



## Tips To Zap Those Cravings To Help You Quit Smoking

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For the past 30 years I have been involved with various mind control therapies. During that time my greatest satisfaction has been in **helping people to stop smoking**. After all, **smoking is the one thing actually guaranteed to kill you**, either through fatal disease or through wearing your heart out prematurely. Can you imagine the immense satisfaction involved in giving people back so many years of healthy life which would be otherwise lost? And now it's your turn.

In this concise report I'm going to **give you one of the exact same methods** I have used for years to help so many people just like you to save their lives. Make no mistake, this is **powerful stuff**. In fact, until I developed the system you've just been reading about on the website it was probably the most effective system ever used. So enough of this preamble, let's do the business!

The very first thing for you to understand is that smoking is purely a mental problem. I know, I know, you're thinking "**but what about my addiction to nicotine**, that's really what's keeping me hooked" Well, I have **good news and bad news**. The good news is that all scientific and anecdotal evidence proves beyond doubt that **nicotine is not an addictive substance**. **It's a complete myth being perpetuated by people who have a financial interest in you believing smoking is outside of your control**.

**The bad news** is that it's a mental problem which lives deep inside your unconscious mind. It's in a place where under normal circumstances you're simply unable to access it to make a change – and becomes certainly more difficult under the pressure of trying to give up tobacco...unless you *\*know the secrets\** of how to do it. First, let's continue learning how to zap those awful cravings you experience when you try to quit smoking...

**As a smoker you are always in a state of conflict**. On the one hand you want to smoke and on the other hand you want to quit smoking. This conflict is not easy to resolve until you make the breakthrough – which you're just about to do – by understanding what it is in your mind that creates this conflict. **The very first step is to fully accept that you have a desire to smoke**. It's in your unconscious mind so it's unlikely you'll ever be able to eradicate this feeling of desire completely.

**But the fact you have a desire certainly does not mean you have to submit to it**. For example, during your hormonal years as a teenager it's very likely at some point that

you felt an overwhelming desire for someone from the opposite sex. Unless the other person felt the exact same desire for you, then your youthful mind would be in a state of anguish at this feeling of unrequited love. This kind of frustration causes moodiness, depression, temper, and strange behaviour. **Yet it is simply a conflict of desires.** But did you choose to give in to this desire and 'pounce' on your paramour, in order to satisfy your uncontrollable lust or did you choose to maintain respect and contain your physical craving? Probably it was the latter. Did the ability to control your craving result in any permanent damage to you? No, of course not.

It's the same with smoking. The conflict between your two desires causes you to experience the same symptoms as the distressed teenager, only now when you try to quit smoking you call these feelings "**withdrawal symptoms**" and blame them on what you have been led to believe is a nicotine addiction. Can you see what I'm saying? **All these physical symptoms are a product of your mind, and they're all caused by you trying to repress the fact that you still have a desire to smoke.**

**Once you simply accept that you may always have this mental desire** (although it will fade significantly in time - in fact, most ex-smokers say they hardly ever give it a thought, even when with their old smoking chums) **then it makes it much easier for you to quit.** In one step **you have resolved the conflict by giving up the unrealistic expectation** that you can eliminate this desire completely. Just learn to accept it then manage it.

The **next step** is to **realize that you will always have the freedom to smoke.** It's the **denial of this freedom which is the true cause of any cravings.** For instance, do you really like a certain kind of food - almost to the point of craving it? Chocolate maybe? If someone was to tell you to **force yourself to never take another bite of it for the rest of your life, what would happen?** Could it be that you'd spend all your time telling yourself that you must deny yourself that pleasure, and because of that, you are constantly thinking about it? "I want it, I must not have it, but I want it, but it's forbidden to me, I really want it now!"

See what's happening. Your mind is stewing it over all the time, so that it becomes an obsession. You feel **deprived, trapped, resentful**, and will tend to behave abnormally until this craving which you've produced is satisfied. It's the same with tobacco. **Trying to force yourself never to touch it is dooming yourself to failure.** The act of depriving your mind will make it so desirable that eventually you're virtually bound to give in to these powerful cravings.

It's not enough to read this casually. You need to **tell yourself right now that you always have this freedom to smoke if you want to**, otherwise your mind will automatically assume you are trying to deprive it - to take its 'toy' away. (Yes, the subconscious mind is very tricky!) This could lead to the **classic symptoms of stress: headache, tiredness, bad temper, insomnia, depression.** And it's all caused by your

mind, and has nothing to do with any of the **poisonous chemicals** in smoke. Trying to quit by being this harsh on yourself means you'll be constantly searching for excuses to take a cigarette.

Believe me when I tell you that it really does not need to be so traumatic. **Change the way you think and you'll change the way you feel.** The question of cravings simply won't arise because **there is no conflict if you will just accept the fact that you have a desire and are free to smoke if you choose to do so.** I'll go even further: I want you to keep a packet of cigarettes with you for the first few weeks after quitting. This will remind you that there is no need to feel deprived. You are perfectly free, as a responsible adult, to take one if you choose.

**Now for the clever bit.** Although you have the option to choose that cigarette you do not have the option to smoke only one. Because if you take **just one** puff, drag, or draw from that cigarette **the little robot in your unconscious mind will click in again and take responsibility away from you. It will again be outside your control.** *Be aware of this, know it deep in your soul.*

Although you have the choice to take a cigarette, **if you choose that option you will know without doubt that you are choosing to take up smoking again.** At that point just decide if that's what you really want. If so, go ahead and do it, in the sure knowledge that you will definitely become a smoker again.

**And, this means that you are choosing to die prematurely**, maybe through some dreadful fatal disease, maybe through a destroyed lung, maybe a heart attack or a stroke. You'll also regain that obnoxious smell, your skin will age prematurely, you'll be depriving your children and grandchildren of your love and advice. You'll be depriving yourself of all the wonderful things you could have bought with that wasted money. But sure, if that's what you want, go ahead. It's always your choice, a decision that nobody else can make for you.

**Just be aware of all that you really are giving up to take that first drag.**

**Before taking that first fatal puff** consciously think to yourself "just one puff and I'll be a smoker again". *Then* make your choice. It often helps to think on the lines of: "If I really want this cigarette **I'll have it and no-one can stop me.** However, on balance, **remembering all I can gain by not having it and all that I will lose by having it,** my choice at this time is to not have it". Then simply distract your mind and get on with life, free of those old cravings.

Perhaps you might find it a bit difficult at first because you have to do everything consciously. But just as you developed a mental robot to take responsibility for the

mechanics of smoking, by **constant repetition and practice** you can develop a new robot to make it much easier for you to quit by using this method. You really can do it this time.

**Now you have in your hands \*a very powerful technique\* which can easily be adapted for other cravings.** However, even this is nowhere near as effective as all of the mind-blowing techniques you'll discover in my e-book **"The Easy Way To Stop Smoking When Everything Else Fails"**. So, if you're \*really serious\* about quitting then there's no substitute for the real thing. Just make that decision **now** to change you life forever. You owe it to yourself and your loved ones... to **make the decision to stop now.**

If you feel like you need more help than this article or our **Free Stop-Smoking E-course** can provide for you, or you would just like to learn more about my revolutionary ebook, which I guarantee will help you become a non-smoker, just visit my new website today at: <http://BecomeANonSmoker.com> and start making your dream of becoming a non-smoker come true! You really can stop smoking if you follow my methods exactly as I show you. Nothing is withheld, I use the same successful methods in my private practice every day.



Or just click here to learn more about the book; it could actually be in your hands within minutes. Whatever you choose, we wish you every happiness in your new long and healthy life.

Sincerely,

*Cameron Kerr*  
&  
*Donna Maher*

Cameron Kerr G.H.R. & Donna Maher R.N.  
Your Smoking Cessation Specialists  
"An ocean apart, but close to your heart"  
[BecomeANonSmoker.com](http://BecomeANonSmoker.com)

**P.S.** If you have any questions about this article, or would like to send me your comments, please visit our Feedback Page, it's emailed to me straight away and I promise you a prompt reply to any queries.

P.P.S. *New* - **Weight Control Issues** - I've just added a complete *NEW* chapter on weight control, guaranteed to help you keep the weight off as you quit smoking (and you can even use these proven techniques to control weight, whether you are a smoker or not) We have also added an **Extra Bonus Anti-Stress Relaxation Induction MP3** - so you have in your possession, all the tools you will ever need to quit smoking forever without resorting to expensive therapies.



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