



# 14 Ways to Quit Smoking Now

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Although no risk is anticipated, by reading this document, you assume any and all risks associated with using the advice given below, with a full understanding that you, solely are responsible for your own experience or anything that may occur as a result of putting this information into practice, regardless of your interpretation. This work is created as a self-help, educational and informational book, designed to inform and educate the reader on ways to stop smoking.

## Dedication

This is dedicated to YOU, and your spirit of adventure as you dare to dream of a life free of cigarettes. Demand your health back!!! It is your Divine Right to be healthy and productive. Cigarettes have kept you from your full potential and are slowly eating away at your beautiful life and health. I believe and I know, like countless others...

**YOU WILL SUCCEED!!!**

## Myths and Misconceptions

There are so many myths and misconceptions about smoking that it is understandable why you've had such a difficult time trying to quit. I'm sure you're very successful in other areas of your life and are wondering what in the world is happening to you with regards to these ridiculous little cigarettes. It is my goal to dispel some of these myths and help you change your mind-set to a winning attitude so you can easily stop smoking and gain control of your life again!

The first thing I'd like to say to you is this: keep an open mind, know that I have your best interest at heart and don't listen to the media or other "nay-sayers." You know who I mean. I also know that well-meaning friends and relatives think they're helping when they are urging you to quit, but actually it seems to make you want to smoke more.

This little book will describe the most successful ways to stop smoking and also help you understand why it has been so difficult for you to quit.

The easiest way to stop is to first understand why it has been so hard for you, why you started and when did smoking go from something fun and rebellious to something that now, you have to do, even when you don't really want to. This is truly a process of mind-set and belief and once you can change your belief, you can easily become a non-smoker for the rest of your life.

Everyone knows that they should quit smoking and you may even be wondering why you ever started, thinking at the time, like beginning smokers do, that this little cigarette will never control me! (Despite all warnings to the contrary.) You probably didn't even think of yourself as a smoker when you first started.

Then one day, it was like a switch flipped in your mind and smoking became a permanent part of your life and a burden on your daily activities. Due to the confusing reports about nicotine addiction, most people believe that quitting is difficult, but the truth is, smoking is difficult. Let's face it smoking is a burden!

### **Face it...Smoking is a Burden!**

It takes a lot of energy, money, time and planning to smoke. It takes away from your productivity and your relationships, it affects your health, your energy, and your concentration. The average smoker gets sick more often, and reduces their life span by a whopping 14 years. Smoking causes insomnia, so you may feel tired and achey all the time. Smoking causes inflammation in your body and joints, making you feel yukky most of the time and sucks your positive energy right out of you.

You have to find places to smoke, remember to buy cigarettes and hide the smell from co-workers, family members and friends. Smoking is extremely embarrassing in today's world, because everyone knows it's deadly and the perception is, that if you smoke, it is because....(sorry) you're stupid and very selfish. This makes it even more embarrassing. I know you are NOT stupid...subconsciously, this

perception affects your self-esteem in ways that hold you back from truly believing in yourself.

Interestingly enough, most of my “smoking” clients are well-educated, financially successful people, hardly stupid or selfish.

## **Step 1 – Why is it So Hard to Quit?**

For many smokers, quitting is a daunting task and there is so much information that tells us it’s difficult, and we believe it. We are constantly being bombarded by message about smoking and the addictive properties of nicotine in the media, movies and television that it’s difficult to make our own decisions and do what is logical.

It’s not your fault: First of all, we have been programmed by the cigarette companies from many, many years ago, that cigarette smoking was glamorous, macho and cool. Early in the 20<sup>th</sup> century, smoking was as commonplace as a haircut.

Let’s then add the aspect of the human condition. As infants, all of us were comforted by having a bottle or nipple put in our mouth. Right away, literally out the shoot, some of us have linked up relaxation and comfort by putting something in our mouth. (Burning tubes of toxic poison, a far cry from mother’s breast!)

Most people start smoking in their teen years, as a way to feel grown up and rebel against society, or parents and to feel like part of the “in-crowd.” Plus we have been programmed for many decades about the glamorous nature of smoking. My parents, grandparents and all their friends smoked everywhere, all the time.

When you first started smoking, it wasn’t easy and you most likely didn’t really like it. In fact, when really analyzed and questioned, most smokers do not really enjoy smoking, it’s just something they (you) have trapped themselves into doing. The only real reason yo’re doing it is because

you're still doing it. The only way to stop is to stop.....It's easier than you think!

### **It's Easier Than You Think!**

Take a moment and recall that first cigarette. I remember mine. Sixteen years old, I stole some cigarettes from my dad. Felt so cool sliding the smooth, white Benson and Hedges cigarette between my fingers. I loved how the lighter lit up my face as I lit the end and inhaled.

Then it was really fun, I gagged, coughed and couldn't breathe. It burned the roof of my mouth, my throat and my lungs ached. The smoke went up my nose and all I wanted to do was get a breath of air, precious, precious air. Twenty seconds or less later, I felt dizzy, my fingers tingled and I thought I would bar right there on the spot.

My two best girlfriends were watching me as they lazily and confidently puffed on their cigarettes and waited for me to "crack!" We all laughed nervously and sucked it up. I felt like one of the cool girls now. From that moment forward, when I hung with the girls, we smoked. The worst part was the burnt rubber ashtray taste in my mouth that lingered in my nose and mouth for the next 12 hours. Sexy and Glamorous!

### **Does this Story Sound Familiar? Maybe some version of it?**

Or maybe your story is more about your family members. Did you light your beloved Dad's or uncle's cigarettes for them and it made you feel all grown up and important to do this. Maybe it was the only, "positive" interaction you had with these males and you felt connected through the cigarette.

Most people link up something positive to the cigarette. I've heard many stories about how people start smoking and there's always a common theme, have a cigarette, feel better, or feel important. Have a cigarette and feel rebellious, and in charge, grown up or just like one of the guys!

We are all programmed by our emotions, which often include our friends and family members. These emotions create references which then

become beliefs. Beliefs are very powerful and when we have conflicting beliefs, we can become stuck with a behavior we know we don't like. The good news is: A Belief Can Be Changed in an Instant!!!

Although our bodies innate intelligence, instinctively knows that this smoke or tobacco contains toxic poison and immediately tries to get rid of it and warn us of the dangers, via the physical discomfort, we ignore it for the psychological and emotional boost we are getting.

It wasn't for several years before I started actually buying my own packs of cigarettes. Instead of just smoking with my friends, I was actually smoking by myself at home. It became something I was doing every day. When I tried to stop, I found that I couldn't. I can't tell you how many times I threw the pack of cigarettes in the garbage, only to fish them out again later. I even stooped so low as to light up an old cigarette butt, when I ran out of cigarettes. (Hint: before you throw the cigarettes away, get them wet!)

### **Been There, Done That?**

I would quit time and time again, but then something would happen to make me angry, or happy, or sad, or I would feel bored, or talk with a friend on the phone, and I would say to myself, "I have to have a cigarette."

### **Let's Look at How Our Mind's Work**

The reason for this insane behavior is a product of our Ego thinking, which can rationalize anything.

Experts agree we use less than 5% of our mind at the conscious level. The conscious level of our mind is our wide-awake mind. This is the part of us that needs to sleep. The conscious mind is very critical and very judgmental of others and even of ourselves. This is where the "ego" lives. It's the logical, reasoning, rational part of the mind. The ego is easily offended and it loves to be "right." It is constantly thinking and judging and it is never satisfied.



The conscious level is also where the “willpower” is. Although your willpower is in this little 5% of your consciousness, I know you have loads of willpower because you use it every day to do things you don’t really want to do, like, get up and go to work, pay bills, grocery shop, etc. The key here is, you have to remember to use it. It’s not automatic.

The real powerhouse of who we are is in the subconscious mind level. Over 95% of our consciousness is below the surface. The subconscious mind is very busy, very powerful and it never sleeps. This is the part of you that is in charge of keeping you healthy, safe and alive. In fact, keeping you healthy, safe and alive is the number one priority of the subconscious and runs all the systems in your body. The correct way to say that is: it IS all the systems of your body. Every cell in your body has an intelligence, a consciousness and is working for your health and wellness, your safety, every second of every moment of your entire life.

The subconscious is also where all of your experiences are stored. Every experience you have ever had is stored in the subconscious mind, very much like a computer memory, except you unlimited storage.

Your emotions are here too and all your habit patterns, obstacles, beliefs, programs and blocks. The subconscious mind does not judge anything.

### **The Subconscious Mind Does Not Judge Anything**

Like a faithful service, the subconscious provides feedback for whatever you re focused on in your conscious thoughts and feelings.

To be successful in any area of your life, it is much easier when you get the subconscious mind to cooperate with you. Otherwise, it may feel like you are working against yourself.

Have you ever had the experience that the harder you try to do something, the harder it is? This totally relate to trying to quit smoking!!!

### **The Primary Program of the Subconscious Mind is to Protect You!!!**

The number one priority of the subconscious mind is to keep you healthy, safe and alive, so cigarettes are completely incongruent with that prime



directive. Somewhere along the way your mind and emotions linked up, have a cigarette....feel better. Meaning “feel better emotionally,” not physically, (we know cigarettes make your body feel horrible.) In essence, your subconscious mind assisted you in developing a habit. Although the physical effects of smoking are devastating, there was a point in time where the emotional benefit outweighed the immediate and long term physical catastrophe, smoking causes.

### **The Harder You Try the Harder It Is!!!**

For some, the conscious act of trying to quit becomes a battle of consciousness, between the 5% “willpower,” in the conscious level and the 95% emotional power in the subconscious.

Whatever you focus on, you are going to get more of. The subconscious doesn’t judge, it just supports. Change your thoughts away from feelings of deprivation, to a focus on freedom from being controlled, health and elation, as a non-smoker.

### **Step 2 ~ Do You Believe You’re Addicted to Nicotine?**

There is so much information about Nicotine. Everywhere you look there is information about how addictive nicotine is. Nicotine is a powerful toxic stimulant. If you were to inject nicotine directly into the bloodstream, it would kill you instantly.

According to the Surgeon General’s report, it is estimated that there are over 7,000 toxic chemicals in a single cigarette, nicotine is just one of them.

The Mayo Clinic has a short video describing the effects of nicotine on some people’s brains:

“In many people, nicotine from cigarettes stimulates receptors in the brain to release dopamine, triggering a pleasure response. Over time, the number of nicotine receptors increases and changes your brain’s anatomy. When you quit smoking, you cut off the brain’s pleasure

response because the receptors don't get nicotine, triggering nicotine withdrawal symptoms. If you stick it out and use stop-smoking products to help with withdrawal symptoms and cravings, the number of nicotine receptors returns to normal, helping you quit smoking for good."

<http://www.mayoclinic.com/health/nicotine-addiction/MM00778>

### **If You Weren't Addicted to Nicotine, Do You Think it Would be Easier to Quit?**

There have been many studies done about the addictive qualities of nicotine and some "authorities" on the subject have even compared nicotine addiction to heroin addiction. Please read further to get my insights on this very misleading and dangerous concept.

The Surgeon General's department completed a 700 page study about the addictive properties of cigarettes and tobacco. You can read a condensed version of this report here:

<http://www.surgeongeneral.gov/library/tobaccosmoke/report/chapter4.pdf>

### **The Behavioral Side of Smoking**

I like to look at things from a behavioral point of view and with logic. This report shows that cigarette addiction is primarily behavioral. It doesn't really state full out that nicotine is addictive. It says it "may be," "it could be," "it probably is addictive."

There are a variety of methods to get dopamine released in the brain and all kinds of brain chemicals like endorphins that make you feel good. These methods are much more pleasant than smoking and all the inconveniences and risks that go with it.

Truly, just taking a time out for a smoke break, breathing and getting away from reality (your own kind of hypnosis,) can cause dopamine to be released in the brain. So, is it the cigarette?

Exercise, meditation, sex, reading a great book, accomplishing something, a hug, kissing, petting your dog, all cause happy brain chemicals to be released.

If nicotine was truly the issue, then nicotine replacement products would work, wouldn't they?

According my Smoke Free International (closed now,) some nicotine replacement products have 40+ packs of cigarettes worth of nicotine in them, going into the blood stream all at one time. Yet, every single client I have ever had in 13 years, who have tried the patch reported that even with all that nicotine in their body, they still wanted to smoke. How is that possible?

Not only that....a VERY Scary Idea....Toxic Poison in large amounts combined with a cigarette...can't be good. The very idea of it makes my heart want to beat right out of my chest.

Have you ever read the label on these nicotine replacement products? They have a self-proclaimed 17% success rate. Flip that over and we're looking at an 83% FAILURE Rate. What they don't tell you, is the people from their study also received counseling. Translation: They don't work! Don't waste your time and money.

Additionally, if nicotine is really so addictive to the human body and brain, then why aren't people addicted to the patch? I have never met anyone who was addicted to the nicotine patch. The patch releases straight nicotine and lots of it, so why is this? Furthermore, if nicotine is as addictive as heroin, then, why aren't there clinics and rehab centers all over your town and all over the world, helping people get off the patch and the gum?

### **Let's Take this One Step Further:**

Have you ever seen someone addicted to heroin? It isn't pretty. In fact, a heroin addict has to have regular injections of heroin to function. If they actually sleep through the night, a heroin addict has to have all of the heroin they missed during the night just to get out of bed in the morning.

When was the last time you had to have all the cigarettes you missed during the night to get out of bed? It doesn't happen!!

When a heroin addict tries to quit on their own, they experience heart palpitations, nausea, vomiting, sweating, diarrhea and hallucinations....even death! Typically, the heroin addict will require another addictive drug to get them off the heroin. They will have to take this drug for the rest of their lives! Heroin addicts can die from withdrawal symptoms.

Have you ever experienced any of these symptoms when you've tried to quit smoking?

NO.

You may get a little grumpy, but that's about it. To date, no one has ever died from quitting smoking or from nicotine withdrawals...or from a feeling! In fact within just a few hours of quitting smoking, your body and mind begin to heal. After a few days, most of the nicotine and other chemicals are completely cleared out.

I once had a client who worked in a casino, for many years, breathing second hand smoke, every day...the worst kind of smoke. Upon retiring, his body actually sweat out all the toxins from breathing second hand smoke all those years. Did he ever want to smoke? No. Breathing in nicotine for years did not make him addicted to it at all!!!

Right about now, you're probably scratching your head and maybe even feeling a little bit silly. You've been sold a bag of goods, my friend.

### **So, If It's NOT a Nicotine Addiction, Then WHAT Is It?**

As I previously explained, it is a habit...that's all. It is an ingrained habit, something you've done over and over again, and the only reason you're still doing it, is because.....(drum roll, please,) you're still doing it. And, the only way to stop is to stop. When you do something over and over again, and link up that activity to something pleasurable, you create a conditioned response, just like Pavlov's dogs, who salivated whenever he

rang the bell. Pavlov rang the bell, every time he fed the dogs. The dogs linked up getting fed when they heard the bell, so they would begin to drool whether any food was present or not. Smoking is just like that.

Ta Da...a conditioned response. Even though smoking tastes nasty, burns the roof of your mouth, makes you dizzy and nauseous (remember that 1<sup>st</sup> cigarette?) you have linked up something, (usually a feeling,) with the cigarette. Whatever that is, is unique to you.

Some people smoke when they get angry, or after they eat, or with a cup of coffee, or taking a break at work...they link up the activity with the cigarette. If you start to pay attention to what you're thinking about prior to lighting up, and noticing how you feel....you begin the process of taking back control of your behavior.

The smoking habit is exactly the same as Pavlov's Dogs.

The motivational factor in quitting once and for all, is very important. And as I have explained, what you focus on, you will get more of, that is the function of the subconscious mind.

Now, let's change your focus: Take some time here and think about all the wonderful things you will get by becoming free from smoking.

### **Step 3 ~ Why Do You Want to Quit?**

The motivational factors are very important. Right now, write down a list of the top 3-5 reasons you have for quitting smoking.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What would you like instead?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Remember, your mindset is key to your success. After each reason, remind yourself that you “get” to be free from these controlling cigarettes. You are NOT giving anything up, but the constant nagging feeling that the cigarettes create.

You are giving up the coughing, the spluttering, the mucous, lack of energy, wasting your money, horrible aftertaste in your mouth, your clothes, hair and hands smelling horrible, the embarrassment, the fear of getting a disease. You are giving up all the things you don’t want, in order to get the things you do.

Get very clear with yourself about the life-long benefits, the life-long freedom, you will have as a non-smoker. Imagine yourself free, imagine how good you will feel as a non-smoker and smile. You know what? It feels really good to be free...it feels really good, to be a non-smoker.

### **Carl’s Story – Controlled by Cigarettes**

Seven years ago, Carl, one of my smoking clients, smoked 2 packs of cigarettes a day for over 30 years. He had reached the point where he did not feel as good as he wanted and decided it was time to quit before his health was completely damaged. Carl had tried numerous times to quit and he felt agitated and unhappy, as if he was depriving himself of his long-time friend.

Fed up and disappointed with himself, Carl came to see me for my Stop Smoking in About an Hour™ program. He appreciated the fact that I guaranteed it and figured he had nothing to lose.

We went over Carl's motivations for quitting and although he knew his health was a major part of his motivation, during his interview, I also discovered that Carl was tired of feeling trapped and controlled by his smoking habit. Carl was a successful business owner. In every other area of his life, he was able to achieve many wonderful things. Carl also had a beautiful family. The one thing that haunted him was the fact that he felt controlled by these stupid cigarettes and the fear that he would get sick and not be there for his family.

Carl also had a belief that he couldn't quit because he was so "addicted" to nicotine. We've already gone over this. One we reviewed the definition of an addiction and the fact that nicotine was not holding him captive, Carl's entire demeanor changed and relaxed, he didn't experience any withdrawal type symptoms that he had before, and his health has returned to normal.

During his hypnosis session, I had Carl take back control of his life by crushing the smoking habit. Once we were able to link up how easy and free his life would be without his "friend" and teach Carl some new, healthy ways to deal with his stressful emotions, he easily quit that day and has remained a non-smoker ever since.

#### **Step 4 ~ Why Should I Quit Smoking?**

One out of 2 smokers dies from smoking related diseases. This means that if you're standing there smoking with your best friend right now, one of you will get a smoking related disease and die from it. You have a better chance of surviving a game of Russian Roulette, than you do of surviving smoking. Smokers lose an average of 14 years off their life and waste an average of years of time, just in the act of smoking.

#### **Do NOT try this at home:**

*(Russian Roulette is a very dangerous game with a revolver, six chambers and one bullet. The idea is to spin the chamber, without knowing if the bullet is in the position to fire down the barrel of the gun. Hold the gun to your head in a complete act of stupidity, and pull the trigger, hoping, your*



*chamber is empty. You have a 1 out of 6 chance of surviving!!!! Better chances than a smoker!!! Suicide! Crazy Stuff! Not Recommended!)*

I truly hope this puts smoking in its' proper perspective for you. All the reasons you justify to yourself that one more cigarette isn't going to hurt is insanity! That's the thing....a bullet to your head is immediate...you're going to find out real quick if you're going to die. Cigarettes....they are a whole lot sneakier. It may take years before the true cost to your life and health are realized! The effect of that pack of cigarettes you smoked 10 years ago...are lurking, in the dark...a hidden monster, waiting for just the right moment to screw up your life!!!

Pull out a cigarette right now and look at it. As it...will you be the one that causes my heart to stop? Or will it be the one after that? No one really knows. This is the sneakiness of cigarettes!

### **The True Cost of Smoking**

As if the cost to your health, life and loved ones is not enough to convince you to change, let's look at the dollars and cents of it.

Most smokers complain that cigarettes are expensive. In California, voters passed a \$2.00 tax hike on every pack of cigarettes, in addition to the \$1.00 they passed a year ago...Wow!!! Now, a pack a day habit will run you about \$248 per month! Up from about \$150 per month a year ago. The cost of cigarettes in some parts of the U.S. are as high as \$12 per pack.

The real cost of smoking is a lot more than this. Smokers get sick more often, have less energy and typically contract more diseases than non-smokers. Time off from work, less productivity, higher insurance costs, burnt upholstery and clothing, and the long term health issues, like heart-disease, high blood pressure, diabetes, COPD, skin and throat cancers...just to name a few, raise the price tag substantially.

In a study by Duke University, calculating all the costs involved with smoking, including more doctor visits, days missed from work, lost time, higher insurance costs, etc., the true cost of smoking is about \$40 per pack of cigarettes. I don't know about you...but I can think of a lot of cool stuff

to buy and things I'd rather be doing with that kind of money. Imagine investing \$40 per day in the stock market...you'd be a millionaire on your yacht in the Bahamas, instead of sitting in your little apartment with your oxygen tank.

### **How Does Smoking Affect Your Love Life?**

Smoking affects relationships. If you are trying to attract or keep a mate, most people don't want a partner who smokes. Not only does second hand smoke cause health issues for non-smokers, (including your pets,) it's expensive, smells horrible and makes your breath taste like an ashtray. In all honesty, non-smoking friends don't really like hanging out with smokers.

Did you also know, that a percentage of tobacco users have more incidence of impotency or lack of sexual drive than non-users? Sex is an important part of a relationship and especially a marriage. If you want to keep it together for years to come, ditch the tobacco. Tobacco use significantly decreases intimacy and the desire for sex and sexual performance.

### **Bad News For Women Who Smoke**

According to Respiration Physiology, (vol. 128, p. 39,) women who smoke while pregnant put their babies at risk for respiratory problems in the future, such as asthma and even bronchitis. As a baby is growing in the womb, the lungs are being affected by smoking, creating a scenario for respiratory tract infections for the first year of life and that is if you're lucky enough to get pregnant.

Smoking also causes infertility in some women and in pregnant women who smoke the risk of premature birth and low birth weight goes way up!

After scanning thousands of men and women's lungs, the Radiological Society of North America discovered that women showed double the risk of developing tobacco-related cancer than men.

**Today, more than 400,000 men and women die from tobacco related illness in the United States, making it more deadly than AIDS, car accidents, homicides, drug overdoses and suicides, combined!**

Smoking is responsible for almost 90 percent of lung cancers and is outpacing breast cancer as the leading cause of cancer death in women. The sad thing is....it's completely preventable...stop smoking!

The health risks, far outweigh any momentary emotional or physical buzz you get from a cigarette. There are many more frightening statistics, but I am guessing you already know this and still you keep tricking yourself into smoking.

Please understand, I am not trying to scare you into quitting, facts are facts. I do want you to realize how much better your life will be, how much more enjoyable everything will be when you are free from this ridiculous, deadly habit.

### **Patty's Story**

Patty was a stay at home mom and now all her kids were grown and off in their own lives. She was bored and would chain smoke all day long until her husband got home late at night.

I was shocked that she actually smoked 3 packs per day.

Patty didn't really believe I could help her because she was so obviously addicted to nicotine and the cigarettes and she didn't have anything else to do with her time.

I asked Patty what her top reasons were for wanting to quit and she replied that it disgusted her and she was worried about her health and the health of her husband who was a non-smoker. We all know second hand smoke kills.

Patty, who was in her late fifties wanted to live out the rest of her life free from the smell, the expense and the effect smoking was having on her marriage.

She had tried to quit many times on her own but just couldn't do it, out of boredom and the fear that she would miss her "friend" too much. And, the whole idea of the nicotine addiction was just too hard to kick.

Patty had serious motivation. I could tell that she sincerely wanted to quit, but she just didn't know how to do it on her own. We worked on her mindset, her beliefs about smoking, what she was really feeling when the thought of a cigarette entered her mind and we gave her some tools to create a more interesting life for herself. She also realized that her "friend" was more like a tricky enemy that would eventually kill her.

When Patty was younger, like most smokers, she had the belief that smoking wouldn't make her sick, because she'd be able to quit any time she wanted. This became more difficult than she even imagined. She found she would justify and rationalize just one more cigarette, because it couldn't be this "one" that was going to take her over the edge into illness and death. Cigarettes are sneaky that way.

Once Patty completed her Stop Smoking in About an Hour™ program, she wrote me to tell me this:

*"Suzie, I can't believe it. I haven't desired a single cigarette since I saw you. I feel so much better. I am not coughing anymore and I have more energy to do some of the things I've always wanted to do and was waiting for my kids to grow up so I could do them.*

*Your program is so awesome, so easy, I think you should go on the Oprah show and tell the world about your Stop Smoking Hypnosis Program!! Thank You! Thank You! I have my life back!"*

### **Step 5 ~ The Harder You Try, the Harder it Is!**

Have you ever had the experience, the harder you try to do something, the harder it is? Maybe it's dropping that last 10 pounds, getting yourself to go to the gym or finish that book you've been reading. This has never been more true than when trying to stop smoking or really breaking any habit.

It is NOT your fault and I'd like to explain why this is so.

Experts agree we use less than 5% of our mind at a conscious level. That leaves over 95% of our mind is Subconscious or below the surface. When you first started smoking, you had to make a conscious effort to remember to smoke. It was not easy and it was not automatic. One day, it was like a switch flipped in your brain and smoking became automatic. It's a lot like learning to drive a car. At first you have to consciously think of every little thing, the clutch the gear shift, the brakes, gas, blinkers, red and green lights. Then one day, it became automatic, you just got in the car and drove.

For something to become a "habit," it must go from our conscious thinking and cross over into our subconscious, where all our habits, beliefs and emotions are stored. Did you know it is the same for any habit, including biting your nails? I have had nail biting clients that experienced the exact same "withdrawal" symptoms as people who tried to quit smoking on their own.

Your willpower is located in the small %5 conscious mind level. I know you have loads of willpower because you use it every day to do many other things that you may not really want to do. You get up, get dressed, go to work, takeout the garbage, etc. The thing about willpower is you have to remember to use it, it's not automatic. You can use it to stop smoking and I suggest you do.

But the reason you get that feeling that the harder you try, the harder it is, is because your little 5% conscious mind is now going up against all the emotions and connections in the much more powerful 95% subconscious. All your linked up emotions, beliefs and the "conditioned responses" or habits are stored in the subconscious, that keep you smoking.

Remember, I shared with you that although our health and our body are run by our subconscious mind, which wants to keep us healthy, safe and alive! In fact, this is the number one priority of the subconscious, which is in every cell in your body. Somewhere along the road of your life

experience, you linked up, have a cigarette, feel better. Or, have a cigarette, feel like you belong to the group. These powerful emotional links created “over-ride” of the physical primary programming and can create discontented feelings when we try to quit.

The most effective way to make quitting easier is to relax and get the powerful subconscious to work with you. When the subconscious mind understands that smoking is a deadly, deadly habit, it will begin to work with you instead of against you, making everything easier.

### **Nancy's Story**

Nancy is a beautiful woman. She worked as an in home health nurse and while driving from place to place, always smoked a cigarette. (I'm sure her patients noticed the awful smell.) At one time Nancy was a professional dancer and beauty queen. I could tell she was once a very confident woman. The smell of cigarettes on her body was definitely a deterrent to approaching her and made a bold statement: “Stay Away From Me!” Which was a shame because Nancy was delightful.

Some challenging life situations had occurred for her, including a divorce and the suicide of her last boyfriend. She had tried many times to quit smoking on her own but, felt the stress of life was just too much and she really needed her cigarettes to function.

Nancy was very skeptical that I would be able to help her stop smoking because she told me she really enjoyed smoking, but being a nurse, she knew she needed to quit.

We were able to discuss how Nancy used cigarettes to avoid dealing with the feelings of disappointment and anger left by these life challenges. I also shared with her my views about nicotine addiction and how any perceived “withdrawal” symptoms were a result of her thinking and emotions. I made it clear to Nancy that she alone was responsible for her own thoughts and feelings.

Nancy was able to quit for 3 days after her session and felt pretty good about it. She went out with some girlfriends and had a glass of wine and

started smoking one of her friend's cigarettes. Nancy realized the mistake she'd made in believing that one cigarette wouldn't hurt, and came back in for her free backup session. She hasn't smoked since and is now engaged to a wonderful, loving man.

### **Step 6 ~ Excuses We Tell Ourselves!**

After working with hundreds of smokers, I always ask the questions:  
"What do you think has kept you smoking all this time?"

Basically, smokers have the same main excuses for continuing to smoke even though, they really don't want to.

Here are the top 6 reasons: (see if you fit in here.)

"I smoke to relax."

"I smoke because of stress."

"Because I'm bored."

"Smoking makes me feel confident."

"Smoking helps me concentrate."

"I don't want to gain weight."

"I feel like I'm giving up my friend."

Let's address each of these logically.

**"I smoke to relax."**

If you know anything about nicotine and all the thousands of other chemicals in cigarettes, you will begin to understand that it is impossible to smoke and relax. The human body is an amazing machine. It is designed to keep you healthy, safe and alive. At any time, you cut your finger, injure yourself or even get sick, your body begins to heal itself immediately. Blood rushes to the wound to cleanse it and sends healing



properties, creates a crust in the form of a scab, skin begins to regrow...or you catch a cold and your body creates a fever, fighting the virus.

The entire body is engineered this way. As if you had been bitten by a snake, at the very moment you take a drag from a cigarette, your heart recognizes it as a toxic poison and your heart rate goes up about 10 beats a minute, trying to push the poison out of your blood stream. Is your body relaxed? Hardly!

Add a cup or two of caffeine to this mixture and your body is literally racing. Are you relaxed? NOT possible!

### **“I smoke because of the stress.”**

I’ve heard this so many times. We all have stress in our lives. I’ve had friends who said they just had to smoke because their jobs were so stressful. I had one client who ritually smoked a pack and a half every day, or 30 cigarettes. She felt overwhelmed at the demands of her job and the administration and paperwork. The ironic thing was that she worked as a registered nurse facilitating therapy for people with lung problems. She knew first-hand the devastating end results of smoking cigarettes.

I asked her: “Client X, when you go on vacation how many do you smoke?”

She replied, “Well, I still smoke a pack and a half.”

Client X could be lying on the beach somewhere, relaxing and enjoying herself and she was still smoking 30 per day. Where is the stress now?

The truth is that stress is a complete product of our own thinking, it doesn’t really exist, except in our mind. Smoking and the physical results of smoking actually increase the experience of stress, it doesn’t relieve it. Non-smokers don’t need a cigarette to handle the stress of life. In fact, they don’t even think about it.

Earlier, I shared that all emotion follows thought. The only reason you need to use a cigarette is because you believe you need one, you have

created a habit where you use a cigarette to change your state of mind, how you feel and your thinking process. You can change your state of feeling and your thought process without a cigarette. You know how I know this? Because 78% of the population do this without smoking.

Remember the story of Nurse Nancy. She believed it was from the stress of her job and the stress of life that she needed to smoke and she also told me she enjoyed her cigarettes. Once we were able to dispel this excuse, she changed her mind and realized she could control her stress by breathing deeply, exercising and focusing her thoughts on the things that made her happy and fulfilled. Nancy's declaration that she enjoyed her cigarettes changed and she eventually admitted that she didn't really enjoy them at all.

### **"I smoke because I'm bored."**

This is kind of funny to me because I've heard it a lot, particularly from truck drivers. Life is so full of things to do with our minds. We are in the information age and there are books on CDs on every subject. You could listen to an entire novel, or learn another language. You can read, you could become an expert on almost any topic. You can exercise, play an instrument, or learn how to salsa dance. Why not volunteer your time for your local charity or help someone in need. It is difficult for me to understand how anyone could ever be bored. Let's get rid of this excuse! It's totally lame! (sorry.)

### **"Smoking makes me feel confident."**

The truth is that the moment you stop smoking, your confidence level goes down. You get a momentary boost from the chemicals in the cigarette, including increased heart rate, so you may feel like you have more energy for a few minutes. The moment you stop smoking, a feeling of loss ensues. Non-smokers do not feel this because they don't get the momentary heart rush and increase in blood pressure. It is the cigarette

that causes the lack of confidence that then must be filled with another cigarette. Also, today, most people look at smokers like...they must really be stupid. I know, most smokers are embarrassed that they smoke creating a lack of confidence. They worry that someone might be offended by the smell.

Have you ever run out of cigarettes late at night and felt the anxiety and worry of not having any cigarettes when you want one. Non-smokers never have that feeling and in fact live a life of calm and peace. You can too.

### **“Smoking Helps Me Concentrate.”**

Studies show that smokers have a shorter memory and attention span than non-smokers. Tobacco smoke deprives the brain of oxygen and therefore cannot provide concentration. Smoking destroys brain cells. Enough said.

### **“I will gain weight.”**

I am adding this one in here because I’ve heard it so many times. I have actually known people who continued smoking because they didn’t want to gain weight. How does this make any sense? Basically, they are saying they will ruin their health with cigarettes, so they won’t ruin their health by being fat? Hmmmmmm????

I fail to see the logic here. By smoking, you’re decreasing your energy, so you’re probably not exercising. Truth: Smokers as a whole, are typically overweight more than non-smokers. Smokers are also severely dehydrated. The average weight gain, if any, when one stops smoking using hypnosis, is around 5 lbs, and this is mostly water. When you use hypnosis to stop smoking, you don’t trade one oral habit for another, so this is not a worry.

With my Exclusive **Stop Smoking in About an Hour Program™**, we address weight and health, so you will feel confident that you will quit

smoking and start on a new healthier path, including eating healthy and taking great care of your body! What a nice plus that is!

**“I feel like I am giving up my friend.”**

The very moment you smoke a cigarette it begins to cause damage to your body. Smoking kills. Smoking keeps you trapped in a never ending cycle of discomfort, pain and a burden on your life that never ends. This is your friend?

You know the old saying: With Friends Like This, Who Needs Enemies!?

What you are really giving up is the coughing, the spluttering, the breathing problems, the feeling of being controlled, and the empty feeling you get in between cigarettes. You're giving up wasting your money (\$1,000s of dollars,) that is literally killing you and depriving you of relationships, energy and focus. You're giving up all the things you don't want, in order to get the things you do...(remember you list?)

What are the reasons you want to quit smoking?

Clean fresh breath and hair, energy, friends, romantic relationship, money to travel or spend on fun and interesting pursuits, good health and a long life, to be here and have energy for your children and grandchildren? The list is endless.

What you focus on is what you get more of. If you focus on deprivation, then that's how you will feel, deprived. If you focus on how good it feels to be free, to breath the free air, how good it feels to be a non-smoker, then your subconscious mind will begin to reinforce these good feelings.

At this point the choice is yours!

## Step 7 ~ Emotional Traps!

The chemicals in the cigarette cause a change in our physical and emotional state. It is like an interruption in our thoughts or a trance that we go in and out of to avoid our thinking processes and the resulting emotions.

You can learn to manage your thoughts and ultimately your emotions by becoming consciously aware of when you are not feeling as good as you would like. Pay attention to the feeling you get when you think of a cigarette. You will notice that immediately preceding the desire for a cigarette is a feeling of discontent. Perhaps you feel an empty void or a tightening in your throat and chest. Depending on what it is you are trying to stuff down with a cigarette, what uncomfortable emotion, that is, will determine where you feel it in your body.

For example, if you are feeling a tightening in your throat, it may mean you are not comfortable speaking your truth or you are holding back what you really want to say. Some people notice tightness in their chest at the moment they desire a cigarette. It may be that you are not feeling loved or accepted so are using the cigarette to stuff a feeling of inadequacy. An “empty space” in the solar-plexus area, the stomach above the navel, is an indication that you are giving away your power to a situation or to another person. These are the main emotional energy points in the body that are associated with the use of cigarettes or even other drugs.

***“The mind and the body are like parallel universes. Nothing takes place in the mind without leaving tracks in the body.”*** Deepak Chopra, M.D., author

### **Smoking = Voluntary Slavery**

Smokers spend their lives in a self-imposed slavery. Part of becoming conscious of the habit pattern is to be aware that usually when you smoke a cigarette, you actually wish you were a non-smoker. The funny thing is that with most of the cigarettes smoked, not only don't we enjoy them, we reach a point when we aren't even aware we smoked them. The only

time you really believe you enjoy a cigarette is after you haven't had one for a while, then the delusion begins. You think that you would really enjoy a cigarette, such as first thing in the morning, or after eating a meal. Truth is, all that will really happen is you'll feel horrible you gave in and the guilt begins too.

Think about this: the only time a cigarette becomes something you just have to have, is typically when you're trying to cut down or stop, or when a social situation forbids it.

As a smoker, you must understand, this situation is only going to get worse, it will never get better. And, soon, everywhere you go will be "smoke free."

### **Embarrassed to Smoke**

Does this Sound Familiar? Going to your friend's or family's house can be awful. Looking for a friendly place to smoke and feeling like a stupid jerk when the hosts don't want you to smoke!!! Yikes!

Finally, you get a chance to sneak outside and light one up, you feel so relieved that you get to have a cigarette. You get to hang out with the other smoker who was also in a panic trying to find smooth way to get outside and smoke. You have your amazing bond, another smoker, stuck as a slave, just like you. Finally, you got your "reward."

The funny thing is that the non-smoker gets to go through his whole life without poisoning his body with this so-called "reward," never feeling deprived, embarrassed, or anxiety at a social function or because they always have to remember to stop for cigarettes when they get close to running out. They also never have to feel guilty for smoking or waste countless hours and precious moments of important family/friend time, outside smoking.

It is so much easier just to STOP smoking, than to continue.

### **A Feeling is Something You Can Control**

Remember what I shared earlier that all emotion follows thought and most people use a cigarette, or any other substance or habit, to change their emotional state. In simple terms, to shift how they feel in the moment. By becoming aware of your process, you can choose a different healthier, more empowered habit or way to respond to your feelings. Just like some people use food or drugs to fill a void or a feeling, smokers use cigarettes.

It is just a feeling and a feeling you can control and change. No one has ever died from anxiety or an empty feeling from not smoking. That's all it is, an empty feeling because you are not doing something that you normally do. By becoming consciously aware of how you're feeling, you are on your way to taking back control of your own life and behaviors.

Decide today to stop this self-imposed slavery. You can do it!

## **Step 8 ~ How Can I Quit Smoking Once and For All? (14 Steps)**

### **1. Make a Decision**

There is a lot of power in making a decision. The word decision comes from the Greek language. Like the word "incision" means to "cut into," "decision" means to "cut off from." When you make that decision NOW, you're cutting off from any other option. Making your final decision to stop smoking is very powerful!

### **2. Imagine Yourself as a Non-Smoker**

Try to relax and engage your subconscious mind. Think about how wonderful you will feel as a non-smoker. The subconscious mind does not know the difference between what is real and what you imagine, so begin a process of imagining yourself moving through your day absolutely free from cigarettes and smoking. Smile as you imagine this and remind yourself how good it feels to be a non-smoker.

### **3. Breathe**



Several times a day and especially if the thought of a cigarette enters your mind, breathe deeply and enjoy the feeling of lungs full of clean fresh air. Here is a breathing technique which will help you relax:

Sit quietly and comfortably. You can close your eyes, but if you're driving you better keep them open! Focus on the area around your belly button and take a slow deep breath, in through your nose. Hold it for a count of 1,001 – 1,002 and exhale through your mouth. As you blow the air out in an even, gentle stream, count to 6, then hold your breath again for a count of two once all the air is exhaled. Breathe in again through your nose and repeat this process 5, 6, or 10 times. Whatever it takes. You will find your mind has quieted down and you feel better and more relaxed and able to focus.

#### **4. Throw Out the Cigarettes**

Get rid of all paraphernalia that has to do with smoking. Clean out your car, clean out your ashtrays. Clean your house and tidy up any areas where you used to smoke.

#### **5. Cleanse Your Body**

Drink plenty of clean fresh water or lemon water. Flush the toxins out of your system. Eat plenty of healthy fresh vegetables and fruit. Exercise, move your body every day and if you can sweat! There are many wonderful full body herbal cleanses on the market that can help you detoxify your body. See resources section at the end of the book.

#### **6. Avoid Alcohol**

Alcohol helps us let our guard down. Some of my clients have expressed that they started smoking again when they were drinking because they just didn't care. It got them back smoking again. You must completely understand that once you've quit you must stay stopped. It is very easy to forget the discomfort of when you first decided to quit smoking and trick yourself into believing that one won't hurt. One cigarette will get you smoking every time.

The subconscious mind will work with you and make it easy to quit, but it will also reconnect the neurological pathways to the habit if you engage in it again. I have heard of people who quit for 5, 10, even 20 years and had one cigarette and were up to a pack or 2 packs a day within a week! Don't do it. Once you are free, remain free. And if you are around people who smoke, don't allow yourself to get into the deprived way of thinking. It's not that you don't "get" to smoke, it's that the smokers have a problem and are still trapped on the wheel of despair. Feel sorry for them because they haven't solved their problem like you have. Enjoy the FREE air!

**Remind yourself, "I'm a non-smoker!" and smile, because it feels so good to be FREE!** It feels so good to be a non-smoker once and for all!

## **7. Meditate Daily**

A daily practice of meditation, like exercise, raises the bio-chemicals of happiness in the brain. The happier you feel in general, the less likely you are to desire things that are bad for you. Everything is energy and this is true of smoking. Everything has a vibration. The higher the vibration the better you feel overall. The lower the vibration, the lower the energy, the more you feel bad. Thoughts have a vibration too. Empowering thoughts have the ability to raise your vibration so you feel good. Smoking has the energy of death. It has almost no vibration and pulls your energy down into a state of depression and lethargy. A daily practice of meditation and exercise will raise your vibrational frequency way above the energy of smoking which will assist you in resisting any thoughts of smoking and cigarettes.

**Good News and My Gift to You:** As a buyer of this book you may receive a FREE ½ hour meditation designed to make you feel good and keep your vibration high! Visit <http://www.suziebowers.com> and go to FREE Meditation to get yours. Or, if you received this book as my gift, you already have access to your Self-Healing session.

## **8. High Potency Vitamins**

Some studies suggest that vitamins rich in B12 help alleviate stress. One of my favorite vitamins is called Nutri-Calm and is made by Nature's Sunshine. It has a combination of herbs and vitamins that are designed to support the nervous system. (See Resources at the end of the book.)

## **9. Avoid Nicotine Replacement Products**

Smokeless cigarettes, vaping, drugs and anti-depressants, all have harmful side-effects.

First of all, nicotine replacement products don't work and are potentially dangerous. Smokeless cigarettes reinforce the habit of smoking, the habit is the true and real problem. The side-effects of the anti-depressant drugs to quit smoking, are worse than smoking, can cause life-long depression and even death. You are trading one bad thing for another, which is potentially worse than just stopping smoking.

Everything you need to be a successful non-smoker for the rest of your life is already within you!

## **10. Eat healthy!**

Eating regularly scheduled meals, at least 3 including 2 additional snacks will help stop the craving for a cigarette. Blood sugar swings when we smoke and also when we don't eat properly. It is especially important that you eat a healthy, well-balanced breakfast to start the day off right. Eating properly helps you avoid emotional swings due to hunger. Remember, it is the emotions that trick you into smoking.

## **11. Exercise!!!!**

I mentioned this briefly in the detox section, but it is so important that I am dedicating this section to it. Exercise is one of the most important things you can do for yourself. Just 30 minutes a day is all it takes:

Relieves stress Produces a sense of well-being (which is incongruent with smoking.)

- Clears the lungs and toxins out of the body.

- Strengthens the heart.
- Improves digestion.
- Increases energy
- Helps you sleep
- Makes bones and joints more flexible
- Improves the skin
- Helps maintain health, strength and confidence
- Creates a feeling of relaxation

There are so many benefits to exercise, there are just too many to list here, but you get the idea.

When you feel healthy, stressful feelings are managed, endorphins are released, the desire for a cigarette diminishes and makes the whole process so much easier.

### **So before you light up...hit the pavement!**

There have been many studies done that reveal a clear connection between exercising and success as a nonsmoker. According to one study researchers tracked the progress of 281 women who decided to stop smoking. They all attended the same smoking cessation program. Half of the women, who were chosen at random, also started a practice of 3 vigorous exercise workouts per week while the other women attended lectures about health. At the end of the 12th week, the exercisers were 2 times more successful than the non-exercisers.

Clearly, the answer is...exercise. The exercise group also didn't gain any weight. There are so many pluses to exercising, you should start right now.

## **12. Focus on How Good You Will Feel As a Non-Smoker**

When trying to quit, most smokers focus on deprivation, or the fact that they are missing having their cigarette. The truth is you "get" to be free of this nasty habit. Remind yourself how great it is to be a non-smoker. You

no longer have to worry about having cigarettes or a lighter, smelling bad, feeling bad, low energy, coughing, feeling embarrassed. You're becoming healthier every day, your skin looks better, your teeth are whiter, your family and friends are happy.

Think about all the things you get to have and do, think of all the things you want instead of focusing on what you don't want. From this day forward you get to enjoy the freedom and elation of being a non-smoker for the rest of your life.

### **13. White Light**

A little energy trick I learned my first year in hypnotherapy school. As I mentioned earlier, everything is energy. Our entire world is made of vibrating light or photons. Just by thinking of the words "white light" while taking a few deep breaths, will eliminate the immediate desire to smoke.

Don't believe me, try it. Sit in a comfortable position.

Take 3 or 4 deep breaths as previously described. Close your eyelids and focus your awareness on the middle of your forehead, just above your eyebrows but between your eyes. Or, focus on your nostrils and follow your breath in and out. Say to yourself or just think it: "White Light" nice and slow. Wait two or three seconds and repeat, "White Light."

You can even imagine a beautiful shower of golden white light pouring in through the top of your head and all around you, filling every cell in your body with peace and love and healing. Remember to breathe and repeat again. You will feel a peaceful presence that will lift your energy vibration out of the vibration of smoking. Then go do something else.

### **14. Beware! That's right, BEWARE!**

The most important trap you must be aware of is tricking yourself. You must understand that once you have stopped smoking, you must stay stopped. I am repeating this, because it is so important.

Sometimes I have clients who come for the hypnosis, Stop Smoking in About an Hour Program™ and because it is seemingly so easy to quit with the one session, they trick themselves into smoking again. The thought process goes something like this: “I felt so good and it had been so long since I even thought of a cigarette, I didn’t really believe that just one would hurt.” **One Cigarette Will Get You Smoking Again!!! Make No Mistake!** Do not allow anyone else’s thoughts, or your own to try and trick you or manipulate back into that stupid smoking habit again.

Beware of anyone or anything that could try and trick you back into doing that stupid thing. You are much bigger than this stupid little tube filled with chemicals and tobacco. You are now in control of your own life and your own behaviors and You are Now a Non-Smoker for the Rest of Your Life...and that feels good!

### **Mike and Sherry Decided to Quit Together Before They Got Married**

These were some of my favorite clients. They were so excited because they were engaged. Mike and Sherry decided that they would start their new life together free from cigarettes and smoking. What a great idea!

Each smoked about a pack to a pack and a half per day. Mike worked at a local card room where there are lots of people around who smoke.

Especially the employees smoke when they go on their break, which added an additional challenge for Mike. I had to make sure to include some instructions and suggestions to help Mike when he was around other smokers. After one session, he responded beautifully to the program and hasn’t smoked since. Mike has no desire to smoke when he’s around other smokers and he learned he could accomplish anything he desires by utilizing the power of his own mind.

Sherry was a little different scenario. She had experienced a traumatic, life-threatening car accident and was in a lot of pain. Just so you know, smoking causes pain in your body, which just made it worse for her.

Sherry had been diagnosed with post-traumatic stress disorder, (PTSD), had damage to her body and spine and was basically disabled. The pain

medications could have become a challenge for the session, but Sherry's sincere desire and determination gave me the encouragement I needed to move forward with her program. It seemed Sherry had done very well in her session, but after a few days, was still struggling with some feelings of anxiety. After her free back up session, Sherry was feeling marvelous, didn't have any desire to smoke and noticed that she wasn't feeling as much anxiety about the accident. Sherry had a very positive attitude even though she was in pain 90% of the time. I must contribute her marvelous attitude and willingness to change and do the work, and her ability to trust the session, to trust the process, for her overall success.

She was determined and willing to change her beliefs and thinking and as a side-benefit was also able to feel happier and more empowered in other areas of her life.

By saving over \$400 per month, (\$5,000 per year) now Mike and Sherry are able to afford their dream honeymoon. This is the greatest joy and blessing about getting to do what I do, watching as others learn to access the beautiful, powerful and natural ability to heal, to be successful and to create the life they desire and deserve. Anything you desire for yourself is available when you know how to think empowering and positive thoughts and access the subconscious mind.

### **Step 9 ~ The Easiest Way to Quit Smoking! Hypnosis!**

Hypnosis has been proven the most effective and successful tool for overcoming any habit. On average hypnosis has a 93% success rate after 6 sessions.

The wonderful thing about hypnosis is that anyone can do it at any time because it is a completely natural state of mind we drift into and out of every single day. In most "hypnosis" schools of thought, all hypnosis is self-hypnosis anyway.

When you allow yourself to enter the relaxed state of hypnosis or also known as the "alpha" brainwave, you have a direct doorway into the subconscious mind. In this state, you bypass the judgmental conscious



mind or “ego.” The subconscious mind does not know the difference between what is real and what you imagine, so as you imagine yourself as a happy non-smoker, free from the crutch of smoking, your subconscious will begin to go to work to make that real for you.

There are **a lot of myths and misconceptions about hypnosis** and hypnotherapy. If you’ve ever witnessed a stage hypnosis show, it appears as if the hypnotist is making people do stuff they don’t want to do. This isn’t really true.

Remember, the people on the stage have volunteered. The hypnotist does some tests and checks for people that want to have fun, are going along with the instructions and want to act silly. Then she weeds out the ones that aren’t cooperating and gets them off the stage. She also knows that everyone of normal intelligence or better is hypnotizable. So now she has it made. She has people who want to be up there and act silly and they are going along with her instructions. *Shazam.*

The perfect formula for success.

Hypnosis with a hypnotherapist is somewhat different. There’s no showmanship. It is about mutual cooperation for a common goal: to overcome a behavior or an area of life that is not working well and to shift limiting or defeating beliefs that are the cause of the problem.

All challenges that occur on a personal or emotional level are due to our beliefs about it and our focus. If we believe something is easy, then it will be. If we believe that something is difficult, then it will be. It really is this simple and applies to changing the smoking habit.

A well-trained hypnotherapist specializing in smoking cessation will be able to assist you in achieving your goal, give you a new and empowering perception about life and what you intend to accomplish for yourself and help you get there. You can learn to access the innate intelligence within your own mind by learning to relax and talk to the part of your mind in charge of how you feel, the “subconscious.”

**Relax Your Way to Success with Self-Hypnosis**

To enter a state of self-hypnosis, find a comfortable position, sitting in your chair or lying on your bed. Use the breathing technique, taking several deep breaths, as described and close your eyes. Then, let your breathing relax and focus on following your breath in and out. Imagine yourself healthy and free from cigarettes. Imagine moving through your life, your day to day activities, smiling and happy, no longer a slave to a cigarette, able to take deep breaths and breathe clean, fresh, air. Say to yourself:

“I am now a non-smoker and I’ll remain a non-smoker for the rest of my life. I am free, I am healthy, vibrant and alive. I am a non-smoker.” Smile.

Smiling sends a powerful message to your subconscious mind, that this is a good and happy thing. The subconscious mind has a priority to keep you healthy, safe and alive. Say healthy, positive things to yourself like:

“I love my body and I only allow healthy things into it.”

“I love and approve of myself. I see myself and what I do with eyes of love.”

“I am healthy and happy.”

“My body pulsates with joy, happiness and aliveness.”

“I am FREE of cigarettes and smoking and that makes me feel so good.”

**You can find more affirmations on my blog:**

**<http://www.suziebowers.com>**

As you use these affirmations for positive change, your subconscious mind will begin to go to work to make them true. It may take a little time or it may be fast, but you’ll be surprised at how easy it is when you learn to get your subconscious mind on board with your goals. Special Bonus Most people are not aware that by using the services of a qualified hypnotherapist to quit smoking, they can receive a valuable tax deduction.

Find out more by visiting my site: <http://www.cahypnosiscenter.com>

**BONUS: Tax Benefits to Quit Smoking!** You can receive a 100% Tax Credit Reimbursement To Stop Smoking Using Smoking Cessation Hypnosis! That's right! The IRS passed a Tax Law in 2003 to make you eligible to receive 100% Tax Credit Reimbursement on your taxes.

**For more information, check out the IRS website:**  
**<http://www.irs.gov/pub/irs-pdf/p502.pdf> . And of course, please consult with your accountant for your particular details.**

Lose Weight With Hypnosis - FREE Did you also know? With a doctor's note, you can use the services of a hypnotherapist and some weight loss products to lose weight and write it off as a medical expense.

## **Step 10 ~ Conclusion!**

Everything you need to be successful in your life is within your own mind and the management of your emotions. Remember, that all emotion follows thought, so if you are not feeling as good as you would like it is because of where your thoughts are focused. You have the power to change your thoughts and thus change your feelings. A feeling will not hurt you if you begin to recognize that it is a process that you have control over.

When you stop smoking, at first there may be some residual feelings that are strange and uncomfortable. Recognize them for what they are: false feelings based on past thoughts and conditioning. Give yourself a chance to let the feelings move through you as you sit fully present with them. No more unconscious feelings, no more unconscious thoughts. Give yourself permission to express yourself in a healthy, calm and loving way.

You are in control of your own life and behaviors. You can accomplish anything you choose and it will be easy for you as you relax, breathe, and access the deep levels of your subconscious mind.

Here is a quick exercise for you to try as you relax and close your eyes: Imagine you are standing in front of a giant, 8 foot tall, pack of cigarettes and this pack of cigarettes is pointing its' finger at you and telling you off.

This monster is telling you it controls you and there's nothing you can do!!!! That should make you good and mad! Now imagine this giant pack of cigarettes begins shrinking, getting smaller and smaller, and smaller and smaller, until it gets so small it is the size of an ant on the ground. Step on it, stomp it, squish it into dust, and say "NO MORE! You will never control me again." Take a deep breath and notice how good it feels to breathe deeply, how good it feels to be free! Now image a beautiful place that makes you feel really great. Imagine it as if you were really there and smile and remind yourself how good life is, how good it is to be a non-smoker! Congratulations on your new life as a non-smoker! I am very proud of you!

Still not sure if you can do it on your own?



For a free consultation  
call today!

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**We are Here to Help!**

Just think, in about an Hour, You Could Be FREE From Smoking. Call me for your confidential consultation over the phone and we'll go from there.

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## **About Suzie Bowers and California Hypnosis Center!**

*Suzie Bowers, Certified Hypnotherapist, Soul- Discovery Coach™ and Smoking Cessation Specialist*

Since 1995, Suzie Bowers has been empowering others to live the life they desire and deserve, when she opened California Hypnosis Center. Stop Smoking in About an Hour™ Program was added in 2004. Suzie has taken the best of many different tools and techniques, including hypnosis, guided imagery, neuro-linguistic programming, kinesiology and EFT to create the most powerful Stop Smoking Program available today.

She has helped 100s of seekers in various stages of self-improvement.

Suzie also specializes in these areas of self-improvement:

- Weight Loss
- Anxiety and Depression
- Business Success
- Relationship Issues
- Meditation
- Past Life Regression
- Spiritual Growth and Development
- Post-Traumatic Stress

Suzie is author of 3 books ~ ***Ten Keys to Living a Soul Life; Ways to Quit Smoking***, Available on Amazon and ***Your Six-Figure Hypno-Coaching Business, where Passion and Purpose Change People's Lives***, available as an ebook.

Suzie is also a sought after presenter and is available to present at your next event.

Call the office directly to find out more. 800.758.1239 or email: [suziebowers@yahoo.com](mailto:suziebowers@yahoo.com)

Interested in starting a new career as a Certified Hypno-Coach?

Suzie teaches a unique method combining Hypno-therapy, Coaching and "Soul-Discovery" Spiritual Teachings along with sound business building and marketing to help others build a successful coaching business in the "healing" professions. She helps others create a successful business.

Do you like helping others? Have you always wanted to be self-employed, in control of your own destiny? Are you already in the healing professions and want another way to help others and attract higher income?

Contact us for More Information or visit  
<https://www.suziebowers.com>

## Notes

