



An excerpt from:

The Successfully Stop Smoking System.

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Publication

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The reader is encouraged to seek competent, professional medical advice before using any tips and strategies shared in this publication.

Congratulations on taking the first step to becoming smokefree!

Table of Contents

Foreward	4
Chapter One - Congrats are in Order	7
Chapter Two - We Should Stop Smoking (Well <i>duh</i>).....	13
Chapter Three - So What is the Successfully Stop System?	22
Chapter Four - Quitting in Our Culture of Consumption.....	31
Chapter Five - Discovering Your Triggers.....	35
Chapter Six - Rationalise the Demon	49
Chapter Seven - The Power of the Mind	53
Chapter Eight - Taking Back the Reins.....	59
Chapter Nine - The Myth that is 'Cutting Down.'	61
Chapter Ten - Smoking and Drinking	64
Chapter Eleven - Smoking and the Opposite Sex	67
Chapter Twelve - So Why On Earth Do We Start?.....	69
Chapter Thirteen - Smoking, Taxes and the Powers That Be	73
Chapter Fourteen - Changing the Way You Think About Smoking	75
Chapter Fifteen - Avoiding Weight Gain.....	78
Chapter Sixteen - Cleansing Your Body	82
Chapter Seventeen - Reward Your Success.....	86
Chapter Eighteen - Staying Stopped.....	88
Prologue – Finding Your Triggers.....	95

The Successfully Stop Smoking System

FOREWARD

How many times have you said to yourself, "Right, at the end of this packet, this is definitely it? I'm going to do it this time, I'm going to stop."

But... somehow, just like always, something happened.

There was some event you couldn't get out of with all your smoking cronies, someone came to visit that you always smoke with, some 'pressure' situation emerged and like magic, you ended up with \$15 less in your pocket & yet another pack to vow your last.

Does the sight of a long term smoker hitting their late thirties with a constant hack & severe wrinkles (caused by long term cigarette use breaking down the collagen in their skin so they look *years* older than they are), make you think, will that be me at their age? (The answer is yes, by the way.)

Do you want to be there for your children when they have *their* first child? Rather than have them visit you in hospital, crying, while you lay there feeling a fool because you brought this *painful*, frightening, hideous disease on *yourself*?

Have you even been the victim of a smoking related illness, but still can't quite seem to find the strength to let go of the smoking habit? Do you have family members you have watched die due to their habit and *still* you can't seem to find the strength to quit?

Have you (just like me) tried everything to quit smoking: patches, gum, hypnosis, cold turkey and (just like me) you have failed miserably time and time again?

The Successfully Stop Smoking System

Then I know exactly what you are going through and my system is just what you are looking for.

When I decided to quit smoking for good, again, for all of the reasons listed above (and so many more), I lit up a cigarette and began to write.

Amidst the clouds I thought about the hundreds of smokers I had talked to, the reasons they smoked, why they started & how they had tried to quit.

I went to forums and talked to smokers from across the globe about smoking. All that talk of smoking just made me feel like a cigarette.

A few weeks went by. I had drawn a few conclusions, but I was still smoking like a train. At least 50gms a week and sometimes I would have to buy another 30gm.

Then suddenly, one day, without warning, My EUREKA moment hit me.

It was like the windows flew open & a fresh breeze (pardon the pun) blew through. I knew, this time, it was forever.

I crushed out my last cigarette 2 years ago after 15 years of smoking & I know I'll *never* touch them again. Asides from the odd twinge when I have been in a social situation involving alcohol I have never looked back.

Best of all, it was so easy, I barely noticed the achievement. It was like cigarettes just meant nothing to me anymore. I felt completely indifferent to their existence.

I now almost want 20 years to pass so that I can say "See, I did it. I told you it was forever. I told you this really was it."

Today, I enjoy an ash free environment. I have a fresh smelling home, same for my clothes and hair. My skin looks bright and clear, my taste

The Successfully Stop Smoking System

and smell are something that has to be experienced to be believed. Instead of it getting harder to stay stopped as time goes on, my resolution to stay quit has *increased* over the months. It is a massive weight off my shoulders to know I never have to jam one of those stinky butts in my mouth ever again and I'm now free from the need to inhale carcinogenic fumes into my soft pink lung tissue *ever* again.

"But *how!* I hear you cry, "What is this magic that takes away all cravings and feeling of loss? *How* do I replace this with sense of empowerment in the knowledge I am free from the possibility of being the *one in three* smokers who will die in a way they won't like much?"

Well, I've discovered 'The Successfully Stop System.'

Very basically, it uses simple psychological tactics to totally rewire the way you think about smoking. It will completely change the way you feel about cigarettes and fly in the face of anything you ever thought you knew about smoking.

Sound complicated? On the contrary, this is the easiest, quickest, cheapest and most pain free system you will ever discover to break free from your little monkey. If you are looking to quit with minimal physical cravings, no hunger or feelings of loss, no weight gain or other stressful side effects whatsoever, then this system is the one for you.

I think you have just made the most rational decision of your life and I'm positive you are not going to regret it. If this doesn't work for you, I'll come around and do your dishes for a year, I'm that sure of it. And believe me, for me, that's saying something. Just to let you know I'm for real, I'll also bring in your washing and fold it up.

Yes, I thought that would show you how serious I am.

CHAPTER ONE

Congrats are in order.

First and foremost, I would just like to say a great big heartfelt **“Good on You,”** for taking this first step to be free from the smoking habit. I’m glad that you decided to get this book and happy to be given the opportunity to be here for you along the way.

Not everyone in your life will understand what you’re facing. There are those people who say, “Be strong and just do it!” They try and scare you with the latest medical horror stories about disease and smoking, hoping that will convince you to quit.

What your well-meaning friends and family are missing is that you already *have* the desire to quit smoking. You *know* all the reasons you *should* quit, you just need a little help with the reasons why you *continue* to smoke, *despite* these risks.

What they fail to realise is this places you halfway to your goal. So when the “helpful” people ask whether or not you’ve quit yet, you say, “Yes - I’m now a non-smoker.”

Don’t ever say, “I’m trying to quit.” As Yoda once said “Do, or do not – there is no try.” This will just give them the opportunity to start on you with well meaning chastisement. You need to have your words fairly well thought out to reinforce your efforts.

If you have already quit then congratulations on seeing sense.

This book will help you to see *why* you have made the right decision.

If you are still smoking, it is probably best to set your quit date a few days into the future. You may find that when you are thinking about smoking a lot you start to feel like a cigarette.

Use this time that you are reading this to really analyse each cigarette you have, think about every puff that enters your body and consciously record what you are truly thinking. I've provided space in the back and some prompts that we will talk about later to help you really understand how you really feel about smoking.

It will almost definitely surprise you.

I've found that when you actually sit back and look at the smoking habit, really feel each puff going into your body and consciously note the effects that it has on you, you will come to the realisation that:

"Hey, I'm not actually enjoying this at ALL."

The only 'enjoyment' that you are going to feel from smoking that cigarette is the momentary cessation of your cravings for nicotine. If you remove the addiction, the cravings cease and cigarettes are left with *nothing* to make you want to smoke them.

The reasons that people come up with to keep us smoking are all *lies*.

They have fooled us for *years* into funding their multi-billion dollar industries, luxurious offices and fifty foot yachts.

It is time to break free from the demon that is nicotine addiction.

I started to write this book at the beginning of my quit smoking journey just for myself, to help me discover my own reasons for smoking, why I had failed so many times in the past and to try and find a foolproof system so I could quit smoking and stay stopped forever.

Once I had started to analyse my system and realised it was working, I wanted to share this with you for the simple reason that if it could work for me, then it could work for *anyone*.

The Successfully Stop Smoking System

Because I was one of those people who couldn't do *anything* without smoking.

Due to the exorbitant price of cigarettes in New Zealand (around \$12 for 20), smoking roll your own tobacco is common. This brings with it a whole different set of learned behaviours.

For roll your own smokers, it becomes an art. Time is spent teasing the tobacco out, almost lovingly, till it is distributed evenly, to create the perfect rolled masterpiece. It is then admired for a few seconds, before it is sacrificed to the screeching nicotine monkey. Cigarette comparisons are made between roll your own smokers, much like the business card scene in 'American Psycho,' complete with murderous thoughts.

My first masterpiece of the day was rolled in my sleep basically. It pushed all my 'wake-up' buttons, and I rose with it in my mouth. The last cigarette of the evening (in bed) signaled the end of my day. I sometimes woke in the middle of the night with a craving so I would have to roll-up and smoke by myself in the dark like a real winner.

I smoked immediately after eating and whilst in the bathroom. The second I was in the driver's seat of my car, I rolled a cigarette while the car warmed up. As I took off, I lit it. I smoked while playing, working, cooking, even when I should be sleeping. I had gotten up to around 80 grams of tobacco a week at one stage in my life and felt like I didn't know what to do or how to be without smoking.

Every day was tarnished by the conflict of wills between the habit I was so scared to give away and my sense of judgment. There was much gnashing of teeth from my monkey as it fought back every time I tried to stop myself from lighting up, and it would win, every time.

Every time I stopped smoking, I never felt like a completely comfortable non-smoker. *I always felt like a smoker that had stopped smoking.* I fought a constant battle with the naughty little monkey that is nicotine addiction.

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Eventually, without fail I would give in as it just became too much (at *least* 10 times) giving me less and less confidence in my ability to stop every time I tried. I would curse myself for trying because all I had ended up with was a spare tyre round my waist and nothing to show for it.

I really felt like there was no end in sight. I was certain I was doomed to end up an old prune sucking the smoke out of my roll-up with wrinkled lips and a scrunched smoking face, croaking and waving my walking stick at the children to "get out of that you pesky kids, you should have some respect for meeeee, I'm 36 you knowwww!"

Every day now, I count my blessings that I know what I know, and I no longer face this or any of the other consequences of the smoking habit.

The reason being, I started this journey into the non-smoking unknown with a *completely* different frame of mind than ever before.

Every other time I would have an overwhelming sense of foreboding in the few days leading up to my quit date (or the end of this packet, or my next birthday, or the start of next year, or whatever other pointless deadline I set myself) that had been set as far into the future as I would let myself away with. The week before my quit date I would smoke twice as many cigarettes to make up for my approaching hibernation.

The fateful day would finally arrive and the shroud of doom that was hanging over my head would close in, the swords of Damocles would be poised to fall at my feet with every step and there would be the high pitched shriek of horror music filling the air.

This time it was different.

This time, due to 'The Successfully Stop System,' I couldn't *wait* until that fabulous day that I would be free from the little monkey that is nicotine addiction.

The Successfully Stop Smoking System

This time I looked forward and longed for the day that ashtray mouth was no longer an issue, my clothes, hair and home smelled fresh and clean and this poison that I was forcing on my body was no longer discolouring my teeth and leeching the moisture from my skin like a carcinogenic sponge.

I now realise that the frame of mind in which you start down the leafy non-smoking path is actually the key to beating your little monkey into dormancy forever.

I've discovered that stopping smoking is almost purely psychological, so the answer (well, slap my forehead) has to come from within *ourselves*. The fact of the matter is no-one and nothing is going to be able to stop us smoking if we haven't dealt with our fundamental *reasons* for smoking.

They are forever putting people in jail without dealing with their underlying reasons for committing the crimes in the first place. I have a real problem with this, you want to get me on a rant, start me on the sentencing in New Zealand and how they do nothing to counsel these people through the problems they have.

Then of course, they get out and do the exact same thing again. Argh!

Smoking is exactly the same.

If you don't find out the reasons *why you continue* to smoke (your **trigger**) and then *question* these reasons one by one until there are no triggers left, you will continue to 're-offend' time and time again.

This will keep on happening until you have dealt with each and every one of your issues and they are no longer a factor in your life.

Some stop smoking systems will tell you to give up the things that you like: being sociable, drinking coffee or visiting the places that you enjoy just because there will be other smokers there.

Impossible, forget it. You have stopped *smoking*, not stopped *living*.

If you have not dealt with all your triggers, then yes, perhaps this opinion may be valid. But if you have dealt with all of your underlying issues then this would make absolutely no sense at all.

'The Successfully Stop System' will allow you to carry on your life completely as normal, without giving anything up and without stopping anything you like.

I have though, included a chapter on the foibles of stopping smoking when you enjoy a cocktail or two as I found this the biggest problem I had with beating nicotine addiction.

For some crazy reason after my fourth or fifth Pina Colada I started to have trouble seeing sense, don't know what that was about =)

In everyday life though, you will find that you don't have one ounce of resentment for other smokers, that the urge to run them down and wrestle the cigarette out of their fingers will simply not be there anymore.

In fact, you feel absolutely nothing for cigarettes or smokers at all.