

Learn How To Tame The Smoking Dragon



And Quit Smoking For Life!

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Congratulations!

You are about to embark upon on an exciting and seemingly magical adventure to reclaim your life and health...and as an added bonus...save a lot of money in the process.

The first thing you need to know is, that like all great adventures, quitting smoking is a process that begins with a single first step.

I'm about to share with you *The Most Important First Step To Easily Quit Smoking Without Willpower*, so hang in there!

However, before you take your first step, I need to set the stage for you regarding just what you're up against once you've truly decided to quit smoking cigarettes, and before I get too far ahead of myself let me first give you a little bit of my personal history and how I came across the secret to quitting easily, to put this in perspective for you.

Here's my story and how you can benefit from it...

I began smoking in 1967 as an 18 year old right out of high school. At first I was only smoking a couple cigarettes a day, but as time passed I gradually increased a few more smokes every month or so until without realizing how, I had reached more than a pack a day. By 1978 I had become a three pack a day chain smoker, polluting not only my own lungs but those of my wife and four children as well.

After years of taking my kids to the doctor with all sorts of chronic illnesses...from frequent colds, nasal infections, ear aches, coughing fits, and strep throat, to full blown bronchitis, I finally accepted the fact that I'd been denying for years, that it was my smoking that was the root cause of their constant distress. Consequently, I began numerous attempts at quitting.

I succeeded in quitting for as much as two weeks on a couple of occasions, but never seemed to get beyond that boundary. I tried lozenges, and gum. I tried cold turkey. I tried using flavored toothpicks, hypnosis, and a number of "habit confusion" techniques. I must have tried quitting more than a couple dozen times before I managed to eventually find a very fast, yet very powerful method to quit in 1985.

So believe me when I say I know how difficult it can be to quit...I really do know!

One day while browsing the racks of books at B. Dalton Bookseller I stumbled upon a book, titled "Frogs Into Princes - **N**euro **L**inguistic **P**rogramming" by Richard Bandler and John Grinder. That was my first exposure to NLP, and it was the moment I first truly

believed I could do anything or be anything I wanted...including becoming a permanent non-smoker.

I devoured the pages of that book over the course of the next few days, and excitedly began searching the yellow pages for a qualified NLP (Neuro-Linguistic-Programming) trained psychologist. I was amazed to find only two individuals at that time who had ever heard of NLP from a list of several hundred licensed psychologists, advertising in the Greater Denver Metropolitan area.

The therapist I chose to help me was a truly remarkable psychologist who had practiced hypnosis for years with moderate success. However, he had also recently discovered NLP and was as excited about helping me quit as I was about quitting. He impressed me with his enthusiasm and sincerity, so much that I gladly forked over what I considered to be a rather small fortune at that time...\$150.

But I gotta tell ya, that was the best hundred fifty bucks I have ever spent in my entire life. Like I said, I was smoking nearly 3 packs a day at that time, and smokes had just recently gone up to a buck a pack. As it turned out, I started seeing a profit on that investment in just a little over 6 weeks.

I can still tell you the exact time, day, month and year that I took my last puff off that once dear friend...5 pm., Friday, May 24, 1985. By the end of that weekend I had my last nicotine craving ever. I've never had another desire to smoke a cigarette since that moment. It took me exactly three, one half hour long sessions to end an 18 year addiction. I'm here to tell you NLP will do the same for you if you truly want to quit.

NLP has come a long way since 1985, and so has the price of a pack of cigarettes. If you're an average smoker, you're burning up anywhere from \$3 to \$7 a day...or more! Poof, there goes your hard earned money, as well as you health, up in smoke! If quitting smoking to improve your health isn't enough motivation to quit, maybe saving up to \$200 a month is.

So here's the burning question of the moment...Do you want to quit smoking? If you do, then I'm going to help you become a successful non-smoker even if you've tried and failed a dozen times before. This time, you will succeed, and you're going to do so easily without Will Power!

Like everyone else who has ever unsuccessfully tried to quit smoking, before I finally found the quickest, surest, simplest, and most effective way to quit, I inevitably blamed each and every failure on a lack of will power. However, the truth is, once I actually quit smoking, I realized willpower had literally nothing to do with quitting at all. In fact, will power actually had always gotten in the way of my previous attempts to quit.

Will Power is not the secret to quitting smoking.

Let's start with a few facts. Recent studies estimate that only 3 to 5% of smokers attempting to quit smoking are permanently successful. Not a very promising statistic is it?

Even less promising is when you look at it from another angle...95 to 97% of smokers who attempt to quit fail! That's a staggering 95% probability that you will fail....**950 smokers out of every 1,000 who attempt to quit are destined to fail!**

However, there is a tiny sliver of good news in that statistic...50 smokers among those 1,000 people are going to succeed in becoming permanent non-smokers!

Admittedly, that's not a very promising bit of news, especially if you've tried and failed in the past because you lacked will power. Why? Because, 91% of those 50 ex-smokers became successful long-term ex-smokers, the hard way...they did so by going cold turkey using nothing but willpower alone. Only approximately a meager 9% of the successful ex-smokers quit by some means other than Will Power.

Restated in another way, that means that out of every 1,000 smokers who attempt to quit, only 30 to 50 will succeed, of those 30 to 50 who manage to succeed, roughly 4 of them will succeed by some means other than Will Power. So the good news hidden inside all this dismal information is that an average of 4 out of every 1,000 people can quit without the use of Will Power. It's my goal to help you become one of those successful 4 people.

The cold, hard facts are this: **If you aren't one of those 4 individuals then you must be sufficiently endowed with a very, very strong will power, or you will fail, and unfortunately, will power has not helped you so far or you would not be reading this right now.**

Is there really a secret to quitting smoking easily without will power, without stress, without gaining weight, without using drugs, pills, sprays, lozenges, gums, patches or any of the other popular failing quit smoking methods available?

I'm here to tell you there is!

The INTERNET is loaded with well intentioned quit smoking tips and programs that are littered with failures. That isn't what you are looking for is it?

Then you need to face the facts that those tips and programs are probably going to be nothing more than an exercise in futility for you just as they have been for thousands of

other frustrated smokers, and if you've already tried some of them, then you can attest to the validity of that statement.

You have to ask the question, why is the number of those who attempt to quit and succeed so low (3 to 5%)?

There doesn't seem to be a study that provides a solid answer. So I'm going to give you my honest, best guess, based on my own personal observations. Most people who are addicted to smoking perceive themselves as lacking willpower. I firmly believe, that if that's the self image they maintain, it most definitely will manifest itself as a self-fulfilling prophecy. I know I certainly believed I was lacking sufficient will power to quit, and repeated failures reinforced that belief.

Burn this into your consciousness: If you think you can't quit through willpower alone you are probably right and you will fail unless you find a method that allows you to bypass will power.

You are going to find just such a method very shortly. You are going to succeed!

However, I have to pile a little more bad news on you right now. There's a multi-billion dollar “nicotine-replacement-product-pharmaceutical industry” just dying to capitalize on your belief that you don't have enough will power to quit. They are banking on your belief that you'll need their product to help you succeed, and that you'll actually have a real chance to quit if you use their product.

Don't buy into that pile of crap for a second! Not only do those products not work, but they are costly as well.

The statistical facts say you'll have even less chance of success using their products than you would by quitting cold turkey with nothing more than will power alone. You'll spend a lot of money. You'll be frustrated. And you'll be smoking again within six months. And there's a very good reason for that as you will learn very soon.

Here's the facts.

You've been hypnotized into believing that quitting is very hard, and no doubt about it, it is for the vast majority of smokers who have not learned the secret of The Smoking Dragon. But these crafty pharmaceutical devils, with their miracle quit smoking drugs, are planning on making a lot of money off of your addiction no matter which product you choose. They have no real interest in you succeeding, there's no long term profit in it for them if you do.

Furthermore, the tobacco industry is also heavily vested in the nicotine replacement industry, because they know the odds of your success using those products is extremely low and you'll be right back puffing away very soon. They win whether you buy more smokes, or whether you buy some nicotine replacement product and then eventually buy smokes again.

Either way, **you lose..**

The good news for you is this: **you don't need willpower and you don't need any nicotine replacement products to quit either.** And the moment you accept that fact, **you win.**

Quitting smoking is actually very easy when you know the secret.

Let's start by breaking down the process of quitting into manageable bite sized chunks. Nearly everyone who tries to quit and fails, blames their failure on two things: a lack of willpower, and their addiction to nicotine.

First, you have unintentionally been misled by many people in authority who really do wish to help you quit smoking. The notion that nicotine is the addictive force in tobacco is patently false! Nicotine is a problem, and it is a nasty substance, but it is not what keeps you hooked on smoking. Those who believe it is, have not learned the true nature of The Smoking Dragon. You are going to learn that secret in a very short while.

Second, if you think of willpower as a task that requires a tremendous amount of mental energy you are right. Simply put, will power is a very taxing and tedious thought process. It is a conscious choice (a will/desire), that must be continuously re-established and reinforced, to decide to control your own behavior and then choose a course of action that will provide the desired results.

However, as anyone who as ever tried to overcome an addiction knows, willpower is really the ability or capacity to endure pain and discomfort until it passes. Most people do not possess the capacity for enduring pain long enough to quit.

There is extreme good news for you though!

Enduring pain is neither desirable, nor necessary to quit smoking. Those tiny few successful quitters who succeed by will power alone do so because they have an increased capacity to endure pain and discomfort. Their capacity far exceeds that of the vast majority of smokers. No matter how much they craved a cigarette, they refused to give in. I'll repeat this point again: **willpower is neither desirable, nor necessary to quit smoking.** For the vast majority of people it will be their stumbling block.

Okay, enough bad news for the moment. I told you I'd reveal the most important first step in easily quitting smoking without will power, so here it is..

The first and most important step in quitting is "KNOWING THAT YOU REALLY WANT TO QUIT!" If you know without a doubt that you really want to, then you have achieved step number one and you are ready to move to step number two...Taming The Smoking Dragon hiding deep within your subconscious.

BUT...What if you are still reading this but aren't really sure you want to quit? Or what if you truly believe the nicotine replacement hype that you can quit by slowly weaning yourself from cigarettes, by using shots, pills, gums, or any other of the numerous Nicotine Replacement Therapies (NRT/NRP) available?

First, let me just say that the statistics don't lie. You are not likely to succeed unless you go cold turkey and give up nicotine completely and immediately. Cold turkey does not necessarily mean quitting by using will power. It means to quit immediately, without using crutches, aids, or gradual nicotine reduction techniques. For some people that did entail will power, for others (like me) it did not. Quitting cold turkey can be either with or without will power. You can choose the easy route if you wish to.

However, maybe you just have to satisfy your own curiosity first or explore all your options, so here's an alternative. We all know that the chemical addiction to smoking is not the only addiction we need to deal with, but we also must overcome the physical act of putting an actual cigarette into our mouth and inhaling the smoke as well.

If you decide that you can't quit by any other means and you're going to try a nicotine replacement product despite my urging you not to, then I'll suggest you at least try one that won't cost an arm and a leg to try, and it will satisfy your urge to smoke while you attempt to gradually reduce your nicotine consumption. The alternative to smoking real cigarettes is smoking an electronic cigarette, e cigs as they are called. You'll still be inhaling nicotine delivered through a water vapor that simulates the real smoking experience, but without the offensive odor, second hand smoke, tar, or nearly 4000 other carcinogenic chemicals that you consume from a regular cigarette.

That's something that patches, pills, shots and gums can't do. So maybe you can gradually, first eliminate the nicotine addiction, and then quit the physical addiction later. I suppose it's worth a shot, if you aren't 100% convinced you can do it without help.

For more information on an e-cig alternative that has a greatly improved chance of success over other nicotine replacement therapies, skip to the end of this book for a link to the most natural tasting of the available electronic cigarettes.

However, if you truly do want to Learn The Secret of How To Quit Smoking Easily, Without Will Power, then forget e-cigs and every other NRP as well and keep reading.

The secret to being able to quit smoking is based on common sense, once you learn the truth about what you are really addicted to. And once, you know the secret you'll find there are only 3 simple steps involved in the process of quitting. You've already completed the first step in the process.

The Three Steps In The Process To Stop Smoking are:

1. Possess a true desire/will to quit.
2. Firmly believe you will be successful.
3. Visualize yourself as a non smoker, and see the end result clearly in your mind.

While those are the 3 steps in the process, they don't convey the entirety of the method you'll be learning soon. Certainly, as stated above those steps are a bit over simplified, but they truly are the steps you'll be taking.

No doubt about it, visualizing can be both a simple process or a daunting one for those unfamiliar with the process. You're going to be learning how to use visualization techniques as well as a few other techniques in Neuro-Linguistic-Programming (NLP) to help you easily quit smoking in in record time.

Don't get hung up on that right now. You've been successfully visualizing things every day of your life whether you know it or not. Now you are going to learn how to harness the awesome magic of visualization and discover how to use it to quit smoking or even apply it to many other aspects of your life where there are behaviors you'd like to change or improve.

Do you ever daydream? Ever think about a list of tasks you have to perform during the day, and actually see your self performing them? Such as thinking about what you'll make for dinner later in the day, or driving to the store to get the ingredients?

If you're like everyone else you've been visualizing things your whole life. Whether your visualizations have become reality or not is completely dependent upon your ability to make them a living, breathing, vibrant, constant image in your minds eye.

Really, the three steps are simple, painless, necessary and effective once you know how to breath life into your visualized images. That's where NLP comes into play. More on that shortly.

Perhaps you are asking your self...if it's as simple as I've said it is, wanting, believing, then seeing...then how come you haven't been able to quit before? I'm sure you've wanted to before. I'm sure you've believed you could before. I'm sure you've even had an image of success in your mind before.

So how come you failed?

It's because something about your addiction has been hidden from you. There really have been powerful forces at work to keep you chained to tobacco, no matter how good your intentions to quit have been. Once you understand the nature of The Smoking Dragon and learn the painless, guaranteed method to Tame it you will successfully end your addiction.

You see, the Tobacco Industry has done a top notch job of making you believe you can't quit, and a lot of quit smoking programs aren't helping reduce that mistaken notion either, since their failure rates are sky high. Additionally, most quit smoking programs make you believe you will have to use your will power to quit. That's as silly as the government's ridiculous anti-drug slogan...Just say no to drugs! How effective has that campaign been? Moot question. Drug consumption is higher than ever!

I think it might have been Napoleon Hill who said in his book Think And Grow Rich, "whether you think you can, or you think you can't...you're right." Or maybe it was Earl Nightingale, or Henry Ford?? I don't really remember who said it, and it really isn't important who said it. It's only important that it's 100% accurate. **Whether you think you can or you think you can't...you're right!**

No matter what you think and believe--you are right. That's the power of belief. This may seem like an over simplification, but quitting smoking really is that simple. It doesn't get any simpler than that. If you first, truly want to quit, then believe you will, and then see it done. It will be so!

Here's the facts though. Most people are convinced that nicotine is a powerful addictive substance that makes quitting very difficult and that they must resort to some sort of gradual nicotine reduction therapy to get past it. They believe they will be experiencing nicotine withdrawals for weeks or even months. However, actual nicotine addiction ends after the first 48 to 72 hours of quitting (3 days), that is a medical fact! Those first 3 days are truly the only days you need to worry about nicotine withdrawals.

Those first 3 days are when you'll be experiencing withdrawal symptoms such as, headaches, dizziness, irritability, and possibly blurred vision and nausea. After that, the nicotine will be completely out of your system and those symptoms will completely disappear.

So why do symptoms seem to continue for weeks or months for most people?

It isn't nicotine.

What remains after the complete removal of nicotine from your system is something other than a nicotine addiction.

It is a psychological addiction. Those first 3 days may be a little difficult to get through, but getting through them insures you can and will be successful once you isolate and overcome the psychological addiction that is the real culprit that keeps you hooked on cigarettes. That psychological addiction is actually caused by a chemical addiction even more powerful than nicotine, and it is what I continue to call The Smoking Dragon.

You need to find and Tame The Smoking Dragon that hides in the cavern's of your subconscious mind if you are going to be successful.

Bear with me for just a moment. There is a system for quitting smoking that is so powerful that you can be smoke free forever in as little as 3 days.

- Just imagine for a moment if you will. In 3 days you could be smoke free for the rest of your life.
- Imagine, how you could spend the extra 16 years of additional life expectancy you'd gain once you are tobacco free, because non smokers live an average of 16 years longer than smokers..
- Imagine what you could do with the thousands of \$\$\$\$\$ you'll save over the rest of your life after you've taken your life back from the evil tobacco and pharmaceutical industries.
- Just imagine - 3 days to freedom! Not only is it possible, but it's a 100% certainty if you truly want to quit smoking.

Maybe you're still thinking about using one of the latest, greatest, nicotine replacement products that have flooded the market in recent years. Maybe you're even planning on using an e-cig which I suggested might be a valid alternative if you believe you really can't quit cold turkey.

Well before you decide to go that route let me give you a bit of bad news if you're considering the use of one of those products...**you are only fooling yourself if you use any nicotine replacement product as a means to stop smoking.**

IF nicotine is truly as addictive as the government, tobacco industry, and pharmaceutical industries say it is, (and I assure you it is not) then as long as you believe it is and you

continue to supply your body with it, your chances of quitting smoking will be exactly--- ZERO!. If it is truly addictive, then how can you kick the addiction if you continue to ingest it? You can't.

Here's the secret that's been hidden from you!

It is not nicotine that keeps you hooked on smoking! There is something even more powerful at play and the tobacco companies have been manipulating it all along. However, you still must stop using nicotine immediately if you wish to kick the habit. As long as you are ingesting it, it is contributing to the real addiction that you must overcome.

Nicotine has simply been the pathway to hook you. Nicotine activates the real addictive element that keeps you hooked, and that element is what I call The Smoking Dragon. You're going to learn quite a bit about it shortly, but first let's talk about nicotine replacement products one more time for a moment.

Some of the most common nicotine replacement products include, lozenges, gum, patches, nicotine shots, and the increasingly popular e cigarette. Of all the NRPs available, the most likely one to help you succeed in gradually quitting smoking is probably the electronic cigarette, also known as an "e cigarette" or "e cig." However, it's important for you to realize it's probably still a long shot at best.

The e cigarette is more than a simple pacifier, but as a pacifier it does address a significant part of your smoking addiction...the physical need to place a cigarette in your mouth and inhale nicotine. You can, if you have the will power to do so, steadily decrease the amount of nicotine you inhale by using one of these products, and still pacify the Smoking Dragon lurking within you while you attempt to gradually give up nicotine.

But I want you to be aware that in all probability you will not quit smoking by using one of these. Instead, what will more than likely happen is that you will quit real cigarettes and remain hooked on ecigs instead.

While that is definitely not in your best interest, it is, in one respect better for you than smoking the real thing: e cigarettes are considerably cheaper than smoking real cigarettes, by as much as 75% cheaper. You'll at least cut your smoking bill to a quarter of what it would be with real cigarettes. So while you may not be completely motivated to quit smoking entirely, you might certainly be motivated to switch to something that will save you as much as 75% off the cost of your unhealthy addiction and look, taste, and feel identical to the real thing.

Many people claim that e cigs are actually healthier for you than real cigarettes are. They may be, but only in the sense that you won't be ingesting all the tar, and nearly 4000 other carcinogenic agents found in cigarettes. Nicotine itself, though, is still hazardous to your health. However, the people who will benefit the most from you switching to e cigs are those around you. Your second hand smoke is just as deadly to them as it is to you. With an e cig you won't be polluting the air around you like you would with a real cigarette.

Once again, let me be very clear! I still encourage you to forget using even an electronic cigarette if you truly want to quit, but if you're still not convinced then I agree, e cigs are a better choice than real cigarettes or any other nicotine replacement product available by far. If that is your choice then check out the link at the end of this report.

To summarize: NRPs are touted as a means to help you gradually taper off to the point where you can simply quit, but are they really an effective means of quitting smoking? Rarely do they work out like that, as you'll discover in the following segment on how to **Tame The Smoking Dragon**.

Want to know what the Smoking Dragon that lurks within you is? The answer may surprise you, because, as I've said several times, it isn't nicotine.

However, it's the true addictive chemical that the tobacco industry has been hiding from you all along. **It's a chemical called Dopamine**. It isn't in the tobacco, and nicotine by itself can't activate it, but the tobacco industry has learned how to activate dopamine by using the combination of nicotine and their hypnotic advertising to cause your brain to create and release it.

It's also the very addictive agent that most quit smoking programs do not understand the nature of, nor the means to use it to your advantage, consequently rendering those programs completely ineffective. Failing to understand how to tame the smoking dragon dopamine dooms you to the continued chains attached to you by the tobacco industry. Correctly controlling the release of dopamine is the trick to quitting without will power! That is where NLP comes into play like no other program has ever been able to do.

In order to Tame The Smoking Dragon called Dopamine you must understand how it works. You must also realize it's the true addictive chemical that keeps you hooked, not nicotine. Nicotine in conjunction with evil hypnotic programming is the mechanism that unleashes the powerful addictive Smoking Dragon within you. Dopamine is the dragon and it can be tamed.

You can begin to grasp how to quit smoking once you understand how you became addicted to smoking in the first place. Knowing the process your brain uses in

programming yourself to continue any behavior, good or bad, makes it easy to learn how to eliminate bad habits or replace them with good ones.

The question is, how do we become addicted to smoking in the first place, and how can we use that information to break free?

It's important to understand that we don't accidentally become addicted to smoking. To smoke or not to smoke, is a conscious choice. Therefore, becoming addicted to smoking is, was, and always will be a conscious choice. That's not to say you began smoking so you could become addicted---no one deliberately sets out to become addicted to cigarettes.

In fact, prior to smoking being identified as the leading cause of most cancer and heart disease, most people had no idea just how dangerous smoking really was. They just smoked because they were hypnotized into believing it was cool and relaxing to smoke.

The important point is that the initial act of smoking was a deliberate and conscious choice, no matter what your reasons for starting were. Likewise, quitting is and must be a conscious choice. You either want to or you don't. There really isn't any in between.

Simply stated, mammals, including humans, learn to survive by experiencing the sensations of pleasure and pain. We learn to avoid painful experiences and repeat pleasurable experiences. If pleasurable experiences are repeated often enough they can become habits...some good, some not so good. For instance, smoking or eating candy. While smoking or eating candy may make us feel good, they can both lead to some seriously bad habits with some potentially life threatening consequences.

In the case of drugs, like nicotine, repetition becomes more than a simple bad habit, continued abuse becomes full fledged addiction. But the addiction is caused by the release of Dopamine into your body, not the chemical that unlocked the Dopamine response.

Neurological research has found that the limbic system in the brain is responsible for releasing dopamine. Dopamine is a very powerful chemical that the brain releases when it believes a particular behavior is good. If the behavior made you feel good, or you believed it made you feel good (through hypnotic advertising for instance) the brain released dopamine which heightened the good feeling you got.

It's sort of a behavior reward system. You get a dopamine reward whenever you do things that are interpreted as good for you, like eating or exercising, or brushing your teeth, or receiving smiles from others because you smiled at them. Receiving that dopamine reward is your body's way of making sure you do what it believes is in your

best interest. Consequently, we learn behaviors based on the release of dopamine, which gives us a sense of euphoria and an overall sense of well being.

Since feeling good is something we all want more of, whenever dopamine is released as a result of a certain behavior, we learn to repeat that behavior, and when everything is working as it is supposed to it's a good thing. However, in cases like drug addictions the system goes a little crazy. When you took your first puff from your first cigarette, the reaction your body went through overall, by any rational standard could not have been interpreted as being good for you.

So how did the brain determine that smoking was good for you and deserved to be rewarded with a dopamine rush, when the initial experience with smoking for most people was not good at all? In the case of those who have tried to smoke and subsequently became addicted, their brain obviously determined that they found the experience not painful, but somehow pleasant, and it decided to release a blast of dopamine. In turn, that extra dose made them feel even better about smoking again. But how did their brain get the notion it was pleasurable when they probably gagged and coughed and turned 6 shades of green from the experience?

Simple. They were hypnotized into believing it was a pleasurable experience. Hypnotized by the tobacco industry, the motion picture industry, and their cool friends who also smoked.

Your belief system is a remarkable device capable of moving you to magnificent accomplishments if you truly understand how to control and manipulate it. Once again, NLP will help you do just that.

If you've become addicted to smoking, It was that hypnotic experience that caused your brain to over rule the signals and symptoms of distress your body was sending it when you took your first puff of smoke from that very first cancer stick you ingested. Your hypnotic belief unleashed a mega dose of Dopamine into your system that started the whole process of addiction. Your hypnotic belief convinced your brain that the experience was pleasurable when in fact it was anything but pleasurable. Hypnotic advertising led you to expect a pleasurable experience and your belief system delivered exactly what the tobacco companies said and hoped it would.

To further complicate things, once a drug such as nicotine and the dose of dopamine unleashed begin to wear off, the user begins to experience withdrawal symptoms, including depression or even physical pain, which the brain wants to avoid. In an effort to avoid the pain of withdrawal, those who subsequently became addicted did so by repeating the recent behavior that gave them a dopamine reward, and the brain merrily rewarded them again with another dose. Eventually however, as the behavior becomes

almost second nature, the brain begins to reward in smaller and smaller doses, resulting in more severe withdrawals, which in turn leads the smoker to smoke more and more to get as much dopamine as he/she has become accustomed to.

The smoker has now entered a vicious cycle of escalation and dependency which becomes very difficult to break free from. Serious drug and alcohol users often require hospitalization until their withdrawal symptoms are over. The drug or chemical must be completely eliminated from the body before all symptoms eventually disappear, and a true chance for breaking the addiction can occur.

However, that only addresses the drug dependency portion of the addiction problem, it doesn't necessarily eliminate the psychological part of the problem. Which is why many alcoholics and heavy drug users fall victim repeatedly after drying out.

The psychological addiction is the hypnotic expectation of pleasure (or mistaken memory of pleasure received from the previous addiction) that the addict no longer has but wants again. The psychological, hypnotic addiction is what has to be overcome. Hypnosis has been somewhat effective for many, but NLP, being an advanced form of hypnosis, is extremely effective for nearly everyone.

Okay, so how does knowing all of this relate to quitting smoking and help us turn the dopamine mechanism in our favor when we want to quit the habit? The answer is obvious. We need a powerful system to learn how to release Dopamine for constructive and positive behaviors rather than destructive ones.

Like I said, If you really want to quit, then don't waste your time or money on a nicotine replacement product of any kind. First, you'll be continuing to pump what you "believe" is an addictive drug into your system, making the likelihood of quitting nearly zero as you continue to use it.

Second, you'll be reinforcing your belief that you can't really quit, and that is exactly what the tobacco and pharmaceutical industries want you to believe. They have a vested interest in making certain you repeatedly try to quit and fail, guaranteeing that you'll remain a smoker until they finally kill you with their poison.

Third, you'll continue to release Dopamine as a reward for continuing a deadly behavior, insuring you will not be able to quit. The tobacco and drug companies make money from your eventual death from both ends, both from your use of their poisonous drugs to quit, and again from the cigarettes you'll eventually go back to when you inevitably fail. Studies indicate there's nearly a 95% probability you'll fail unless you learn the truth about quitting and how to succeed.

Throughout your entire smoking life, you've been hypnotized to believe that smoking helped you relax and think clearly, when in fact it does no such thing at all. It is a medical fact, that smoking actually restricts the blood vessels, shutting off oxygen to your brain, lungs and other vital organs down to each and every living cell within your body. Your immune system's primary function is to protect your cells from poisons and deliver crucial oxygen to them.

When poison is being injected into your body, your immune system tries it's level best to prevent it's flow to your vital organs, thereby restricting the size of your blood vessels, in turn reducing the amount of healing oxygen that reaches the cells throughout your body. Oxygen is necessary for every cell to remain healthy.

Now, as far as making you think clearly or calm you down, your brain doesn't operate very well in an oxygen depleted environment. Less oxygen, less clarity of thought. As fewer and fewer brain cells receive the oxygen they need, they begin to die off. Likewise, every cell in your body that is being oxygen depleted is in the process of dieing.

Think about it, with every puff you take, you are committing the act of suicide. Piece by piece. Willfully destroying your body's ability to defend itself and repair the damage necessary to keep you living a long and healthy life. The brain, heart, lungs, liver, kidneys...everything begins to fail and cancer sets in because your immune system can't get the oxygen it needs to repair damaged and dieing cells. It is also a known medical fact, that cancer cannot thrive in an oxygen rich environment. But you are destroying the very element necessary to protect you from cancer by smoking.

The multi-billion dollar tobacco industry has spent millions and millions of dollars convincing you that smoking does indeed help you remain calm and think clearer, not to mention hypnotizing you into believing it's actually cool and attractive to smoke.

Further still, while the tobacco industry is spending millions of dollars on federally mandated, bogus programs to help you quit smoking, they are at the same time laughing their way to the bank. They are not offering advice out of any sense of goodwill or actual desire for you to successfully quit, but rather because they are mandated by congress to do so as punishment.

However, the mandated fines levied against the tobacco industry amount to nothing more than a slap on the wrist. The government has done nothing further to put an end to the death and disease caused by smoking that the U.S. Government actually sanctions. They are making millions and millions of dollars in tax revenue as long as you keep smoking, and they made millions more by fining the tobacco industry as well.

The unholy trinity of U.S. Government, Tobacco Industry, and the Pharmaceutical industry making a fortune off of death and misery.

But at the heart of it all is the evil tobacco industry. They are craftily, and heavily invested in the pharmaceutical nicotine replacement products industry too...with one exception...they are pressuring the FDA to ban electronic cigarettes, on the grounds that there are a couple of cancer producing agents within them. Completely ignoring the fact that a typical cigarette has over 4000 cancer producing chemicals within them.

Curious notion, that the FDA could actually ban electronic cigarettes which are far less harmful to you, and not ban cigarettes...known killers! The corruption in the FDA is beyond question.

But why would the tobacco industry be so dead set against electronic cigarettes? After all, it's a nicotine replacement product too. Simple, it's called the profit motive. Because anyone smoking an e cigarette is extremely likely to never return to the more profitable real thing. They may not quit smoking, but they sure will quit smoking cigarettes.

A couple of the better e cigs actually reproduce the true sensation of smoking a real cigarette, from the taste right down to the feeling of inhaling and blowing out water vapor that feels and looks like actual smoke. And e cigs cost about 75% less than real cigarettes. That's a huge chunk of lost revenue to the tobacco companies. They aren't happy about that so they are pressuring the Food and Drug Administration to squash the competition. And our corrupt government is all too eager to oblige. Lost revenue to them as well.

Here's the skinny on Nicotine replacement products. Nicotine replacement products are designed to fool you into thinking they are effective treatments that will allow you to find the "willpower" to gradually quit smoking. They fool you, because as long as you are ingesting nicotine, and enjoying it, you cannot escape it. You continue to evoke a dopamine response each and every time you inhale the fake cigarette laced with nicotine, ensuring you will remain addicted.

You must still use will power to over come the dopamine response if you're smoking an e-cig. And simply put, most people do not possess sufficient will power to be successful. You'll continue using your NRP until you either figure out it isn't doing what it claims to do, or you just say to heck with it and start smoking again.

Traditionally, quitting smoking has been a two pronged approach. Many systems have been developed by those with good intentions to help you quit, and some people actually do quit by using them. Most however, don't. They all rely upon will power to be successful, and 95 to 97% percent of smokers do not possess the kind of will power

necessary to over ride the dopamine response to nicotine and the hypnotic suggestions that the tobacco industry has implanted in their subconscious minds.

The belief is that there are two addictions to deal with, and rightfully so. While that is in fact the truth, unfortunately, the techniques that the majority of people choose to quit, are completely ineffective because they do indeed rely upon a combination of willpower and either a nicotine substitute or some other sort of psychological pacifier. They do not directly engage and Tame The Smoking Dragon that lurks deep within their brain.

Once again, certainly, some people do manage to quit by using these techniques, as I said, but the vast majority fail, as statistics prove beyond a doubt.

So once again, we are back to the original question. Do you really want to quit? If you do, then forget NRP's. Because, if you aren't sure you can quit or even want to quit, and you use an NRP, it is a 95% probability that you are going to go back to smoking within 6 months. In that event, I strongly suggest you choose an e cigarette as your chosen addiction rather than real cigarettes. You'll cut down on ingesting nearly 4000 carcinogenic chemicals and save a lot of money in the process. You'll also make life more pleasant for everyone around you while being able to enjoy your addiction without peer pressure or severe adverse health risks to those around you.

BUT...If You Truly Want To [Tame The Smoking Dragon and Quit Smoking Forever](#), then there is an easier, 100% guaranteed effective way to quit smoking if you truly want to quit. The system has better than a 90% success rate.

But wait a minute you say!

How can it be 100% guaranteed effective if it's only 90% successful? Simple! Because the 10% failure rate are those who are not truly committed to quitting, and I'm not talking about lacking willpower. I'm talking about motivation and true desire. If you are motivated and truly desire to quit, then this program is painless and 100% money back guaranteed to help you quit without willpower, pacifiers, pills, sprays, gum, lozenges, shots or drugs of any kind.

So first things first. Before you decide to spend your hard earned money on any technique to quit smoking, you need to establish whether you truly do want to quit or not. That truly is the most important question before you.

Just in case you need any more convincing here are some of the benefits of quitting smoking you'll enjoy:

- Within 20 minutes of stopping smoking your blood pressure, pulse rate and body temperature return to normal
- Within 8 hours the carbon monoxide level in your blood returns to normal and your smokers breath begins to disappear
- Within 3 days your chance of having a heart attack decreases and your nerve endings begin to redevelop. Your ability to smell and taste improves dramatically. Breathing also becomes easier.
- Within 2 months your circulation improves. Lungs become cleaner which reduces chance of infection. Your smokers cough improves and fatigue is reduced giving you more energy.
- After one year your chances of having a heart attack is reduced by half. The chances of getting cancer is also reduced.
- After 10 years your risk of having a heart attack or stroke is the same as someone who has never smoked
- You save thousands every year to spend on holidays and other luxuries you couldn't afford before
- Quitting smoking stops your hard earned cash from lining the government and tobacco companies pockets - whilst they knowingly let you die from terminal illness!
- Quitting smoking gives you decades more time to spend with your family and friends to enjoy life

There are plenty of reasons to quit, but the only important reasons are those you choose for yourself. If you don't want to quit, then don't waste your time and money, or stress yourself out. You'll fail, and you'll have simply wasted money and ended up frustrated, once again believing you can't quit. You need to be motivated to quit or you will fail. It's that simple.

Once you've decided you truly do want to quit, it's time to convince yourself you truly can quit. You must believe it or you will in all likelihood fail. Let me repeat that, if you begin with doubts, you are destined to fail. I can't stress this point enough. Step number two is to believe with your whole mind and soul that you can and will be successful.

You've heard me speak of NLP repeatedly. It's time to learn how you can use it to successfully quit smoking for the rest of your life.

As anyone who has ever experienced it will attest, NLP (Neuro-Linguistic-Programming) is by far the most effective quit smoking method ever devised. If you are sure you want to quit, then NLP will help you program yourself to firmly believe you can and will succeed. You'll activate a dopamine response to positive forces rather than

destructive ones.

You'll see your success before you even begin. It will help you Tame The Smoking Dragon so you can stop smoking now!

NLP is the secret to quitting smoking easily and painlessly without the need for will power.

NLP leads you effectively through the three necessary steps to quitting smoking.

Exactly how does NLP work?

The vast majority of us have been programmed with a number of self-limiting beliefs stretching all the way back to early childhood. Those self-limiting beliefs and programs reside deep within our subconscious, not just with respect to quitting smoking, but in many additional areas of our lives as well.

Unfortunately, we've been programmed to believe that changing our behaviors requires a strong willpower, and since we believe we lack the willpower to be successful, how could we possibly expect to succeed?

NLP is a fast and effective technique that helps us "re-frame" our self-limiting beliefs through the use of "visualizations and anchoring". It lets us go deep within our subconscious to root out those self-limiting beliefs and replace them with more powerful and useful beliefs. NLP lets us communicate directly with the subconscious using the brain's own language...Visual Images!

So here we are my friend. Are you ready to take the final step in learning to take control of your life and [Learn How To Tame The Smoking Dragon?](#)

You can spend your money on more cigarettes, or you can spend it on completely ineffective nicotine replacement products. Or you can wisely invest in a 100% money back guaranteed painless program and quit smoking for life. The choice is yours.

QUIT SMOKING the pain-free way. No stress, no cravings, no weight gain, no pills, patches, gums or drugs of any kind. Click the link below right now and see why we can boast more than a 90% success rate with our 100% fully guaranteed [Quit Smoking Today Program](#).

It's guaranteed. You have nothing to lose!

Wishing you happiness and success in your quest for a healthy new life,

Art Howard

P.S. And did I mention, it costs less than a couple cartons of cigarettes?

P.P.S. If you've decided against quitting, or opt to try a nicotine replacement product instead of quitting cold turkey then here's the link to the least expensive, and most realistic tasting of the better electronic cigarettes.

[Best Smokeless Cigarette Alternative](#)