you began smoking has had the self-imposed stigma of being a smoker attached to it. For good or bad you subconsciously branded yourself a smoker and everyone around you that knew you smoked, saw you as a smoker and whatever image that conjured up in their minds. Some saw you as their equal, because you were their smoking

buddy and they assumed you were two of a kind and in the same boat because you were both smokers and they could identify with you on that level. Some didn't care either way.

Some people looked down on you because you were a smoker. I know it's hard to hear, but it is the truth. Some people assumed that being a smoker you are of low intelligence, low moral value and have a low standard. In their minds they have been conditioned to believe that you must not be very intelligent to put a silly cigarette to your mouth and suck down smoke. They probably assumed that your values and standards are low because if they were high, you wouldn't do that to yourself.

Now of course we know none of this is true, smoking has nothing to do with morals, intelligence or social status, people from every walk of life, those with high moral value or high intelligence smoke cigarettes, but the image of a smoker as seen through the eyes of a non-smoker can look very harsh. If you are honest and truly do not want to be a smoker, sometimes the image of yourself has been just as harsh. It was for me.

It is time to put all of that in the past. It is time to get back to the true essence of who you are without that cigarette. The person you were as a child before cigarettes or smoking ever entered your life. To move forward it was critical to understand the way that we have identified ourselves as smokers and how other perceived us as smokers, to move forward and let that go.

You are now going to create a new identity just like in the movies. It is that easy to do. Remember we have the choice! With this new identity you can create any person you choose to be. This is going to be a new beginning and a launching pad for the rest of your life. If you will see it that way, you will not be able to help, but get excited. You have to know what to expect when you become a non-smoker so that you can get that vision in your head of yourself as a non-smoker.

## ***Who will you be?***

As children we all had fantastic dreams of who we would be when we grew up. We were often told that we could be anything we wanted to be, if we worked hard and dared to dream big.

I still believe that to be true and I teach it to my children. Some people have lost site of the idea that they can be whomever they choose to be. In reality it is as simple as making a choice. If you decided you wanted to be a bank robber, isn't it true all you would have to do is walk into a bank and ask for money that wasn't yours and you would then be identified as a bank robber?

I know that is a simplified explanation and when we get real about our lives we do realize there are some limitations on who we can be. Most people identify themselves and their dreams of who they wanted to be when they grow up, by their professions. When you ask a kid what they want to be when they grow up, their most common answers are of the desired profession they wish to have. Most of us would be blown away if we asked our children who they wanted to be when they grew up and they answered, " A nice person."

When you were a child, did you think when you grew up that you wanted to be a smoker? It probably wasn't tops on your list of things you wanted to be or accomplish in your life. Yet it is a part of who you have become up until this moment, but you can decide who you will be from this moment forward.

This is your moment to decide who you want to be the minute after you quit smoking. Have some fun with it. Dream big about your personality, it is time for a change. Do you want to be a more flamboyant, outgoing person with confidence being around others? Do you want to be

a better dresser and have more style? Do you want to get in shape and have a better body? Smoking and the lifestyle that comes with smoking defines a lot about who you see yourself as. Now that you have decided to quit smoking, you won't have to be weighed down by the money, time and energy it takes to be a smoker. Your head will be clearer, your heart healthier, your wallet fatter and your overall appearance better, so why not get excited and change who you have been in the past?

Pick an area of your life that is a fun one and start taking steps right now to get into that mindset. If you want to be a more flamboyant, outgoing person, start practicing at parties by being more outgoing and talkative. Tell a few more jokes and funny stories. Practice who you will be and it will become a habit. If you want to be a better dresser or have more style, start now by going to the store and picking out something that you love, but would never have the confidence to wear right now. Tell yourself that the day I quit smoking I am going to wear this outfit and I this is going to be my new style. Maybe change your hairstyle drastically. Maybe you will become a health nut? Fine! Throw all of your energy into that.

I'm not saying that there is anything wrong with the old you. The problem is that the old you is identified with smoking and if you continue to stay in the same mindset as a smoker and the person you were, just without the cigarette, you would be driving your brain crazy wondering what is missing here? By taking the focus off of quitting smoking and putting your focus and energy on creating a new you with a fresh new positive attitude towards life and your future, your mind easily recognizes that smoking does not fit that new person you are creating and it will discard any importance that you have placed on smoking in the past, with new importance placed on more enjoyable activities and self-fulfillment. Remember, quitting smoking should never be a struggle. It should be a fun, easy and exciting goal to achieve; you just have to change your

perspective on who you think you are.

### ***Today- I will redefine my identity (Affirmation)***

*Today I realize that I must change my identity to quit smoking and stay quit for life. I must create a new person that is full of energy, enthusiasm and a positive attitude for my future.*

*In the past I have identified myself and others have identified me as a smoker. I will be labeled a smoker no more.*

*I now know that I have identified myself as a smoker in the past, and with that identification came feelings of worthlessness, shame and disrespect for myself.*

*Today I know I am a person of high self worth and high self-respect. I am no longer willing to carry the burden of shame for who I was any longer. That load of guilt and shame is now too heavy for me to bare, so I will set my load down and redefine who I am now and who I will be in the future.*

*In the past my attempts to quit have been unsuccessful because I had no plan or idea what values I placed on my life. Without these items I was lost and had no compass to guide me.*

*In order to start creating the new me, I must define what my values are for my life and myself and I must plan to follow them always. I will plan for my future and positively define my goals and values. When I take the time to do this with sincerity, they will lead me out of my old life as a smoker.*

*Today I know that smoking has invaded every aspect of my life. It has invaded my past; my present and it will invade my future if I allow it.*

*Smoking will hamper all of my future attempts at a fulfilling life and now I realize that by letting go of that person inside me that was a smoker and clinging with dear life to the new me that is fresh with positive ideas, high values and self-respect, I will never again associate with the*



*old me.*

*Today I realize that it is easy to create a new me with a new identity. I am only limited by my own imagination. All I have to do is see the new me in my mind and begin to behave the way that person would. I can become anyone I want to be, and in becoming that new person, it will be impossible for the old me to exist.*

*Today I realize that taking the focus off of the struggle to quit smoking and placing that focus on the positive changes I am making to myself, my mind will have no choice but to eliminate my desire to smoke. Smoking does not fit me and never again will it fit the new person I have created.*

*Today I have redefined my identity.*

## ***Fifth Commandment***

***Do not let negative words or panic control you***

***“Whether you think you can or you think you cant, your right.”***

***Henry Ford***

There has been a long-standing debate in the addiction support field over the use of the word “stop” or “quit”. Do you stop smoking or do you quit smoking? Stop is a noun and quit is a verb, one denotes that you do nothing and the other implies that you have and active involvement in the outcome.

If you “stop smoking” you do nothing. You just stop doing the

thing that you were doing. If you “quit smoking” you have to take action, because quitting means that you have to do something to get it done. Its amazing the power of one little word and what it means to different people.

Either way you want to think of it, I personally prefer quitting smoking, because I believe that you must be actively involved in the process. You must and I cannot emphasize enough that you must be actively involved in the process of quitting. I can’t tell you the number of clients that come to me and say, “I hope this works.” They have immediately taken themselves out of the equation and placed all of their hopes of quitting smoking squarely on the shoulders of an outside source. They believe that they had no involvement in their decision to smoke in the first place, thus they don’t have to be involved in the outcome or consequences of their choice.

My clients are in for a rude awakening if they come to me with that attitude. You have from the start not given yourself a chance to quit if you place the responsibility of quitting on an outside source. It begins with you and the internal dialog you have with yourself every time you light up. The things you say to yourself when you want to quit and the beliefs that you have for continuing to smoke.

Lets assume that you are at what you consider to be your end with smoking. You have had enough and don’t want to do this anymore! The next time you light up you may say things to yourself like “I wish I could quit.” “I don’t think I can ever get rid of these cigarettes, they have such a hold on me.” “I wish I never would have started smoking.” “I am killing myself.”

When you have this internal dialog with yourself, all your doing is feeding the monster within. Your subconscious mind only reacts to what you tell it. Your subconscious mind is the part of your brain that puts you into action to get whatever you want in life and you have to feed it good thoughts about your ability to get what you want and right now that is to

quit smoking. If you don't feed your subconscious with powerful words to let it know that you are serious about quitting forever and you have raised your standards and will not accept this as a lifelong affliction, your subconscious will fall back to the default mode of doing what you have always done because it feels comfortable with that. When there is no positive input, your brain will take the easiest route and that is the route to failure.

You must feed your mind with words like "I am excited to start my new life." "This is going to be so easy, I will wonder why I didn't do it sooner." "When I quit smoking on \_\_\_\_ (date) I am going to have so much energy to do the things in life I have always wanted. I won't have to spend time smoking or worrying about my cigarettes anymore."

By feeding your mind with positive thoughts like these you starve out the negative thoughts of failure, but most importantly you set your subconscious mind in motion, giving it a direct plan about what it needs to do in order to get you to that level of health and excitement that you have decided you want. You must do this daily every time you smoke so that it seeps deep into your subconscious. It must be said with emotion because if you just make a blanket statement with no emotion, your subconscious mind will not register the thought as a serious desire from you, thus it will discard it as a fleeting thought not to be taken seriously.

Always remember your subconscious mind will follow your orders if you feel them on a deeply emotional level.

The words you speak in any aspect of your life direct you in many ways. They not only direct the way you see yourself and how you feel physically and emotionally, but they also affect the way others see you and treat you.

You are now getting ready to quit smoking. Whenever the subject comes up about smoking, speak with great confidence that on your date that you have picked you will be a non-smoker for life. When someone

asks, "Aren't you worried that will be hard? You're going to go through hell!" Realize that that is their perception of what it would be like to quit smoking. They perceive that quitting smoking is hell. You don't. Perception is reality. You already know it will be easy and you are excited about it, so exclaim it and say, "It's going to be easy! I am actually very excited about it. I won't have to worry about these silly things anymore. In fact I feel kind of silly smoking them right now. It's going to be so easy I should just do it now and get it over with." Now that is how you tell your subconscious mind with conviction and emotion that this is what you expect and you will not tolerate anything less. You will also be letting everyone around you know that you are serious and that your boundaries have been set. This is the point as well when your words must also convey another message to anyone that asks you about quitting. You must be firm and let everyone know around you that you are quitting smoking. You don't look down on them because they continue you smoke, you just have made a different choice. You will not tolerate any peer pressure or any joking about it. As a matter of fact you would rather it wasn't brought up at all, as if you never smoked. If they persist to give you a hard time about quitting they should be informed that cigarettes won't be the only thing you will be quitting...

I had a client call me; it had been about a year since she had been to me. She was successful for the full year without any problems except for the fact that her husband still smoked and wasn't being very supportive. A member of her family had become very ill. She was feeling very stressed and upset. As you well know the feelings of stress sometimes brings on the urge to smoke. She hadn't mentioned anything about smoking to her husband, but one morning she woke up and found three cigarettes on the kitchen counter with a note attached. The note said "Just in case." Can you believe that? To my surprise she did not smoke! She said to me "I remember you telling me this would happen, that there would come a day I

would be tested and would have to make the choice and remind myself that smoking those cigarettes are not an option for me. So I broke them because non smokers don't have cigarettes just laying around." She said she had to call because after almost a whole year this was the first moment when she realized for sure that she would never smoke again.

You see, you will be tested and hopefully it's not by someone you love. The nerve of her husband, just because that is how he still deals with stress, does not mean that she has to deal with it that way anymore or will you.

Surrounding yourself with people, who support you and lift you up in your efforts to quit, will be keys to changing your lifestyle and keys to your success. The words and confidence you use when you talk about quitting will let everyone know that you are serious. This is what it means to raise your standard. Most importantly your mind will know you mean business and that is a recipe for success.

### ***The power of your negative words***

"Here I go again. The start of another day of smoking, after I told myself last night I wasn't going to smoke today. I can't believe that I am starting another day just like yesterday and the day before, and the day before that. This will never end! I went to bed with the best intentions and now my whole day is shot and I will be in a crappy mood because I have failed again. I can just see my wife's face when she realizes I am out here smoking again, after I promised her last night I would quit. Now I have to go inside and face her again with the smell of an ashtray and the smell of failure on me. I am never going to quit I might as well embrace being a lifelong smoker and all that that entails. This is the hardest thing I have ever tried to do and I keep failing again and again. It's no use.

Have you ever had a conversation with yourself like this? I have, many times and it never did one ounce of good for me. It wasn't until I

learned that the negative conversations I was having in my head about quitting smoking were driving me into that same old quitting cycle we have talked about before. The words you tell yourself during an emotionally stressful time have the most impact on you. The words you usually tell yourself during those times just like the one I just mentioned are almost always negative. They are words of self-doubt, failure, hopelessness, and rejection.

The reason these negative words have such a powerful impact on us is that we use them during extremely emotional times and in low states of mind.

Negative words are stronger than positive words for one simple reason. When a negative event happens, such as the failure to quit smoking, we are in a lowered mental state. Which means that the path of suggestion is a straight path directly to our subconscious mind. In essence we have lowered the bridge from our conscious to our subconscious mind, simply because we have experienced something negative. So the words we use during this time of despair cross straight through to our subconscious mind and as stated earlier, it will believe anything that you tell it, especially when you tell it something with emotion. It feels it deep and it believes what you are telling it is true.

For example, electricity flows upwards into your home through a series of circuits. It takes quite a bit of positive energy to get that power to your outlets and separated to all of the outlets in your home. Let's say that the circuit is broken. (Negative event like failing to quit smoking) What does the electricity do then? It searches for the easiest path to follow and that path is directly to the ground. That is when electricity and your words do the most damage. When you have failed to quit in the past and you immediately started hating yourself and feeling worthless for your failure, you were at a low point and the circuit was broken, so those feelings of worthlessness crossed straight over to your subconscious mind and it

accepted it as true, so the next time you chose to quit, you were weak and damaged before you even made the attempt. We are rebuilding the circuits.

It takes some effort to stay positive and use words that will uplift you and cause you to see the positive side of life. But it is not that hard to do when you have a strong foundation of circuits built that lead you to knowing your worthy of the best in every aspect of your life. Quitting smoking is no different. You may have had some failures in the past, but they are in the past and the whole purpose of this book is to make you realize that you are worth the next effort and help you remain positive during those frustrating times.

So from now on when times get tough start practicing using highly positive and self praising words through those low points and as you practice doing that it will become a habit until those low points will not seem so low anymore because you know your worth it. Words like “ I am worth another try. I owe it to myself to live a better life than I am now. I am beautiful and a miracle of creation and this is nothing more than a minor setback.” Self-praise and self-respect are two of the best ways to pull yourself out of the negativity and helplessness you currently feel. You must find the positive aspects of your life and embrace them as just the tip of the iceberg of things you have to be thankful for and look forward to in the future. It takes a little effort, but you’re worth it.

### ***Understanding and defeating panic***

“Daddy when is this going to stop?” she said to me in a reserved, but clearly frightened tone. I knew she was trying to be brave, but it wasn’t working. It was a merry go round at a kiddy amusement park and this was her first ride.

Her eyes started to scan all around and I could see the panic in her eyes as the fear began to swell. I asked, “ Honey are you ok?” she said “No I am scared this is going to keep going and I am not going to ever get

off.” I smiled trying to take the fear out of her mind. Maybe if she saw that daddy thought it was fun and safe then she would too. I said, “It’s going to be ok honey, this is supposed to be fun not scary. You said earlier as you watched all of the other kids riding that you thought it looked fun and you wanted to do it.” Obviously this did not calm her down. She went into full meltdown mode and we had to have the ride operator shut it down and let us off. My daughter was still crying but felt better we were finally off of the ride and her fear was gone. I could tell she was disappointed that she didn’t make it for the full ride.

Later that same day as we stood by the same merry go round she looked at me and said “I think I can do it now dad.” As you might have guessed, the same thing happened. She just wasn’t ready.

The fact is that all smokers and former smokers alike have been through this exact scenario. I remember it very vividly. We start to think about quitting and get ourselves all excited. “I can do this!” “I’m going to quit and never go back!”

Just like my daughter wanting to get on that ride because she felt like she could do it at that given moment. Nothing could have stopped her, (at least mentally anyway) from getting on that merry go round. The same way you feel every time you debate quitting smoking. You get on the quit smoking bandwagon and off you go.

Then the ride gets a little bumpy. You have a bad day. Someone gets sick. A co-worker says something nasty to you. What’s the first thought that comes to your mind? “I could go for a cigarette right now.”

You say to yourself “I can have just one. I had a really bad day and I know it’s the only thing that will make me feel better.”

Somehow you make it through that day. White knuckles and all! Then you wake up the next morning and what do you know, the thought is still there. You start looking around as the panic starts to build. “If I have to go through another day like yesterday without my cigarettes, the one



thing that gives me comfort. I don't know if I will make it."

You have planted the seed. You have used the words in your mind to allow yourself an out if you happen to "need" those cigarettes to get through another stressful day.

How did your day go? Was it stressful? Did you smoke? I am sure I can guess or you wouldn't be reading this book right now. I am just giving you a hard time to make a point. I have used the same self fulfilling words many times just to give myself an out because in my mind I really wanted that cigarette and I thought the fear of never having another one would never go away.

Just like my daughter on the merry go round. Once the panic started to set in and the thoughts that this ride and the fear would never end. You are feeling the same thing. Even though she was only 4, the inability to process that panicked feeling remains the same in all of us.

You're excited at first about the prospect of quitting and then the realization comes that maybe this is going to be scarier than I first thought. This is the critical point that most people cave in and smoke, because the fear of going through the rest of their lives living in this panicked state and not having that cigarette to cling to making them feel better is not worth it. The excitement they felt in the beginning has all but completely vanished and they're left begging the ride operator to "Let me off!"

Inevitably after that first cigarette comes the sick feeling in your stomach. Nasty taste in your mouth and worst of all that monster of disappointment and failure rears its ugly head telling you "I have been telling you for years that it was too hard to quit. Why did you even bother?"

Another failed attempt and your hating yourself worse than before you even started quitting. Ultimately you get back into your smoking routine and before long your sick of it again and the thought comes "Hey I should quit smoking!" You are off on another cycle of abusing yourself.

Take heart everyone! It doesn't have to be that way. Just because

a four year old doesn't have the skills required to recognize that the immediate fear and panic she is experiencing will end doesn't mean that you have to live in a reactive state to your fears and panic over staying quit smoking.

Its time to take a step back and analyze the situation before you start again.

First you need to realize and accept that the moment will come that you will try to convince yourself that you need that cigarette. Whatever the reason is, stress, illness, kids, work or any other thing that sets you off, the thought will come and it will come pretty hard and fast.

I often talk to clients about this event and the easiest way to describe it is like a yo- yo-. You spin it out there and it gets to the end of its rope and recoils back to the start position. Your brain is doing the same thing. Your brain wants to **go home**. You quit smoking and feel great until you get to a certain point, then fear and panic set in. You are at the end of your proverbial rope. Your brain wants to recoil and get back to what it considers a normal state, and for the last 10, 20, 30, 40 years its normal state has been that of a smoker.

The moment you start to feel that fear and panic set in you must remind yourself that you knew this would happen and its just my brain wanting to get back to normal. The amazing thing, and the most important thing to remember when this happens is that it will pass. It will pass quickly!

Most smokers will immediately start to try and think of all the reasons they wanted to quit and the people they will let down if they fail. This is the worst thing you can do. It just adds more stress, causing you more pressure and ultimately wanting that cigarette more.

Remember this is supposed to be easy, fun and exciting. Laugh at the thought of it, and how silly it is that you are trying to sell yourself on the idea of going back when you have already been through the hard part

and you have already made it this far. Finding the idea funny that you would want to go back, makes this moment much easier to get through and it also reminds you of the excitement you felt when you first began to quit. Embrace this moment as your own and when you conquer it you will feel more empowered than you probably have in a long time. Your brain wants to **go home**, but it already is home, as a non-smoker and it will soon realize that. After all you weren't born a smoker. Right? It will pass.

***Today- I will control my words and my panic***  
***(Affirmation)***

*Today I understand that my mind takes the words I feed it and uses them either for me or against me. I have the choice. I now know that my mind is here to serve me and only me. If I feed it negative thoughts of my worth, it will make me feel worthless.*

*If I feed it positive thoughts of my worth, it will make me worthy of all the world has to offer.*

*Today I will be actively involved in quitting my smoking habit by the words I use. I will not place blame on others or circumstances outside of my control for my continuing to smoke. No person or event has ever put a cigarette to my mouth and made me smoke it nor has anyone or any event ever prevented me from quitting smoking. My words to myself have been my worst enemy.*

*I now know of my involvement in the creation of my smoking habit and the words that have perpetuated that habit and failed attempts to quit all of these years. Now that I am awake and aware of this crime I have*

*committed against myself, I cannot not turn my back on this crime. I must take action and change my words, which will in turn change my mind.*

*Today I will feed my thoughts with positive, self-praising and self respecting words. Where there used to be a cant, there will be a can. Where there used to be a wont, now there will be a will. Never, will become always and so it will be that I will always value myself through my words.*

*Today I will build my confidence through my words. If at first I don't believe the words I speak to myself are true, I will continue to speak them as if they were true until I believe them and can feel them in my soul.*

*If I don't believe I am worthy of quitting smoking, I will remind myself of all of those that love me and believe in me until I know that I am worthy. I will remind myself that of all people ever created, I am special and unique and that shall make me feel worthy.*

*If I don't believe I am strong enough to quit for good, I will remind myself of past challenges and obstacles that I have overcome which seemed difficult at the time and now seem simple and effortless to overcome. I will remind myself of my worth daily with my words until I believe in my strength.*

*Today I am excited to start my new life and I have amazing dreams to be fulfilled. I will starve those negative emotions and they will die with my smoking habit.*

*Today I know that through the habit of speaking positive words of self praise and self respect, those words and emotions will become a habit and my confidence in becoming a nonsmoker will be easy and I will not fail this time, because I do not recognize failure anymore.*

*Today I recognize that there will be a moment of panic and that moment will come sooner than later. I now know that I will try to convince myself that in that moment of panic, the only thing that will make me feel better would be to smoke, but I now know that the panic is my*

*mind playing tricks on me trying to get me back to what it considers normal. That is no longer normal for the new me. I will resist the panic.*

*I now recognize that my normal state is that of a non-smoker as I was as a child and I also know that the moment of panic will pass and it will pass quickly. I know that I will not live my life in a state of panic over something as silly as smoking, the feeling will pass and I will be stronger every time I calm myself and make it through.*

*With my words I will set my mind on fire with positive energy and inspiration with hope and without fear or panic for my future.*

## ***Sixth Commandment***

### ***Raise your standards***

***“A mans true greatness lies in the conscientiousness of an honest purpose in life, founded on a just estimate of himself and everything else, on frequent self-estimating and steady obedience to the rule which he knows to be right, without troubling himself about what others may think or say, or whether they do or do not do that which he thinks and says and does”.***

***Marcus Aurelius***

A standard is an imaginary line we draw in the sand, with ourselves and the people around us, stating what we are and what we stand for. It also sets a line for the things we will accept in our lives. We all have these imaginary lines for every aspect of our lives. Some of you may have high standards in all aspects of your lives, yet smoking is the one area you have let fall short of your normally high standards.

We can raise and lower these imaginary lines any time we choose. For the most part, sadly most of us lower these lines more than we raise them. With so much going on in our daily lives, most people find it easier to lower their standard every time something becomes difficult or too time

consuming. If we lower our standard, less is then expected of us and therefore we never have to deal with failure, rejection or the consequences of not meeting an obligation. People start to expect less of you the minute you start to expect less of yourself.

Have you ever done something so well, that now every time someone needs this particular thing done they come to you looking for advice or assistance in getting it done because they know you're the best at it? Most people find this to be bothersome and would rather do a poor job or mediocre job so that they will never be asked to do it again, than to embrace their abilities and thrive on them.

A pet peeve of mine is tardiness. I believe that the most valuable thing we have in this world, and yes above money, is time. I believe my time to be very valuable and am very irritated by people who are late and take up my time. If I am asked to be somewhere or tell someone I will be somewhere at 1:00 PM, I can assure you that my day will be planned around being there at 12:50PM. It is my standard. I will not waste others time or my own by being late. Those who are late, always have excuses as to why they are late and the rest of us just settle into lowering our expectations of these people and in turn they never expect anymore from themselves. I know this about myself and it is one thing that I know others can count on from me. It is a standard I will hold myself to because it is important to me.

Who are you? A question many of us don't ask ourselves enough. What are your standards? Do you really know what they are? What will you accept and what wont you accept? What are you willing to fight for?

Most people meander through life doing a little of this and a little of that. Their standards change with the wind. "As long as it doesn't cause to much discomfort in my daily life then it sounds good to me!" They are not giving anything their true effort or focus. They are not holding any aspect of their life to the highest standard, because it may cause effort or

focus, they may even experience failure, so they end up doing what is comfortable and ending up with mediocre results. And for some this might be ok, but because your reading this book I have to assume that mediocre is not ok with you. That's great because now we have somewhere to start! I know smoking feels comfortable you right now, but its time to make yourself a little uncomfortable and raise your standards so you can achieve a higher life.

This is a very sensitive subject to everyone, because what you believe about yourself as a human being, spiritually and physically is very personal. So I want you take this next chapter as a real moment to take an introspective look at yourself. By changing some of your standards, even if they don't have to do with smoking, will have a very finite impact on your final ability to truly put that pack down and change other aspects of your life you may not like.

When my clients come to my office I have them fill out a form, and on this form I have them list the reasons why they want to quit smoking. I get some strange answers sometimes. One woman wrote that she wanted to quit because her thumb hurt. I was obviously perplexed, so I ask what that meant. She said "I have started to smoke more than usual and my thumb is getting rubbed raw from lighting my lighter so many times!" I thought "Wow! That's a new one."

Most often the answers are very similar. Some of the most popular are; I hate the way I smell. My teeth are turning yellow. Everyone treats you like a second-class citizen. Health. Money. Time. Kids. Lifestyle. Etc.

I absolutely never hear anyone say, "Smoking just does not fit my standard of living. I expect more of myself. I deserve a better life than these cigarettes have given me. When I smoke I know i am not being the best me I can be and that is no longer acceptable." I have been doing this a long time and have never heard those words. If someone comes in my office and says those words to me, I might just kiss them!

You have the most powerful gift to change essentially any situation in your life if you just change your standards for what your willing to accept. Think of how powerful that is. If you picked one minor detail in your life and said to yourself “I will no longer accept this to be.” Imagine what you could change. Imagine the energy you would feel. You would be compelled to do something about it because automatically you have sent your subconscious a message saying, “This just wont do and does not fit in my life. Eliminate it, or make it better so it does fit.” As we have said before you subconscious is a robot, it will do what you tell it to do. We must send it the right messages about who we are and what we expect from our lives.

Both of my children were great sleepers when they were babies. My wife has a reputation as a bit of an “A” type personality. So when I was talking to my mom about the fact that my kids have both slept great, and I didn’t know what all the fuss was about with kids being up all night I had worried that I was going to be miserable with a lack of sleep. My mom said “Charles you didn’t have to worry about those kids not sleeping well. Denise would have never accepted that. I think both of those kids felt a vibe when they were in her belly and realized staying up all night was not an option, so they conformed.” I got a laugh out of that and you would to if you knew my wife.

Truth be told my wife spent a lot of time setting up her standards about how she was going to give herself the best odds at getting those kids on a great sleep schedule. She sacrificed going to or staying at parties or gatherings to make sure the kids were home and in their crib right on schedule. *Which meant I sacrificed too!* She made the rest of the house quite and calm. She did a lot of things to make sure that they slept great. Obviously for any of you that have kids, you know that my wife could have done all of these things and we could have just had a cranky baby that would not sleep. My wife will admit that she doesn’t know if any of it was



the right thing to do, all she knows is they slept. Ultimately my point is that its about picking the things that are important to you and setting a standard for the highest result, thus giving yourself the best chance at success.

It's the same with quitting smoking. You have to do a little bit of work up front by raising your standard, getting in the right mindset as a non-smoker, but the rest is just maintaining your new standard once you have quit.

Does smoking fit into your standards? Does it fit into who you always thought you would be? Is a smoker who you want to be? Remember all of those reasons people gave me for wanting to quit smoking? Are some of those reasons your reasons for wanting to quit smoking? If you picked any one of those reasons as your reason to quit smoking, and decided here and now to never accept that as a part of your life again, you would stop smoking immediately. You see when you raise your standards for what your willing to accept, you don't have a choice, you must comply with your new standard, otherwise you have not raised your standard at all. Your standard is the law and you either follow it or you are still at a lower standard. So try raising your standard on some small things before your quit date, even if they are silly and trivial. It's something most of us don't give much thought, but you will be shocked at the value this will add to your life in all aspects.

### *Singular focus*

Now that you have decided to raise your standard of life and had decided that cigarettes no longer meet your standards. You must begin to get focused on what that effort will entail. By setting your eyes on the prize of quitting smoking and staying quit forever, you have put yourself in a position of power. You now have the power to both accomplish that goal and meet your standards, or you have the power to stop now and

continue to keep smoking. If you choose to meet your goals and standards by quitting smoking you must learn to practice a quality in your life that I call '*singular focus.*'

Singular focus is the art of taking an objective, such as quitting smoking and goal bonding with a higher more positively charged objective and fixating on those objectives over and over again until they become a part of who you are. You must draw complete tunnel vision as to the new goals that you have set for yourself to achieve.

This means that you must take a deep breath, close your eyes and imagine these new standards and objectives set in stone. You must imagine every outside force trying to dislodge you from your focus and your goals. There will be people that will try to drag you down to their level and their standards, but you must know in your heart you will not let them. You will at times try to drag yourself down and sell yourself that it is ok for you to smoke.

This is the moment of truth when you know you have set a new standard for yourself and you have set lofty goals that cannot be reached if you slide back into that place and that state in your life when you were a smoker. You must realize that when you were a smoker you could never have dreamed of, or obtained the goals that you are going after now and by going back to smoking you are giving up on those dreams with that first light of the cigarette.

In order to keep these things out of your mind and diffusing their power, you must not focus on them. What you focus on will grow. This is the purpose of raising your standard and goal bonding. By raising your standard and keeping in mind the person you expect yourself to be, you will not allow yourself that cigarette. By goal bonding and setting a goal so high that it takes up all of your focus, you will not be able to entertain the thought of smoking, because it will just get in your way of the more pleasurable things your working towards. Once we create a habit of

focusing on the pleasurable things we want in our lives, then we will focus on them more often. When we are being positive and singularly focused on goals and standard we enjoy achieving, our negative habits, haphazard goals and standards die very fast deaths.

We are now focused on quitting smoking and the necessary state of mind it takes to quit and stay quit forever, but use any of these Ten Commandments in any aspect of your life you are wishing to change and they will work. People that are successful in any area of life use all ten of these commandments in one form or another. Watch them and you will see that they are not like your neighbors or the negative Nelly's that surround you. Raise your standards and become positive and focused and you wont be able to help being successful.

### ***Other people's standards***

One of the worst fears people have when raising the standard in any area of their lives is what other people will think of them. You would assume that your friends, family and coworkers would be happy that you're taking that step to enhance your life by getting rid of those cigarettes. I will often hear things like "My friends smoke and they just wont be supportive if I quit." One of the worst mistakes people make is to judge their standards by the standards of the people around them. It just doesn't make any sense. If you compared your house to a homeless persons box, you would be living a pretty high standard. Now compare your house to a mansion. Not quite as nice right? Just because the people you are surrounded by smoke and you love them, doesn't mean that you have to love the standard that they set for you. I have been shocked over the years to learn how unsupportive most people will be. Even some non-smokers will hope for their friend's failure so they can feel better about themselves!

You will have to recognize that most of the people around you like you for who you are right now and that is their smoking buddy. They are

not used to or ready for the new you. Once you know this you will be able to recognize the signs of jealousy when they come and you can build your walls against it. Most of them secretly want you to remain a smoker. Not because they will lose their smoking buddy, but because you quitting smoking and raising your standards about the way you want to live your life will force them to have to take a hard look at their standards and sometimes it's a very ugly and hard thing to do. Keep your head up and feel empowered by the fact your doing something great for yourself and your family. I am not saying to look down on people because you have raised your standard and quit smoking, but you should feel empowered by the fact your doing something that the other smokers around you wish they could do. Remember this, *most people aren't jealous of anything that you have or do; they are usually just disappointed in themselves for not reaching as high as they know they should.* Embrace the fact that you're reaching higher and raising your standard.

### ***Today-I have raised my standards (Affirmation)***

*Today I know that my standards rule every aspect of my life. They are the ultimate guides to what I will accept in my life.*

*I know I can raise or lower my standards at will. For too long I have lowered my standards when it comes to smoking. I lowered my standards so I would not have to expect so much from myself and that is much easier to do. By lowering my standards about smoking, I would not have to deal with failure, rejection or the consequences of not following through.*

*Today I will ask myself the tough questions. Who am I? What do I stand for? What am I willing to accept as my standard of living?*

*I know that if I do not answer these questions, I will meander through life with my standards constantly shifting to meet my lowered*

*expectations of myself. By living this way, everything I do including quitting smoking will give me mediocre result or complete failure.*

*I am not mediocre. I am great! To be great I must hold all aspects of my life to a higher standard without fear of failure.*

*Today I know that smoking does not fit my standards. I expect more of myself. I deserve a better life than these cigarettes have given me. When I smoke I know I am not being the best me I can be and that is no longer acceptable.*

*I now realize that I have the most powerful gift! I have been given, the ability to change.*

*By raising my standards and not accepting smoking as a part of my life, I have given myself the power and energy to eliminate it.*

*Today I will make all of the positive preparations for raising my standards by following all of the previous laws and in doing so, I will give myself the best chance at success I have ever had.*

*I am now willing to do the small amount of work it takes upfront to get my mind in the right place and raise my standards to quit smoking for life. Once being a non-smoker has become my standard, all I will have to do is maintain my standard.*

*Today I realize that in order to achieve my goal of quitting smoking forever, I must learn to have singular focus.*

*I will now be singularly focused on the positive aspects and goals of my life. I will no longer dwell on the past failures or my current situation. I will keep my mind on my dreams and stay positive about them, because I now know that what I feed grows.*

*As I feed my new goals and dreams, the old habits of the past will starve to death and I will not look back to watch.*

*Today I have acknowledged that others may not be happy about the new standards I have set for life. I will not judge them for that. I now know that they are not jealous of me and they do not hate me. They are*

*just disappointed in themselves for not raising their standards as high as I have.*

*I will not look down on them, for I am the same person with the same heart. If I can help them, I will, but I take my new standards very seriously and if they do not embrace the new me and try to bring me down, I will feel great pleasure and power in their weak attempts because I am stronger than I have ever been.*

## ***Seventh Commandment***

### ***See it, before you can be it***

***“Thought is the only reality; conditions are but the outward manifestation of thought; as thought changes, all conditions must change in order to be in harmony with their creator, which is thought.”***

***Dr. Venice Bloodworth***

Your mind needs a map, a visual reference to go by and to guide it along the way. We all see words, thoughts and stories as pictures in our minds. To prove it, what if I were to tell you that today I was hammering a nail into a piece of wood, did you have a mental picture of what that would look like? Yes! Every word or thought that is projected to you is in turn developed into a picture in your mind. This is the easiest way for your mind to catalog and categorize events you have experienced and stories you have heard.

We spend most of our lives picturing things that go on in our lives

in the past and constantly recreating them and updating them to suit our needs. What if you could do the same for the future? What if you could create mental pictures out of thin air and actually cause them to come into reality? You can! You have the power and it is very easy to accomplish.

### *Developing the Pictures*

Imagine for a moment that your eyes are like a projector. Now turn that projector backwards. Set in your mind, just like a movie, the image of who you see yourself as, as a non-smoker. It doesn't matter how fantastic the movie is, the more fantastic, beautiful and detailed the image is of yourself, the better.

Now close your eyes and turn that projector on and play that movie to yourself and believe that you are that person. Truly feel it on an emotional level. Doing this over and over again in your mind is like projecting a mental image of a future person you wish to be. The more you play this mental movie in your mind and feel it with real emotion, the easier it is for your subconscious mind to read and feel that this is your true intent. This is the real person you want to be. Once your subconscious mind has the direction it needs, it has no choice but to answer your demands. So the day you put your cigarettes down, it will have no problem giving you the strength and sense of calm you need to feel calm and at ease without needing those cigarettes again. Your mind will just see quitting smoking as a natural progression on the way to becoming the person you have been telling it you want to be.

The only way to become what you want to be is to form a clear defined picture in your mind and dwell on that as many times daily as you can, until it becomes a part of who you already are.

The new you already exist in clear, bold vivid color in your mind. Every person that has ever wanted to quit smoking has visualized in his or her mind what it would be like to be a non-smoker. I'm sure you have as

well. The best part is you have already been a non-smoker in your life, as a child. So look back to that child and try to remember what it was like in your life without cigarettes and the joy you felt without them. Then create some new pictures of your future life without them and create those pictures with the same emotions of joy you felt as a child. Dream big, because you can imagine yourself as anyone you want to be and as fantastic a life you want! Go ahead, nobody is looking inside your head.

### *Clear pictures*

Have you ever known someone to have tremendous drive and determination to accomplish their goals? They will stop at nothing until their desired outcome is achieved. The reason these people are so successful in achieving their goals is because they have a clear picture in their mind of what the goal is. When they have a clear picture of what they really desire, the map or guide to achieving that desire begins to become clear. They focus and visualize daily and sometime every minute of the day on their desired outcome. These are not just whims or half-hearted dreams. They are true desires that consume their minds. By focusing on these desires so intensely, they open up the path between their conscious and subconscious mind and create real, true, vivid pictures that the subconscious mind can create patterns for and follow to achieve this goal. Even if the path is not clear now it becomes clear, because by focusing and developing clear pictures of your goals, you open your eyes to all the possible paths to achieving your goals. The right path will be opened to you.

It is the same with quitting smoking. You must create mental pictures of your goal to become a non-smoker. You must create very clear pictures of who you will be and what being a non-smoker will be like for you. You must see how you will look, feel and act. You must feel these thoughts with passion and desire. You must think these thoughts often,



until they become a part of you.

In order to create the right pictures we must first find out who we will be as non-smokers and what being a non-smoker will feel like.

### ***Who will I be?***

Ultimately most failures in any area of life stem from the fact that most people cannot visualize what it would truly be like to be the person that they want to be. How can you start on the road to becoming a non-smoker if you have no idea of what you will do once you get there?

The reason most people fail when trying to get rid of a bad habit is that they cannot picture exactly who they will be if they not doing the same things they are doing now. This goes for any changes in life we want to make. You must see it before you can be it. For an overweight person that wants to be thin, how can they be thin if they have no idea what being thin feels like? They have to ask themselves, what would my life be like if I were thin? What would I wear? How would I walk? What would I eat? What would I do with all of my extra energy and positive feelings? If I got to my dream weight and looked exactly the way I wanted to, who would I be?

It's the same for you as a smoker wanting to become a non-smoker. How would you feel? How will you act? How would your clothes smell? What would my skin and teeth look like? How would I dress? How much extra money would I have? What would I do with all of the extra time and energy I had when I didn't have to worry about smoking all of the time?

These are all serious questions you must ask yourself before you can truly become the non-smoker that you want to be. The image will be different for everyone. One of the easiest ways to get a picture in your mind of what you want to be as a non-smokier is to find someone you

admire that doesn't smoke. Watch what they do in social situations when you're usually smoking. Watch what they do to deal with stress or boredom. Watching someone else and the way they handle themselves, as a non-smoker will give you a great outline for how you will act as a non-smoker. How you will handle everyday life. Then after you have a basic outline for how a non-smoker behaves in normal everyday life and you can begin to see yourself doing those same things, you can start to fill in the fun stuff, like how you will look, how you will dress and how confident you will be. Repeat these images daily to yourself and feel them with real and excited emotions. You can truly create the new you that you want to be from thin air, you just have to visualize it, feel it and become it.

***Today- I will see it and I will be it (Affirmation)***

*Today my eyes have been opened to my future. I have visualized a great existence for myself that I only remember as a child.*

*Today I am a fortune teller and I see that my future looks bright and that only I have the control it takes to make it become as bright as I see it in my mind today. I can make it come true only by visualizing it in the clear vivid colors I see it in today.*

*I have realized that the me I see as a non-smoker already exists and he is very excited to meet me and bring me along in his new life.*

*Today I know I have the ability to see who I am and who I will be when I shed the skin of a smoker and become a non-smoker. I can see the new me as clear as the hand in front of my face.*

*The new me, smells great and has a smile on his face. The new me, wears the best clothes and has a positive attitude. The new me, has money in his pocket and energy to burn. The new me, is fresh with time and plans to use it to fulfill my families dreams and mine.*

*Today I see the new me is not stressed by the same silly things that used to get me down. I see the new me has a new energy and a new patience for things that the old smoker in me did not.*

*I see that I have conquered what I believed to be one of the most difficult challenges in my life and found that it was easy. Now I see that the new me realizes that he has much more strength than he ever realized and this new revelation has energized this new me to strain my potential even harder and when it cries for mercy, I will give it none, because now I see that to give it mercy will be giving into my old ways and my old habits.*

*The new me has no tolerance for that weak behavior. The non-smoker I see only exists in my mind for the moment, but the moment I decide, is the moment that person will become a reality.*

*Today I have visualized a new me, a new me that I have always longed to be and I cannot wait to meet him.*

## ***Eighth Commandment***

### ***Embrace positive deprivation***

***“It is impossible to make a man miserable while he feels worthy of himself and claims kindred to the great God who made him.”***

***Abraham Lincoln***

What do you think of when you think of deprivation? Images it is likely to conjure up would be of food deprivation, maybe starving kids somewhere. Homelessness. Being deprived of water in a desert perhaps. Maybe you think of military interrogation techniques.

Deprivation is essentially the act of denying a person of a basic need or want. Sometimes it can be someone else that is depriving you of something you need or want. Maybe it is emotional connection, maybe physical connection. It can be love, a job, a promotion, help around the house or it can also mean something as simple as feeling deprived of money if you have very little. These are all negative feelings of deprivation. What if I were to show you a way that depriving yourself can be a good thing? Even better yet, what if I told you depriving yourself can be one of the best things you will ever do for yourself to empower your life on every level? Would you believe me? Could you think of an example of how that could be true or why you would want to deprive yourself of anything, especially when you work so hard to enjoy your life so that you won't have to deprive yourself of anything?

The answer is **power**. When you learn to say no to yourself, you have given yourself one of the greatest powers on earth. You are your own greatest fan. You champion yourself to do the good things you want to do and sometimes the bad things that you don't. You are your own greatest salesman. You can sell yourself on ideas that others would never be able to sell you on. You are also your own greatest liar and deceiver. You will tell yourself fantastic lies to satiate inner desires and selfish needs that you know are not good for you emotionally or physically. It is a sad truth, but we all do it to ourselves.

How in the world would it make sense to lie to ourselves? We must understand that lying to ourselves at times can be a good thing. I know nowadays everyone wants to get to the core of why we do everything we do, but sometimes I believe that if we are always focusing on the why we never put any effort focusing on the solution. Lying to ourselves can be good in cases of tragedy or loss. Lying to ourselves can be good in cases of extreme violence. Telling yourself and your ego little lies can help you get past a lot of pain. I say lie to yourself in these cases if

you must in order to move on.

We get into trouble when we try to sell ourselves on little lies to serve our selfish and childish wants and desires. Who better to make us believe that it is ok to smoke than ourselves? We know every weakness and every button to push. We tell ourselves things like, “Oh your so stressed you just need that cigarette to get you through.” “You can have just one and then you wont ever smoke another one again. You just need it right now.” “If the people around me wouldn’t smoke that would make it so much easier.”

It is hard enough trying to control the people around us and all that they do, but if we can gain control over ourselves by depriving ourselves of the one thing we want most, but must not have, then we have real power.

Before you can embrace positive deprivation you must know that after you quit smoking, there will come a point when your in a situation that you were either used to smoking in, maybe your stressed, at a bar, with friends that smoke, on vacation and one of the biggest triggers I hear is the casino, that you will feel the urge to smoke. Once you know that the time will come that you will get that overwhelming urge to smoke, you will not be blindsided by it. It could be three days after you quit, or it could be three months after you quit. More than likely it will be multiple times over the course of the first year that you may have moments that will test you. Knowing they will come is your first step in gaining power. The next step in positive deprivation is harnessing ultimate power!

### ***Ultimate Power***

The moment you have an urge to smoke should be an exciting moment for you. This is a moment that you have been looking for and expecting. This is the moment for you to shine and become stronger and more personally powerful than ever before.

Lets set the scenario. You have just quit smoking and you’re at a party enjoying yourself. Talking to friends having a good time. Enjoying

the fact that you haven't smoked in a few days and your feeling pretty proud of yourself, as you should be. You have a few extra dollars in your pocket and you're minus one pack-o-cigs. Life is good. Party is going along well and you have all but forgot you ever smoked. Then out of thin air you hear those words, "Hey who wants to go outside for a smoke?" A cold sweat comes over you and maybe you twitch to reach for your cigarettes in you pocket and realize they aren't there. Then you snap back to reality, you're a non-smoker buddy. Crap!

This has happened to me, has happened to all of my clients and to millions of other ex-smokers around the world. Your doing great and then all of the sudden your old enemy '*habit and comfort*' come and snatch your happiness away. You all of the sudden feel deprived. You went from feeling great about your decision to become a non-smoker to feeling like a child told he is not allowed to have a sucker. Inside you want to throw a fit, but you're not a child, so you realize you have the choice to do what you want to. Your an adult, so instead of throwing a fit, you start to rationalize with yourself on why going out with your friends to smoke wouldn't be a half bad idea. Let the internal sales pitch begin. "I can have just one."

This is the perfect opportunity to gain ultimate power and never smoke again. This will be the moment when you know you have gained control. First you hate that you are depriving yourself, but you knew this moment would come, so you think back to the strategies in this book and you interrupt that thought process with some positive thinking about all of the things that you are and the person you want to be. You have raised your standards so high that the mere thought of anyone seeing you go out for a cigarette would be embarrassing. You don't want people you know to think of you as a smoker anymore. That is not the standard you set for your life.

Now this part causes people a little emotional turmoil from time to

time, but at the same time it is going to be the one trick that keeps you from walking out that door to smoke and the one trick that gains you ultimate power to never smoke again. Lets say you see your friends going out to smoke, and yes you would like to be going with them, but instead you internally start to think of your standards in life and realize that smoking is really below you, it is not who you are anymore. You are not one of them anymore. They are still down there in the struggle and you have moved on. Your standards for your life have now become what you have been visualizing for yourself. Who do you want to be? A smoker? No, it is not who you are anymore. You have moved on and up from that stage of your life and anyone who walks out that door is still in that struggling stage of their life. Its not who you are anymore.

The moment you make that decision that a smoker is not who you are anymore and you do not walk out that door will be the minute that you gain ultimate power over your life. The minute you decide that smoking is below you and the standards you have set for your life, you will find it easy to ignore that minor temptation. You will have truly empowered your life. I can tell you from personal experience after struggling to stop smoking for so long, that moment is amazing.

When your friends come back inside and they stink and are freezing their butts off, you will very easily remember why you wanted to quit in the first place. I know some people will take this as me telling you to be arrogant towards smokers because now you're a non-smoker. Bologna! I am one of the most compassionate people there is to smokers, it's my business! You will be compassionate too, because you understand where they are coming from, but in order to quit smoking forever, you must not think like them. Sorry, but its true. Some of your friends that smoke may be the most intelligent people on the planet and they may save babies in a jungle somewhere, but when it comes to quitting smoking, they are weak and you are now strong and will not be weak anymore.

You have now gained the power of positive deprivation and the moment you deprive yourself of something bad that has been controlling you for most of your life, is the moment you gain ultimate power over any aspect of your life in which you want to gain self-control. Every time you use this power it becomes easier and a joy to use.

***Today- I will embrace positive deprivation***  
***(Affirmation)***

*Today I realized that the greatest power I have over myself is not to give myself every childish want. It's not to be free to behave as I choose. Today I have realized that the greatest power I have over myself and the greatest power I can give myself is to deprive myself.*

*I now realize that there is power in deprivation. I now understand that the pleasure I feel when I give into my childish desires to smoke is no match for the power I feel when I deprive that inner child in me of the thing he wants most, yet is the worst for him.*

*How powerful must I be to deny the greatest salesman I have ever known 'myself' of the sale he is desperate to make? Very powerful indeed because now I know he will tell me any lie to get me to abide by his will.*

*Today I know that I am all-powerful and how do I gain that power? By telling myself no. I now know that there is no amount of money that can purchase self-control and there is no amount of money that can purchase the power that comes with that self-control.*

*Today I will fight back that child inside with deprivation. I will do it by being positive in my decision that I am doing what is right for my family and me. I will fight back that child with my words of constant positive affirmation and a true visualization of the me that I want to be.*



*I will enjoy depriving myself of those cigarettes because now I attach great pain with going back to smoking and great pleasure in being a nonsmoker. I will find pleasure in standing amongst smokers and feeling great power in the ability to not participate. I will find great power in knowing that any one of them would love to put those cigarettes down just as I have.*

*They will ask me if I want one and I will say, "No I don't do that anymore." And it will be in that moment I know the true joy and power of positive deprivation.*

## *Ninth Commandment*

### *Retrain your brain*

*“Habit is either the best of servants or the worst of masters.”*

*Nathaniel Emmons*

When you smoke cigarettes for any period over six months you start to develop ingrained habits that have nothing to do with the nicotine or other chemicals in cigarettes. These ingrained habits have nothing to do with your state of mind or how you think about cigarettes. They have nothing to do with your motivation, standards or how you visualize yourself as a non-smoker.

I have taken care of and spoken at length to thousands of smokers and helped them get over the simple physical craving for cigarettes with my treatments, but more importantly I have taught them how to change their minds about smoking.

Over the years and thousands of smokers, I have broken down the habitual nature of smoking into two distinct parts.

Habits and routines

Simple hand to mouth fixations or oral fixation

I believe and have seen great evidence to convince me that the

simple hand to mouth fixation is about 90% of the frequent intermittent thoughts that pop into your mind about smoking after you have quit and dealt with the physical addiction. Your habits and routines only account for about 10% of the rest of the intermittent thoughts about smoking.

These habits and routines and hand to mouth fixations as I said have nothing to do with your mental mind set about quitting smoking or the quitting cycle you have been on. The previous Commandments have been made to change your mental mindset about quitting and staying quit. Habits and routines and hand to mouth fixations are a completely independent aspect of quitting and should be dealt with accordingly.

## *Definitions*

### *Hand to mouth fixation*

A hand to mouth fixation or oral fixation is simply a motor function between your hand and your mouth. For years you have grabbed a cigarette with your hand and put it to your mouth. Depending on how much you smoke, you have done this motor function many times throughout the day. An example of a hand to mouth fixation is smoking in the car. If you smoke in your car, while you drive, you have essentially trained your brain that the way we operate a motor vehicle is to have one hand on the steering wheel and in the other hand a cigarette which we continually put to our mouths. Thus if you take the cigarette out of that equation, the mind does not compute and feels uncomfortable driving without something in your hand. Your mind is missing the motor function between your hand and your mouth and it can have serious anxiety over trying to figure out what is missing in this scenario.

### *Habits and routines*

Habits and routines are a much smaller part of the equation, but

equally as important. They are usually connected with your inner security mechanism, which we all have to keep us safe throughout the day. We all develop habits and routines, which our minds enjoy, because your mind is like a tape going over and over. Smokers and non-smokers alike live and die by our routines. We perform certain actions, like smoking, at certain points throughout the day to remind ourselves that we are safe and secure in the world we have created. It helps us to keep from feeling that our lives are turned upside down and in chaos. One of the biggest habits for most smokers is the first cigarette of the morning. The routine you have surrounding that first cigarette sets the tone for the way you will go about your day. It, in the mind of a smoker is how you wake up. If you didn't have that cigarette you would mentally feel as though you were off for the whole day.

I am going to now show you some of the simplest things that can be done to deal with these two issues with ease.

### ***First Cigarette of the Day***

I categorize the first cigarette of the day a part of a habit and routine. The first cigarette of the day is usually the most critical for most smokers for one very big reason, nicotine depletion. Every day that you have smoked, for as many years as you have smoked, one thing has happened every single night to you while you slept. You have gone into nicotine withdrawal. Some smokers say they have a hard time sleeping at night and I am not surprised.

Imagine the nicotine levels in your body like a gas tank. It can either be on empty or full. When you smoke your last cigarette at night before bedtime, you are filling your nicotine tank, then about two or three hours into your sleep, your body goes through nicotine withdrawal as your body starts to let go of the nicotine in your system. Some smokers will get up in the middle of the night and smoke to solve this problem, which isn't

very good for their sleep, but it helps to get them through. For the majority of smokers, they will just sleep through it. By the time you wake up in the morning, your tank is running on empty and a cigarette is usually the first thing on your mind.

Now if you follow my advise and get some help to get over this minor physical urge that you would normally feel in the morning, then all you will be left to deal with, is the mental urge for the routine that you have created surrounding that first cigarette.

My suggestion is always make a plan and stick to it. For the morning cigarette it is very easy to deal with once the physical craving is taken away. Considering that this cigarette is a mentally a routined cigarette, you must simply plan to change your routine.

Begin the evening before and plan ahead to do something different in the morning between getting out of bed and where you would normally have your first cigarette. What I usually suggest is make a plan to get up and immediately take a shower, get dressed, make-up, shave, fix your hair and put on your favorite perfume or cologne. Getting dressed and ready for the day wakes you up and gives you a fresh start. Taking a shower and feeling clean, starts you off feeling like a non-smoker to start the day. If you woke up the following morning after becoming a non-smoker and did the exact same routine you were used to doing, only without the cigarette, you would be driving your brain crazy, wondering what is missing here. This simple change of routine will set your mind off in a new direction for the day, waking you up and alerting you that you are doing something different for the day. You are a non-smoker.

Within a few days of changing your routine, your mind will accept that you no longer smoke first thing in the morning. It will accept your new routine as the law for what you do when you wake up and that old routine will be broken.

### *Driving*

We addressed the driving issue in the beginning of the chapter, but it deserves revisiting. Smoking while driving is a hand to mouth fixation. There is no habit or routine involved here. You have simply trained yourself that to operate a motor vehicle, you must have one hand on the steering wheel and another object in your other hand, currently a cigarette.

The solution to this is very simple. Replace the cigarette with something else. The most successful items we use for our clients are straws, toothpicks or stir sticks. Your brain does not care whether you have a cigarette in your hand or a straw. The only thing your brain cares about in that moment is that you complete the motor function of holding something in your hand and putting it to your mouth. Once this motor function has been completed and you have given your brain the satisfaction it desires, it will relax and move on to thinking about something else. This usually takes about fifteen to twenty seconds.

### *At work during breaks*

This is a habit and a routine. You have formed a routine and a timeline for your smoke breaks at work. I'm sure you could tell me exactly how many cigarettes you can smoke during any given break. You judge the time of day at work, by when your next smoke break is. It has helped to propel you through your day, by helping you keep time and giving you something to look forward to.

Most people assume that the moment they become non-smokers, they are no longer entitled to these breaks. They must chain themselves to their desks or work areas and when everyone else goes out for their smoke, you must suffer. First of all you must embrace the fact that you don't 'have' to do that anymore. (See Law 7 Embracing positive deprivation) Secondly and more importantly, you do deserve that break, just as a smoker does. You have become accustomed to taking that break and asking

you to just sit there and suffer would be inhumane. In reality a smoke break is just a brain break from work, smoking just happens to be what you used to do during that brain break. Take your breaks just as you always have. The difference will be that you will be doing something different during that break.

This is a time to give your brain a break and clear your head so you can get back to work with a fresh attitude. If you have the option and it's a nice day, take a short walk, call a friend, and go out of a different door than the smokers do. If you don't want to go outside, or if it's too cold to go for a walk, go to the bathroom and wash your hands, take a few deep breaths, reapply your makeup or fix your hair. All of these things will work. Find what you can do differently in your work environment and make a plan to do it.

### *After you eat*

There is nothing worse than enjoying a great meal with friends and just as the after dinner conversation gets going, you have to excuse yourself for a cigarette and then when you're done with that cigarette, you have to walk back in and sit down at the table smelling like cigarettes and feeling ashamed that you had to go out in the first place.

The after you eat cigarette is classified as a habit and a routine. It's just what you're used to doing after you eat a meal. I know some will tell me that a cigarette never tastes better than after a meal, but give me a break! I am going to eat a great steak dinner and love the taste of every bite and then I am going to wipe that taste out of my mouth with smoke? No! After you eat is a very simple routine to break. If you're at home, go to the bathroom and brush your teeth. It solves two issues, some of the hand-mouth fixation and after you eat you have about a two-minute window when you would normally fixate on the thought of a cigarette and brushing your teeth when done properly should take you about two

minutes. Issue solved. If at a restaurant, use a toothpick or go wash up.

### *Drinking alcohol*

Besides asking you not to have any drinks during the first few weeks after you quit smoking, which I know for most is a lot to ask; there are a few very simple things you can do to easily get over this temptation.

You will find that this situation is classified as a combination of hand to mouth fixation and habit and routine.

First smoking when drinking is a highly social behavior. Smoking also puts an edge on the buzz that you receive when you are consuming alcohol. You also have a high taste association between the drinks you normally drink and the cigarettes that you smoke.

Dealing with the social aspect of smoking and drinking is going to be a breeze for you, because you have already raised your standards and you have learned how to embrace positive deprivation and how that empowers you. As for the edge that cigarettes put on your buzz, it is a chemical reaction and it also assists in giving you a hangover. I have experienced myself and talked to countless ex-smokers and most of them will endorse my experience that you have not begun to enjoy drinking until you do it without cigarettes. That hard edge that you receive when you smoke a cigarette while drinking alcohol is essentially your nervous system getting jacked up. Alcohol is meant to be a relaxant. When you smoke and drink you are not relaxed. So learn to enjoy your drinks responsibly and relax.

The most important tip I will give you that helped me and helped many of my clients is to simply take away your taste association. Beer drinkers will say, "My beer and cigarettes go great together!" At the same time I will hear from another smoker, "My vodka and cranberry goes great with a cigarette!" The point is you have an enormous taste association with the drinks you usually drink and the taste of the cigarettes. Take



away that taste association by drinking something new and completely different than what you are used to drinking. If you drink beer, drink a mixed drink or another beer that tastes completely different. If you drink mixed drinks, find another mixed drink that you have never tried before and drink that. Plan ahead and get excited about the fact that you're a non-smoker and get excited about your new drink. I assure you, you will feel different about the evening and you will thank me in the morning.

### ***Summary***

Retraining your brain is very easily done. It is only about 10% of any issues you will have regarding quitting smoking. 90% of any thoughts you will have surrounding these various issues, (talking on the phone, driving, on the computer etc.) can be handled simply by using a straw or toothpick just to get over the hand to mouth fixation. The rest of your habits and routines are a matter of changing simple patterns that you have created in your every day life surrounding smoking. These are very simple and weak bonds that your brain has minor connections to. Just habitual type behaviors you have created over the years. For most of you, following the other 9 laws that I have laid out for you, will either completely eliminate the need to deal with this law or it will diminish it to the point you won't spend much time at all on it.

In the moments you have a thought for a cigarette, for instance in the car, use a straw or toothpick and keep it with you at all times. You will be shocked at how easily your brain will move on to a different thought. The best part is that one week of dealing with these tiny issues is all it takes for your brain to realize that you don't smoke anymore and it is now time to move on to more important matters and goals.

***Today- I will retrain my brain (Affirmation)***

*Today I realize that there is another part to quitting smoking that is a combination of the physical and mental aspects of smoking. This aspect may be small and I may not need much effort to get past it, but if ignored can cause my ultimate failure.*

*I know that by failing to recognize these behaviors and dealing with them, I can cause my mind great anxiety, which can cause me physical anxiety, in-turn causing me to crave cigarettes.*

*Today I will put effort into fully retraining my brain and be free of cigarettes and the behaviors that surround them forever. I will deal with these two distinct behaviors and put them behind me.*

*I now recognize that for years I have developed two behaviors that affect me mentally and physically. They are my habits and routines and my oral hand to mouth fixations.*

*Both of these behaviors will contribute to intermittent thoughts of smoking, especially in the first few days after my quit date.*

*They are simple behaviors with weak bonds to me and they are easily broken as long as all other commandments are followed.*

*I know that as long as the other commandments are being followed, the behavioral aspect of quitting will be easy to overcome and I can help it along by following two simple rules.*

*Today I will look at all of my daily routines, starting with the first cigarette of the day. I will look at these routines and the situations that surround them and I will take steps to develop new routines in their place, thus taking my mind out of the daily rut and giving it new fresh ways of behaving.*

*Today I will also follow the second rule, which will help me to solve the oral hand to mouth fixation that I have developed over the years. I now know this is nothing to be ashamed of, it is simply a motor function between my hand and my mouth that my brain has become accustomed to performing many times a day.*

*To solve this fixation I will use straws, toothpick or any object that I can take with my hand and put to my mouth that is not a cigarette and is not food. Any time I have a simple thought for a cigarette, I will use one of these inanimate objects to ease my mind of this fixation.*

Today I know that within a few days my mind will easily let go of these minor thoughts and they will be put behind me forever, so that I can move on and enjoy my new life as a non-smoker, unencumbered by old habitual type behaviors.

## **Tenth Commandment**

### *Be Still*

*“Only in quite waters do things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world.”*

*Hans Margolius*

You have now learned the essential mindsets of taking yourself from that of a smoker to one of a non-smoker. You have learned not to struggle and getting positive. You have learned to make a decision to quit smoking and in making that decision you have learned to redefine your identity. With your new identity you have learned that your words and your standards have the power to take you to a new level. In order to reach that new level, you have learned to visualize who you desire to be and embrace positive deprivation to control the power within you. You have also learned how to retrain your brain. You are now almost in full harmony with yourself as a non-smoker. Finally you must learn one of the most powerful laws of all. You must learn to be still.

Smoking and all of its mental hang-ups and social routines and fixations is a very busy activity. A smokers mind and body is abuzz with nervous wasted energy. There is no calmness in being a smoker. You

must always be thinking about your next fix, if you have enough cigarettes to get you through till you can get more and finding a place to smoke. Then there are the physical nervous affects of smoking that happen to you every time you smoke. Your insides never get rest from the constant up and down of your nervous system. You are not resting even when you think you are resting. The social aspect of being a smoker is harder than it has ever been. You are treated like a second-class citizen for smoking and you must constantly be making choices of when and where you can smoke, and who you can smoke around.

Now that you have made the decision to quit smoking forever and made the necessary steps to completely change your mind, quite your mind and the change the patterns of the past that led you to failure, you must now learn to become comfortable in your own skin so that you can continue to be a non-smoker for life. This starts with learning to be still.

### ***Quite your mind and be still***

All of the laws you have learned leading up to this point, you will use frequently getting you into and maintaining your new mindset as a non-smoker. They will be altering the way you see yourself and the way you see others in relation to you. Once you have changed your mind and become a non-smoker, this is the law and technique you will use most often to gain control over yourself and completely eliminate the need or want for smoking.

You are going to learn how to in any situation, quite your mind and be still. The root cause of failure for smokers when they are trying to quit smoking is getting caught up in a moment of weakness, of wanting that cigarette and then becoming anxious until you're a bundle of nerves. Even when all other laws are performed to perfection and you have obtained the

mindset of a non-smoker and you have quit smoking, you will always be a former smoker. Your mind on its deepest levels will never forget that part of your life. That's ok! You will learn to quiet your mind and be still. You will use this exercise very frequently in the beginning of your non-smoking life and with use it will become easier and easier to quiet that little monster that wants to get out.

In the beginning of your non-smoking life you will have frequent thoughts about smoking, some people even dream about it. Most of these thoughts don't cause much irritation, especially when you are excited about your new life and goals. Sometimes the thoughts can be more severe than others and these are usually do to some trigger that would usually cause you to smoke more than normal. They are usually associated with stress, certain people in your life or social situations. You will find yourself getting very wound up and anxious. This is the exact moment you will need to be still.

The easiest way to stop these thoughts in their tracks and to quiet your mind and be still is to, in the middle of these thoughts you need to forcefully and quietly in your own mind, scream, "STOP!" This is called 'massive interruption.' When you are caught up in any situation or bad habit in your life, using massive interruption will disrupt the pattern in your brain and allow your logical mind to take back over the controls and start to think rationally. Our minds are like tapes going over and over again, thinking the same thoughts which we feel we have no control over, but when negative thoughts come into our minds and start to repeat themselves over and over again, they can cause us to do things that we don't really want to do, like smoke. By interrupting those thought we allow ourselves to take back control and get back into a positive place.

When you scream, "STOP!" as loudly as you can in your mind and disrupt that negative thought for smoking, you will then be back in control. Now is the time to quiet your mind for a moment and be still.

Once your back in control you need to mentally step back from the situation. Wherever you are you need to imagine yourself going into shut down and reboot mode. The easiest way to do this, (I promise nobody will even notice you are doing any of this so don't feel weird. I used it always myself.) Once you are back in control, you must soften the muscles in your face, neck and shoulders. You will be surprised at how tense you had become. Once you do that then you need to dim your eyes. Take them out of focus of whatever is going on. Imagine yourself shrinking into oblivion or floating quietly underwater looking up through the surface of the water, to the point that your mind is quite, you are still and become only an observer in the room, watching everything through unfocused eyes, with sounds becoming background. Look around slowly as if you are detached from the situation and everything in it. Take a deep breath and let it out, imagining a positive power flowing out with it and bring yourself back into the light and the situation.

I promise you that if you practice this exercise alone at home you will be amazed at how well it works to get you back into focus, take the anxiety away and put a smile on your face.

You will just need to get rid of that nervous energy for a few seconds and you will be fine. The more you do this exercise in silencing your mind and becoming still, you will use it for other areas of your life as well. When quitting smoking you will use it frequently in the beginning, but need it less and less as time goes on because you will ultimately become more comfortable with yourself as a calm, happy non-smoker that can handle any situation. Do not let yourself get wrapped up in the nervous energy of the moment, quite you mind and be still.

***Detach from the outcome***

The true source of your power and strength in getting over your emotional feelings about smoking will come from your ability to detach yourself from the outcome of quitting smoking. What this means is that when your quit date arrives, you will no longer place any importance on continuing to smoke or quitting smoking. You will detach yourself emotionally from the success or failure of your attempt to quit smoking. By doing this, it will no longer be an attempt at quitting; you will just do it, without fear of failure or fear of what it will be like to be without cigarettes. You will be detached, almost as if you were watching another person quit smoking and you had no vested interest in the outcome. Is it true that when you hear a story about a difficulty that someone is going through and you have no emotional attachment to the situation, you are able to look at it objectively and usually make a wise decision as to what the person should do to resolve the problem? By taking a step back and detaching yourself from the outcome of your attempt to quit smoking you will feel the same way. You will be detaching from your emotions surrounding smoking, enough to make rational decisions and not get caught up in the moment.

For so long you have enveloped yourself in a blanket of security by continuing to smoke. You have become so attached emotionally to cigarettes. Smoking and the whole lifestyle that it has created has become a safe haven for you. You have attached yourself to the idea that your life isn't so bad right now and the fear of the unknown after you quit and how your life may change, only enforces that attachment. You ultimately know that you do not want to be a smoker and that you must quit in order to live a healthy and fulfilled life, yet the fear of quitting has stagnated you into continuing to keep smoking.

You must see smoking and your lifestyle that goes with it as a silly game. Quitting smoking will not dramatically change your life in any way. The only way that smoking will change your life will be for the positive.

Quitting smoking is not a struggle. In order to be successful in quitting and being successful in quitting easily, you must let go of your ideas about how difficult it will be to quit. Quitting is actually effortless and all you're attached to is the fear of failure. You must relax and get your mind into a mental state that you do not care whether you quit smoking forever or you go back to smoking. I know this seems odd to say, but by detaching yourself from the outcome of your attempt to quit and getting yourself into an uncaring state of mind, you will place no importance on either smoking or quitting smoking. This is the peak mindset I want you to be in. Most of our struggles in life can be contributed to placing so much importance on controlling everything. We squeeze and hold onto everything so hard that it becomes unbearable to let go. *We get in the way of ourselves.* We become the source of the struggle.

You must not place any importance on smoking whatsoever. It must be a non-issue, so when you do lay those cigarettes down for good, you will not care whether you succeed or fail. When you do not care about something, you are not willing to put any effort into that thing. Smoking takes a lot of effort and quitting takes no effort at all, so you are absolutely bound for success. If you do not care whether you smoke or don't smoke, the odds are in favor of you not smoking because you will not feel the need to be bothered with it or put any effort into going back to it. You will see it as a bothersome idea and a hassle to even get started smoking again. Thus you are detached from the outcome of quitting smoking. It's no big deal either way.

You must tell yourself daily that you do not care about smoking and when you stop smoking you do not care whether or not you go back, until it becomes a real genuine feeling inside of you. By doing this daily, you will day by day be destroying the emotional attachments you have to smoking. When your mind perceives you don't care about the outcome of an event, it will start to destroy all importance you place on it. When you



reach your quit date, you really will not care about smoking one way or the other, so the choice to quit will be easy and without struggle. Effortless.

### ***Prayer and Meditation***

I don't personally care what your beliefs are, prayer and or meditation in your quiet time as your beginning to take your path to becoming a non-smoker will be an important part of the journey. Changing the way you function on any level begins in the mind as I stated in my first lines of this book and you can have no transformation of any real value, including becoming a non-smoker without gaining a certain level of peace of mind. Praying and meditating while you read this book and begin on the road to your quit date will put your mind at peace with the journey you are about to take. It will give you an inner quietness that brings peace, strength and harmony to you, which will give you the right balance mentally to accomplish all of these laws with ease and maintain your level of excitement and enthusiasm for your new life. Pray and meditate daily on the positive aspects of your life. Pray and meditate on who you want to be and ask for guidance on what type of standards you personally need to obtain in order to not struggle through this process. Pray and meditate on becoming that inner child inside that never smoked and would never think of smoking.

When you obtain an inner level of peace about quitting smoking and follow the laws within this book you will know you are at your end with smoking. You will find a peace on the other side that will be the answer to quitting you have been looking for all along.

### ***Today- I am still (Affirmation)***

*Today I have realized that my smoking habit has created a lot of wasted nervous energy in my life.*

*All of the Commandments have led me to this very point. I know now that in order to quit and stay quit forever, I must ultimately learn to be still.*

*Today I recognize that smoking is an unimportant part of my life. It has become so tiny and insignificant as to be non-existent. It is through this feeling and knowledge that I will now detach myself from the outcome of quitting smoking forever.*

*I will no longer place any importance on cigarettes, smoking or quitting smoking. I have come so far that all of these things mean nothing to me. I know that staying attached to my old feelings will only keep me in a lifelong struggle. I will struggle no more. I have let go. I am detached.*

*Today I know that I will flow like water through any situation, and if at any time I feel that old nervous energy or that my thoughts are losing control, I will quite my mind and be still.*

*My expressions will soften, my mind will go quite and I will be still and at peace.*

*Today I realize that I will find true peace and harmony in my journey to quit smoking, and even greater peace when I emerge on the other side. I will find this peace through prayer and meditation.*

*I will not pray for material things, only guidance that I shall be given the knowledge and strength to follow the commandments in this book. In this one act, I know I will be successful.*

*It has been until now and will always be an exiting journey. Today I know with complete certainty that this will be one of the most amazing accomplishments of my life. I look forward to my new life and smile.*

*Today I am free.*

***Peace be with you my friend  
Charles Westover***

**The**  
**Quit Smoking**  
**Bible**

**The 10 Commandments**  
**To quit smoking forever**

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