

10 Things to do Before You Quit Smoking

(To Ensure Your Success)

By Nick Wright



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- This report is based upon personal experience and research, no part of it forms medical advice and the author is not a healthcare professional.
- This report gives advice on how to approach stopping smoking, it does not give any enforceable guarantee or warranty of success.

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Introduction

This short report is the result of a personal journey I took to free myself from the slavery of smoking. This is not a rehashed, plagiarised, read it all before piece of junk, this report is written from my own research, experience and endeavours to become free from tobacco. Become free is exactly what I have done and I am happy every day that I finally achieved non-smoker status after many failed attempts.

A little about me, my name is Nick Wright, I am 41 and I was a smoker for almost 29 years. Yes I started to smoke when I was 12, pretty stupid but there you go, kids will do stupid things. I tried many times to stop smoking and tried many different ways. What I discovered is that there is no magic bullet to stop smoking, there are methods and strategies that can be applied in different ways for different smokers, after all we are all individuals. There are some more effective than others in general and some I would never recommend to anyone, but more of that later.

The main thing I discovered when I looked back at how I became a non-smoker is that there are little things that every smoker can do to prepare for the day when they become a non-smoker. What I have done in this report is list the main points that every smoker should take notice of if they want to become a non-smoker. Hopefully every smoker wants to be a non-smoker but that is unlikely, there will always be those who think that smoking is okay. None of the tips will tell you how to finally stop, that is up to you although I will make some recommendations at the end of the report for your next steps to being a non-smoker.

Okay, let's move on. If you follow my "things to do before you quit", I guarantee that you will be in a more positive frame of mind to quit, this in itself will greatly increase your chances of success. Even if you have tried to quit 100 times before and failed, there is no reason to stop trying and armed with the information in this report you will have a much greater chance of success.

To improve your chances of success you need to take notice of and DO all 10, this is not an opt-in list or multiple choice list, the 10 go together and belong together and to succeed you must follow and do all 10. Let's get started!

1. Work Out Your Main Reason for Wanting to Stop Smoking and Focus on it

This is incredibly important as a starting point. Anyone who does not smoke will have a list of reasons for any smoker to stop and I know you have heard them all before, its bad for you, it costs too much, it smells awful and so on, and so on. You have probably heard them so many times before that they no longer mean anything or have any effect on you. The media lets us know every day that there are umpteen reasons to stop smoking, very kind of them, do you care? Probably not which is why this step is so important. The only reason for you to stop smoking is a reason that means something to YOU. If you have considered stopping smoking, why have you considered it, what made you really think that you should stop?

The reason should be very compelling and very personal to you, a general “its bad for me” usually doesn’t work. Think about why YOU should stop as an individual and focus on it, write it down, put on a notice board in your kitchen, put a post-it in your car, anything that makes you think of it.

2. Do it For Yourself, Not for Anyone Else

This is where a lot of smokers go wrong at the beginning of their attempt to quit and fail because they are stopping to satisfy or please someone else. Stopping smoking to get someone off your back is doomed to failure. The only person you should be stopping smoking for is YOU.

It is very easy to be swayed by our loved ones and friends who are concerned for our health and welfare as a smoker. It is very easy to feel pushed into a corner and made to think that we must stop because we owe it our families. That may be the case but it is not enough to take you away from the pull of smoking.

It is much the same with anything in life that we decide to do because we feel pressured then regret later, we don’t make a long term success out of it. If you are quitting for you then you have a much greater chance of long term success and staying a non-smoker.

3. Count Up How Much Money You Spend on Tobacco

This is an old one I know but very powerful when approached in the right way. Sit down with a pen and paper, writing this down is important. Be honest about how many cigarettes a day you smoke, or how many cigars or how much pipe tobacco. This actually does work better with cigarette smokers as they tend to spend the most. I stress be honest because every smoker I know, myself included would only really admit to about 70-80% of what they actually smoked. If I smoked 10 a day I would admit to 7.

Add up how many cigarettes you smoke in a week and work out how much it costs you per week, then multiply that to work out how much you spend a year. Don't do anything else with the figure, just take a look at how much you spend a year on killing yourself. If you smoke 20 a day in a couple of years you could probably afford your own hit man and go out in style.

4. Decide How You Will Spend the Money You Save

This is trickier than it sounds. This was suggested to me and probably to you many times, along the lines of "Just think what you will do with the money you save". So you do think about it and by the time you finish thinking about it you have spent whatever you will save several times over and it hardly seems worth it. This is a little trick your mind has of diminishing the benefit by overwhelming you with the possibilities. You spend so long thinking about the spending possibilities that they become too numerous to be affordable and by comparison the saving you make by quitting smoking seems insignificant, although it may be several thousand pounds/dollars a year. If you were offered several thousand pounds or dollars a year for free, would you turn it down?

The point here is to pick out one or two things that your smoking habit could pay for if you were to stop smoking. Decide on what you would like to have the most or what would be of most benefit and concentrate on putting the money you save towards that.

Write it down, put it on a calendar so that you can see your progress in saving towards it. If it is a small thing on a regular basis, make sure you buy it, don't miss out you will have earned it.

5. Don't Cut Down Smoking Before You Quit

This is a controversial one and one that contradicts some popular methods of stopping smoking. It is, however, one that I strongly believe in. In my experience of trying to stop smoking I have cut down several times, unfortunately cutting down never helped me to quit altogether.

There are two sides to the reasons why smokers continue to smoke, physical addiction to nicotine and a number of psychological factors. In my opinion the psychological side far outweighs the nicotine addiction. If you overcome the psychological factors you can stop smoking with hardly any nicotine withdrawal, I know because I have done it.

Cutting down actually makes it harder to stop smoking.

When you cut down you are denying your body its precious intake of nicotine and you are making that next cigarette more and more precious. Your mind focuses on when you are allowed to smoke again and be relieved of its enforced withdrawal. The withdrawal is more acute than normal because you are mentally focused on it and when you finally smoke the relief is more intense and the illusion of pleasure that withdrawal relief gives is far more enticing.

To illustrate this think about how a cigarette makes you feel when you can smoke as much as you like, then think about how a cigarette makes you feel when you have been unable to smoke for a period of time, such as when you are at work, which feels better?

6. Work Out How Much of Your Day You Waste Smoking

This is a little similar to working out how much money you waste, but I think that this is more significant. When we talk about wasting money we tend to be influenced by the fact that the money we waste can be replaced. The problem with our time is that once it has gone it can not be replaced, we only have so much time in our lives and every time we waste it, it is lost. Think about this coupled with the fact that smoking has become ever more socially unacceptable, nowadays smokers have to slope off somewhere on their own to indulge their habit. You can no

longer smoke in your workplace or in a bar or at a restaurant. How much time do you waste in a day sneaking off for a smoke when you could be doing something more useful? How much time do you waste at work when you nip off for a smoke? How many special moments do you miss socially because you have to go outside to light up?

The next time you have to leave what you are doing to go for a smoke, time it. Time it from when you stop doing whatever it is that is occupying you, to when you get back. That time is gone forever money can't buy it back, which is why I think that the time you waste is more valuable than the money you spend on smoking. Then think about what you could have done with that time over the day, how much more could you have achieved? How much more of your friends and families company could you have enjoyed?

To me this is one of the most compelling reasons of all to stop smoking, take back that part of your life that you spend occupied with smoking and do something more useful or enjoyable with it.

7. Every Cigarette You Smoke, Think About What it Does For You

This is a great way to prepare you for finally quitting smoking. What you need to do is start thinking every time you light up a cigarette, "what is this cigarette doing for me?" The trick here is to distinguish between what is meant by doing something for you and doing something to you. Every time you smoke, cigarettes are doing something to you, mostly harmful things but you already know that, I won't insult your intelligence by listing them. What exactly are cigarettes doing *for* you. This implies that they may have some beneficial effects and some smokers will argue that smoking helps to relax them, after all do we not gain some benefit from relaxing. This is unfortunately nonsense and the subject of a lengthy discussion I had with a determined smoker. I won't go into this at length, it is enough to say that the illusion of relaxation or calming effects from smoking are only relief from nicotine withdrawal caused by your last cigarette, that causes the anxiety and need to relax in the first place.

If you really think about this one and are totally honest you will agree that smoking does absolutely nothing for you, there is no benefit whatsoever. Keep this in mind as you progress towards quitting.

8. Think About What it is Like to be a Non-Smoker

At some point in every smoker's life they were a non-smoker. For me it was life up to being 12 years old, so it is not that easy for me to remember what it is like to be a non-smoker, I was a smoker for most of my life. I had to use my imagination.

Have you ever felt trapped by smoking? Ever felt afraid or irritated at the thought that you are running out of cigarettes and don't know where you can get some more? Have you ever worried about visiting somewhere because you may not be able to smoke, or dreaded taking a flight for the same reason? Do you hide your smoking from anyone? How does it feel to live a lie to those you hide your habit from?

These feelings don't happen to non-smokers, they do not have the same self imposed restrictions on their lives. A non-smoker does not care about No Smoking signs, or whether they have enough cigarettes for a night out, they are free from these boundaries.

Think about how not caring whether you can smoke or not would change your life, think about the freedom it would give you and the worry that would be taken away. You will start to see that non-smokers have a pretty good time of it compared to the poor miserable smoker.

9. Believe You Can Quit

One of the most important factors in determining whether you succeed or fail to quit smoking is the desire to do so, another is the belief that you can. Without these two your chances of success are reduced. Despite what everyone says about quitting smoking, including many "authorities" on the subject, it is not that difficult if you do it the right way.

I failed many times because I didn't do it the right way, luckily I finally found the correct formula for me to stop and I haven't looked back since. An essential ingredient in that formula was belief. I had to believe it was possible. I had to stop listening to all the negative rubbish that told me how hard it is to stop smoking and truly believe that it was possible for **me**. You must get rid of any doubt in your mind that you can stop. If you believe that you can stop smoking, that no matter what you have to do, you can do it then you will have a much easier task.

10. Set a Date and Look Forward to it

Most smokers when faced with having to stop their habit, look towards the day they have chosen to stop with dread. This is because they have not prepared themselves properly to stop smoking. One of the steps to preparing yourself is looking forward to stopping. Choose a day to stop, this is a landmark in your life, marking when your life will change significantly for the better. Think about this day as one to look forward to, as a happy event in your life, it is the day when you will do something so beneficial to you that little else compares.

Your thoughts about quitting should be happy ones, no longer will you be a slave to smoking, you will get your life back from addiction, surely that is something to be happy about!

The Next Step

All that is left for you to do, when you feel ready is stop smoking. It is as simple as that. Although I said earlier to only quit for yourself, you should not quit alone. Don't quit in silence, let your family and friends know what you are doing, so that you can benefit from their support. The main reason a lot of smokers try to quit alone and in silence is the fear of failing in front of others. If you follow the steps above and take my next piece of advice you will have every chance of success.

Remember I am an ex-smoker, I now like to think of myself not as an ex-smoker but a non-smoker. I have been through the pain of quitting and failing many times just like so many people who have fallen victim to the tobacco industry. I am not someone who is just full of advice with no substance, every piece of advice I give is from experience, I have quit, so can you, with help.

After you have followed step 10 above and set your date, choose your method. This is also very important to your success, you must have a method or system and stick to it. There are many methods people use to quit smoking, none are universal, none work for everyone, we are all different. On the next pages are some examples of popular and effective methods used to stop smoking. The only ones I won't include are willpower and those that require a prescription from your doctor. I won't include willpower because I don't believe it can achieve long term

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success and the prescription methods I am not qualified to discuss, for products such as Champix or Zyban please see your doctor. These are products I have never tried, I personally just don't like prescription drugs.

There are many great products out there to help you stop smoking, audio products, written products and replacement therapy products. I have spent an awfully long time looking for the best and most effective and I shall give you the details of each. The important thing to remember is that for any of them to work they need you, you have to be committed to stopping smoking. If you have decided to stop, with help, nothing can hold you back, you just need to get on with it.

Audio

Most audio products aimed at helping you to stop smoking use a method called NLP (Neuro Linguistic Programming) otherwise known as hypnotherapy. There is nothing sinister about this and you will NOT be hypnotized. All they aim to do is change the way you see smoking. Smoking is a very psychologically gripping addiction, NLP attempts to loosen that grip by changing your perception of smoking. In my opinion, after many attempts to quit, this is the most effective method of all. It lessens the withdrawal as you genuinely don't want to smoke, the desire is completely removed along with the fear of being without.

Quit Smoking Today



Quit Smoking Today
Amazing Secret that Guarantees You'll Stop Smoking Today!
[CLICK HERE TO GET STARTED NOW!](#)

This is one of the most popular digital audio stop smoking programs available today. It is available as a digital download so you can start almost straight away. Listen to it on your PC, your mp3 player or put it on a cd and listen in your car. This product was developed by Rob Mellor and is backed up by his guarantee that you will quit.

[Click Here to Find Out More !](#)

The FreshStart™ Program



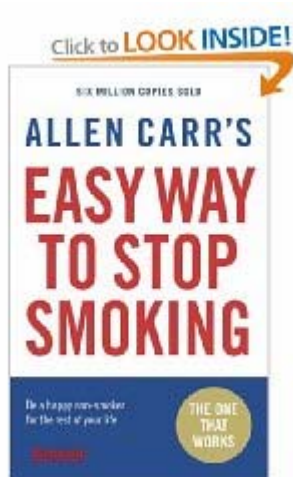
The FreshStart™ Program is developed by Matt Godson, a clinical hypnotherapist, accredited by the American Board of Hypnotherapy. Matt guarantees to stop you smoking in an hour. By this he means it takes about an hour to go through his materials, you then have to commit to breathing exercises for a further three days. Matt has a 94% success rate and

is so confident that he offers a 100% money back guarantee. You can visit Matt by clicking here – [The FreshStart Method](#)

Written

There are many, many books out there that claim to be able to help you stop smoking. One stands out from all the rest, and for me is the only one that I would recommend. It is, however, like all things, not for everyone. I will therefore give a backup recommendation just in case.

Allen Carr's: Easyway to Stop Smoking



This book is the best I have come across and you don't have to stop smoking until you have finished reading it, in fact Allen Carr recommends you carry on smoking until the end. It is part of the method he uses to change the way you think about smoking.

Allen was a 100 a day smoker himself and went from that to stopping, overnight with no panic or withdrawal. His book claims to have stopped 9

million smokers and his methods are carried out in a worldwide chain of specialist clinics.

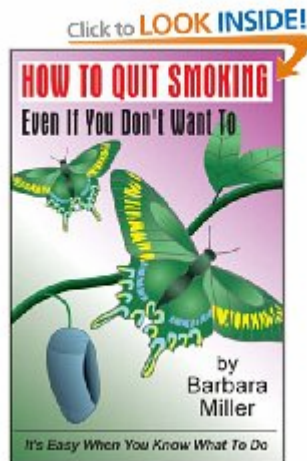
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Amazon usually has the best prices on his books, try them below. I have included both .com and .co.uk links.

amazon.co.uk

amazon.com

Barbara Miller's: How to Quit Smoking Even if You Don't Want to



I love the title of this book because it lets you know that it is possible and that at some point in your life as a smoker you will tell yourself that you don't want to quit even though you know you should.

Barbara is an established author and public speaker. She reproduces this book successfully as an 8 hour seminar, but for those of us who are unable to attend there is always the print version.

You can get this from Amazon below, again I have included both .com and .co.uk links.

amazon.co.uk

amazon.com

Replacement Therapy

Again not for everyone but for those of you who want to stop smoking without immediately stopping your nicotine fix then this may be for you. This method includes nicotine patches, gum, herbal methods and e-cigarettes. This has never worked long term for me but as I have mentioned before, we are all different.

The basis of this therapy is to let you down slowly from your nicotine addiction whilst avoiding all the other harmful components associated with smoking. The substitute nicotine if used correctly and in progressively reducing doses will ease the withdrawal from nicotine addiction until you no longer crave it. E-cigarettes, for example, deliver a measure of nicotine to your body in a cigarette like appliance. These allow you to still "smoke" whilst not using tobacco. These are fairly new on the market but have proven very popular.

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You can try electronic cigarettes out here:



www.cigarti.com

and here:



The more traditional patches, that release nicotine slowly over time and the more immediate gum and lozenges are all still very popular and although I won't feature any of those as individual products here, you can find a great selection at the following links:

[Quit Smoking Amazon UK Store](#)

[Quit Smoking Amazon US Store](#)

Well that is it, I hope you have found this a useful read and I hope that you have gained some inspiration from it. Please pass this on to anyone that you think will find it useful. This is a free to giveaway publication so long as it is not altered in any way.

If you have any comments or suggestions please feel free to email me at nick@quitsmokingwithnick.com I look forward to hearing from you.

To your success in becoming a non-smoker.

Best Wishes

Nick Wright