# Are You Ready to STOP SMOKING NOW?

**Background**

The tobacco industry has never denied this is a physically addictive drug and would you if you were involved in a [$888 billion industry](https://www.prnewswire.com/news-releases/global-cigarette-market-2018-2019--2024-the-market-was-worth-us-888-billion-in-2018-and-is-projected-to-reach-a-value-of-1-124-billion-by-2024--300797851.html) in 2018, with a [marketing spend of $9.36 billion](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/economics/econ_facts/index.htm) in 2017. However, irrespective of any moral or ethical issues, they are selling and profiting at your expense.

As soon as it was known tobacco was harmful to health the tobacco industry made some “life-saving” changes, such as adding filters onto the cigarettes, and lowering nicotine levels. As a result, people’s perception was that cigarette smoking is safe, and they switched to low tar cigarettes. The reason for this was that those 80% who believed they were addicted would automatically compensate and smoke more. Only 20% believed it was habit.

The pre-switch nicotine intake was estimated to be around 600 mg, and after the switch they were consuming only 240 mg, however they did not feel any different. Why? The reason for this is that it did not have to do with nicotine from the point of view of drug addiction, but the issue was with mental addiction. That is, as long as they believed they were getting enough, they were contented.

**Which is the most important cigarette of the day for you?**

If there is a chemical addiction to nicotine, then the need should be greatest the first thing in the morning. The reason for this is that if you smoke one every 20 to 30 minutes during the day, then overnight the [nicotine levels in your body](https://www.medicalnewstoday.com/articles/322526) will have come down significantly and consequently you should need around 4 to 8 cigarettes on waking to return to your daytime nicotine levels. Do you? Of course not! In fact, a surprising number of individuals can not face a cigarette in the morning, and is independent of what cigarette type is smoked, high, low tar, filtered and unfiltered cigarettes.

**Are we creatures of habit?**

Ex-smokers often state that “not one day goes by without the thought of a cigarette, and given half a chance I would smoke one a mile long!” This is seriously not a good way to go through life, and it is the result of ongoing influence of the subconscious mind. The subconscious mind is like a computer, programmed by each of life’s experiences, and we are supposed to be predictable. It is the duty of our subconscious mind to be responsible for our values, skills, moral, and idiosyncrasy because each person’s experience is different. Consequently, habit is a more powerful influence than the chemical nicotine.

**Will I experience withdrawal symptoms?**

There is a belief system that stopping smoking will result in withdrawal symptoms, which will be opposite to what the individual was like while they were smoking. For example, if you were bubbly whilst a smoker, stopping smoking would result in being lethargic or tired. If you were laid-back, then you may become irritable and excitable.

What is happening when a chain smoker stops smoking, and exclaims “I’m addicted. I am going around the bend looking for cigarette butts”. Then finally on Sunday the individual runs all the way to convenience store, and is relieved with the very first puff, rationalising that nicotine is back in his system. However, pre-stopping he had megatons of nicotine in his system, and now calm and relaxed with one puff! So, you can understand that it had to be something other than physical, and furthermore, have you heard of anyone say their symptoms persisted after they lit that cigarette?

**Pavlovian conditioning**

Would you admit that it takes time to learn to like cigarettes? Did you enjoy your first cigarette or any of those early ones? Then a pattern of behaviour is developed to smoke, including important cigarettes of the day. Smoking becomes the common denominator, and is the one thing that you do, when you are having an unpleasant experience. After hundreds of experiences, Pavlovian conditioning has occurred. That is, we take two completely unrelated events, experience them together often enough, each one becomes symbolic for each other, so a cigarette now become symbolic for relaxation.

Every time you smoke one and enjoy it, you are reinforcing that behaviour, and give the cigarette the credit without realising it. “I always relax when I smoke”. Others who quit, for say 1 - 2 years, restart due to “something happened”. This could be marital stress, work pressures or death of a loved one. We need to understand that this has got nothing to do with wanting nicotine, but it has got to do with “I want to feel better”.

After waking in the morning, the first cigarette increases the [heart rate](https://www.scielo.br/scielo.php?script=sci_nlinks&ref=000099&pid=S0066-782X200600170001600024&lng=en) by 14% and [blood pressure](https://www.scielo.br/scielo.php?script=sci_nlinks&ref=000099&pid=S0066-782X200600170001600024&lng=en) by 6%. How can that be calmative? Some may use it to stay awake while driving late at night. It has been shown that the response to a cigarette, is the same by using a blindfold, holding the nostrils closed, clicking the lighter, and handing them a non-lit cigarette. They take a puff and relax! What is interesting is that habit does not need rationalisation, it is embedded in our subconscious minds. Have you thought of “How many people smoke for the same reason they started to smoke?” Nobody!

**Mental addiction**

Hence, it should now be apparent that the mental addiction is much greater than the physical addiction. [Opium withdrawal](https://americanaddictioncenters.org/withdrawal-timelines-treatments/opiate) may last 7 to 10 days, then why would nicotine withdrawal last months to years? Also, why has tolerance not developed? You essentially smoke the same amount as when you started, you would expect this to continue increasing. If you continue to miss tobacco mentally, there is a 70% relapse in first 3 months, and 75% relapse by the end of the first year. Therefore, it is imperative to get over this mental hurdle.

After stopping smoking, some people respond by saying “It was like I lost my best friend”. This is because it is the one thing they can depend on, something they can use to “relax”. If a cigarette is a relaxant, and all the relaxation comes with the first puff, why does the relaxation not increase with subsequent successive puffs? What kind of drug is nicotine that it gives the maximum effect with the smallest amount delivered? If it was such a strong relaxant, then by the end of the cigarette it could cause you to pass out, like opium would. It does not because it is a mental effect and not a drug effect.

There is no correlation between the amount and duration of smoking and your ability to stop smoking because your subconscious mental system believes that “I need this”. You may believe that you cannot remain a non-smoker for life. Well, around one third cannot remember what it was like to smoke, a question arises in a further third for example when the phone rings or having a cup of coffee. The other third may have a bigger urge to light up which can be mitigated by ongoing listening to the Smoking Cessation Imagery Guided Therapy for as often and as long as it takes to become and remain a non-smoker.

**Withdrawal symptoms**

Nicotine is virtually [eliminated in 24-36 hours](https://www.drugrehab.com/addiction/drugs/nicotine/nicotine-in-system/), though traces and by products may be detected for some time. The side effect, is for the first 2 to 3 days, in very heavy smokers of tiredness, lethargy or drowsiness. This is because of the lack of stimulant in the system, and the response of the body getting back to normal.

An interesting point is that when you are expected to come off an addictive drug you expect symptoms. With nicotine one might expect intense craving, [tingling](https://www.healthline.com/symptom/numbness) in the hands and [feet](https://www.healthline.com/health/tingling-in-feet), [sweating](https://www.healthline.com/health/sweating), [nausea](https://www.healthline.com/symptom/nausea) and [abdominal cramping](https://www.healthline.com/symptom/abdominal-pain), [constipation](https://www.healthline.com/symptom/constipation) and [gas](https://www.healthline.com/symptom/flatulence), [headaches](https://www.healthline.com/health/headache), [coughing](https://www.healthline.com/symptom/cough), [sore throat](https://www.healthline.com/health/sore-throat), [insomnia](https://www.healthline.com/health/insomnia), [difficulty concentrating](https://www.healthline.com/symptom/unable-to-concentrate), [anxiety](https://www.healthline.com/health/anxiety), [irritability](https://www.healthline.com/symptom/irritable-mood), and [depression](https://www.healthline.com/health/depression). Weight gain is a big concern for many smokers contemplating stopping smoking.

The Imagery Guided Smoking Cessation Therapy has incorporated suggestions to address the mental and physical aspects of weight gain and other reported withdrawal symptoms. There will be no reason to substitute for the light ups that you have through the day. The food you eat will smell and taste better, and with that increased satisfaction you will be satiated with less food. The increased oxygen passing through your lungs and body will provide increased well-being and physical activity.

Your sleep hygiene is significantly improved through the suggestions. because your body. Your body is exhausted by the end of the day from the cigarettes keeping you going. It is constantly having to work off a high level of stimulant, dealing with hydrogen cyanide, formaldehyde, lead, arsenic, ammonia, benzene and other compounds and prevent their harmful accumulation.

**What about the Cost of Smoking?**

What is it worth to you to stop?

It is expensive any way you look at it. It is imperative to stop smoking for health reasons, longevity, quality of life, fitness and for the sake of loved ones around you. We can say the savings is a “secondary” benefit you will receive, rather than the money going up in “smoke”.

**Programming the subconscious mind**

From birth you have ONLY learned from your experiences, that what has been done, or expected to be done. Hence, you must now learn and experience what it is like to not smoke, which seems like a peculiar situation. The Imagery Guided Smoking Cessation Therapy gives your mind the opportunity and the ideal conditions from which you can “re-learn” (creating emotionalised responses).

Remember when you learned to ride a bike? You wanted one, you daydreamed riding one, and you finally got one. You got on it, may or may not have used trainer wheels, fell over 20-30 times and it didn’t get better! You were no better at falling down the 20th time than the 1st time. No learning happened because it was not a pleasant experience and it was a failure. However, all it took for riding to become a learned behaviour was ONE experience. Suddenly, you balanced got 10-20 metres and you say, “that’s it”, with an absolute joy and rush of emotions which opened your subconscious mind. The subconscious mind says, “this is important and it’s what I’ve been looking for all this time and I’ve just now experienced it”.

It is much like a camera at the instant of a shutter click, an impression is made on the film. In the same manner, the instant you like an emotionalised response, this opens the subconscious mind to form a new neural pathway forever. It is etched in the subconscious mind from that moment, through the Imagery Guided Smoking Cessation Therapy, and you are a non-smoker. Like you have been a bicycle rider, when it became second nature, you did it as though you had always done it.

You did not have to stop and think about it, and similarly with your smoking, the subconscious mind does not differentiate between what is imagined and what is real. If you can imagine it, it is as though you have already done it. For example, when you have a dream, it was real whether pleasant, bad or whatever, and even your physical responses were the same.

**Would a Money Back Guarantee help?**

Set your Quit Date now! You will stop smoking at the end of listening to the Smoking Cessation Imagery Guided Therapy for the 1st time. This program is not designed for tapering off because there will be a tendency to increase back to the same amount. Perhaps even slightly increase it because you may feel the need to “catch-up”, rather than developing a tolerance for nicotine.

IF IT’S TO BE, IT’S UP TO ME!

I am personally offering you a 100% no fuss money back guarantee.

**Being a life-long non-smoker**

If you want, you could build up a whole lot of experiences as a non-smoker, using examples through the day. This is simply learning, and when you finish the Imagery Guided Smoking Cessation Therapy, you will experience what it is like to be a non-smoker again, with a point of reference for it. You already know (subconsciously) how, “I have already done it”

You will not consciously feel any different immediately, but your subconscious mind knows you are a non-smoker. It generally takes several days, to culture this feeling, and for it to percolate through from the subconscious mind to the conscious (critical) mind, to realise and accept, “this actually works”!

Hence, you stop smoking with ONE Imagery Guided Smoking Cessation session, after the prescribed preparation outlined in the instructions.