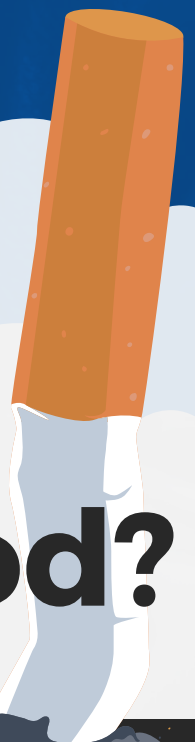



*Mental Impact Hypnosis*

# Quit Smoking Blueprint

by David Hoffman

**Do you want  
to quit smoking  
cigarettes for good?**





## Are you thoroughly sick of the negative aspects of smoking?

The smell on your clothes and breath, the way it affects your health, and the crazy expense of it all. Not to mention, the whole 'standing outside in the rain' thing and how people look at you, no matter how far away you stand.

You've tried to stop smoking several times, but it always felt like torture, like you were missing out on something vital. You know the habit is deadly, but you can't just help it. You even tried going cold turkey, and several NRT products, but was never successful.

Or, you managed to quit for a couple of months. And then, someone offers you a cigarette, and without thinking, you accepted it and smoked for old time's sake. But, you didn't stop that one time. You've restarted smoking ever since; that was 7 years ago.

## It's not your fault!

Smoking is one of the most powerful habits in the world. Even more so because, it can quickly become a deeply ingrained habit, and require conscious effort to stop. Unfortunately, there's a problem with how smoking is generally perceived, which is why it's been a struggle for you to quit.

I know you desperately want to get rid of this habit, and that's why you must have downloaded this eBook. That is why, in this practical guide, I shed some light on nicotine, the habit of smoking, and the right steps to quitting forever. **So, get a pen and notepad, as this blueprint contains action items that will help you understand the best way for you to quit.**

<u>04</u>	<b>Why</b> Do You Smoke?
<u>06</u>	<b>The Truth Is...</b> Smoking is Just a Habit
<u>07</u>	<b>Don't Blame</b> It On Nicotine
<u>09</u>	<b>Why You Should</b> Quit Smoking Now
<u>12</u>	<b>Tips</b> To Help You Quit For Good
<u>14</u>	<b>Top 3 Methods</b> For Quitting Smoking
<u>16</u>	How <b>Hypnosis Really Works</b>
<u>17</u>	Take The <b>Next Step</b>



# Why Do You Smoke?

People give several reasons why they smoke. However, most of them are just excuses to smoke, disguised as reasons. Let's take a closer look at four common reasons people often come up with when explaining why they smoke.

## 1. Because of Stress

The most common reason people give for smoking is stress. They say that when they're stressed, they feel the urge to smoke. **However, the interesting thing is that most people that say they smoke because of stress, smoke the same amount, whether it is during the week, the weekend, or even on vacation.** It's not like on a really stressful day they smoke 90 sticks and on a good day they forget to smoke. So the stress is just really an excuse, and isn't actually the reason most people smoke.

## 2. To Relax

The second most common reason I hear is "to relax". The problem with this reason is that nicotine is a potent stimulant poison. **When you smoke a cigarette, your heart recognizes the nicotine as a poison and starts beating an extra ten beats per minute to try and eliminate the poison from your body.** This means that cigarette smoking does the opposite of relaxing your body. Now, taking a break from what you're doing to step outside and get some fresh air can help you relax. But, as soon as you light a cigarette, your body stops relaxing.

### 3. No Willpower

And the next one is that they don't have the willpower to stop. **But, here's the thing about willpower; it is part of the conscious mind, and it's a manual process.** That means you have to decide to use it and you have to remember to use it every time. On the other hand, the part of you that is in charge of smoking is in the subconscious, so smoking is automatic. When these two minds battle, the subconscious smoking part usually comes up on top. The trick is to get this part working for you instead of against you. More on that later.

### 4. For Pleasure

The last one is pleasure. Almost everyone mentions pleasure. If this is one of the reasons you smoke, let me ask you something. **Be honest, out of the 20 to 30 cigarettes you smoke daily, how many of those do you really, really enjoy?** Like, where you go, "Wow, that is a great cigarette?" If you're like most people, your answer will be none of them, or maybe one or two. You see, what's going on is this whole thing has been cross-wired in your mind. The feelings you had when you first started smoking has been programmed into the cigarette. But, the reality is when you light up that cigarette, the only thing you experience is the comfort of repeating a habit you're used to, and not pleasure.

Beyond these, other possible reasons excuses why you smoke may be because of anxiety, peer pressure, boredom, depression, and loneliness.

## Action Item

**Reflect on your smoking journey, and write down the answers to the following.**

- \_\_\_\_\_ Why did you smoke the first time?
- \_\_\_\_\_ Why did you continue smoking?
- \_\_\_\_\_ Why do you still smoke?



# The Truth Is... Smoking is Just a Habit

Once you put off all your excuses (disguised as reasons) for smoking aside, all you're left with is a habit – a deadly one! When you smoked that first stick, it was a conscious choice. Just like riding a bike, you had to pay attention to the details of smoking a cigarette. **But very quickly, you got good at it, and it soon became an ingrained habit. When something becomes a habit, it moves from the conscious mind to the subconscious, where you do it automatically.**

Psychology experts say that it only takes about 100 repetitions of doing a behavior (or about three weeks of consistently doing a new behavior) to create a new habit. This means that, if you smoke, say, 20 cigarettes per day, multiplied by ten draws per cigarettes, that's 200 times a day you're reinforcing this behavior. Looks like you created the bad habit of smoking pretty quickly.

Your habit is even more strongly reinforced because you've enmeshed it with almost everything you do. You smoke not just during specific times or events, but also in different moods or emotional states. You smoke when you're happy, sad, nervous, calm, and angry. You smoke to calm down, to reward yourself, as well as with alcohol, with coffee, after meals, before bed, in all kinds of situations. **All of these become your trigger, and you can't help but want to smoke in such situations and events.**





# Don't Blame It On Nicotine

Nicotine isn't the reason for your addiction to your smoking habit. The reality is, nicotine is not as addictive as you've been made to believe. When you smoke cigarettes, the nicotine is entirely out of your system in less than 72 hours. This may sound absurd considering the numerous information out there about the dangers of nicotine. But, stay with me and let me explain.

— **The first indication is** the success rate of nicotine replacement therapy, which is about 14%. This is quite a low percentage for a therapy that addresses the supposed root of the problem – nicotine. In fact, a lot of people who use nicotine patches, pills, and gums continue to smoke at the same time. So, the pharmaceutical industry is just convincing you that you're addicted to nicotine, to sell their products.

— **Let me give you another indication.** For all addictive substances, you need to keep continually upping the dosage to get the effect because the body builds up a tolerance to addictive substances. Well, with cigarettes, you don't see someone going from a pack a day, to four-packs, to eight packs; that's crazy. I bet you've been smoking about the same more or less for most of your smoking career. You may have even gone down over the past few years.

— **Here's another obvious indication.** There are all kinds of studies showing the dangers of second-hand smoke, to the point that these days smoking inside is banned in most places. But no one gets addicted to second-hand smoke. So there is enough nicotine in the air to kill that person but not enough to addict that person, isn't that interesting?

— **And, the last indication.** Nicotine withdrawal cannot be compared with withdrawing from a truly addictive substance like heroin or an opiate, like morphine. If a heroin addict doesn't get his or her fix within a certain number of hours, they're going to go through physical withdrawal symptoms that can be life-threatening. Heart palpitations, shakes, sweats, convulsions, vomiting, diarrhea, hallucinations. It's ugly. On the other hand, when people try to quit smoking, they have cravings and get grumpy, irritable, anxious, and sometimes nauseous. Notice all of those are in the mind, and not life-threatening physical symptoms.

So I have just given you four  
indications of how nicotine is not  
an addictive substance.

**Does this make sense to you? If  
you have any questions or would  
like more information please  
schedule a FREE 20-Minute  
Phone Consultation**

**[CLICK HERE](#)**





# Why You Should Quit Smoking Now

There are many reasons to quit smoking, and I'm sure you've heard most of them already. But, before you skim through this section as old information, did you know that at least 72% of all women who smoke and find out they're pregnant, will quit smoking? Snap! Just like that, with little or no difficulty, they'll stop smoking for the rest of the pregnancy. This happens because they have a reason to quit. So, if you can identify a reason to quit in the list outlined here, then you're one step towards



**Health:** It's no surprise that smoking greatly affects your health, as it contains hundreds of toxic substances. Beyond cancer and stroke, smoking can also speed up your mental decline, and raise your risks of autoimmune diseases like lupus. Thus, quitting is the single most important thing you can do to become healthier and add years to your life. As soon as you quit, your body begins to repair itself.



**Expense:** Perhaps the second biggest reason to quit is the cost. As you know, cigarette smoking is an expensive habit. With a pack costing anywhere from \$5 to over \$10 in some places, one pack a day adds up to \$1,825 to \$3,650 yearly. On top of that are health insurance costs that can be up to 50% more, and higher health care costs due to illness.



**Quality of Life:** Not only do you live longer as a non-smoker, but your quality of life also increases. Some common things people notice are an increase in energy, a better sense of taste and smell, better sleep, being sick less often because of a better immune system, and overall looking and smelling better.



**Convenience:** Smoking can be a hassle. More and more places have passed laws that make public places smoke-free. Are you tired of having to go outside in the cold and rain many times a day to have a cigarette? What about running to the store at odd times when you run out?

## More Overlooked Reasons To Quit

- ✗ Smoking cause snoring and insomnia
- ✗ Smoking causes premature baldness
- ✗ Smoking makes you look older and haggard
- ✗ Smoking increases your risk of impotence
- ✗ Smoking is a dating/relationship repellent





## Time After Quitting



## Health Improvement

**20 minutes**

Your heart rate drops to a normal level.  
Your blood pressure begins to drop.

**12 hours**

The carbon monoxide level in your blood drops to normal.  
The risk of heart attack begins to decrease

**2 -3 days**

Nicotine is no longer in the body.  
Smell and taste begins to improve.

**2 weeks to 3 months**

Your circulation improves and your lung function increases.

**1 to 9 months**

Coughing and shortness of breath decrease  
The risk of infections is reduced

**1 year**

Your added risk of coronary heart disease is half that of a smoker's, and will continue to drop.

**5 years**

Your risk of having a stroke is reduced to that of a nonsmoker's.  
Cervical cancer risk falls to that of a non-smoker.  
The risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's.

**10 years**

Your risk of dying from lung cancer is about half that of a smoker's  
Your risk of cancer of the larynx (voice box), kidney, and pancreas decreases.  
Your risk of getting bladder cancer is half that of a smoker's.

**15 years**

Your risk of coronary heart disease is that of a non-smoker's.  
Your risk of developing pancreatic cancer has reduced to the same level as a non-smoker.

**20 years**

Your risk of death from smoking-related causes, drops to the level of a person who has never smoked in their life.



# Action Item

**Write down the answers to the following questions in your notepad.**

- What do you miss out on when you smoke?
- How will your life get better when you quit?
- What will happen to your family if you keep smoking?

## ★ Tips To Help You ★ Quit For Good

One of the keys to successfully quitting is having a plan. In this section, we will go over the key steps to help you stay motivated and improve your chances of quitting cigarette smoking for good.

### 1 Establish Your Why

Besides deciding to quit smoking, you must also identify your reasons why, if you want to quit successfully. Having a strong WHY can really make a difference. It will help you to stay motivated and determined to stay on track, as well as make you feel gratified that you're doing the right thing. I encourage you to really think about this and come up with reasons that are personal to you. You can structure it into a statement that makes your purpose of quitting clear and compelling. Something like, "I want to quit smoking, so that XXX."

## 2 Decide On A Method

There are different methods of quitting smoking, from consciously reducing the number of cigarettes smoked daily and complete cold turkey to the use of NRT and hypnosis. Some work better for different individuals than others. So, when choosing a method, ensure you pick one that can be tailored to your needs and offers an excellent chance for you to quit permanently.

## 3 Get A Support System

Tell your friends and family that you are quitting, the start date, and let them know how they can help. Having this support system in place sends that message to the inner mind that you're stopping smoking for real this time, and that's the end of it. It can also help provide more incentive to stick to your plan, so you don't let friends, family, and more importantly, yourself down. Some other ideas for support are Facebook groups, quit smoking apps, and meetups. Sharing the journey with others that are going through the same thing can be empowering.



## Action Item

**Write down the answers to the following questions in your notepad.**

- **What are your reasons** for wanting to quit smoking?
- **Which method** are you thinking of using to quit?
- **Who can you rely on to support you** through this journey?





# Top 3

## Methods For Quitting Smoking

When some people want to quit smoking, they decide to stop gradually, by trying to reduce the number of sticks they smoke per day. However, studies have shown that this strategy rarely works. Here are some effective methods for quitting smoking.

### 1. Cold Turkey

Going cold turkey is the most popular method people who try to quit smoking use. It involves the smoker just stopping smoking on their own, with no medical help. However, it's not really a successful method, as only about 7% of people who use it actually quit smoking. Cold turkey comes with severe withdrawal symptoms that may discourage the smoker, such as intense cravings, irritability, depression, insomnia, trouble concentrating, and even nausea and sore throat.

Nevertheless, studies have shown that there's a significantly higher chance of quitting smoke using the cold turkey method than trying to quit gradually. Thus, you can still use this method with the right plan to ensure success. One major thing that can help is engaging in activities to distract you from your cravings such as working out, reading a new book, or hanging out with family and friends.

## 2. Nicotine Replacement Therapy

NRT involve you taking nicotine without smoking cigarettes via nicotine patches, gums, or sprays. Usually, you'll start with a specific dosage of nicotine, and then reduce the dose gradually until you no longer crave smoking. The success rate is double that of quitting cold turkey, that's about 14%. But, your chance of success is still quite slim.

Moreover, 95% of people on the patch still smoke, and 50% who quit using NRT start smoking again within a year. In fact, according to **this research**, NRT is no longer effective in helping smokers quit long term. However, **another study** indicated that combining NRT with other behavioral intervention improves the chances of quitting permanently.

## 3. Hypnotherapy

Hypnosis is the only method of quitting smoking that addresses the real issue, which is, it is a deeply ingrained habit. This method can be used to help you quit smoking by helping you to take control of your life: your habits, behaviors, emotions, beliefs, and feelings. It is a process in which you learn how to program yourself to stop craving cigarette smoking.

Several studies, including **this** and **this**, have reported over 80% of participants stopped smoking after using hypnosis therapy. In fact, **one study published in the International Journal of Clinical & Experimental Hypnosis** recorded a 90.6% success rate for smoking cessation using hypnosis. Hypnosis works so well because it gets to the root of the problem. It allows you to communicate directly to your subconscious mind and break the habit of smoking. With hypnosis, you can quit without (or with greatly reduced) cravings and withdrawals.





# How Hypnosis

## Really Works

Most people have never been hypnotized before. They don't really know what to expect, and there are lots of myths and misconceptions out there about hypnosis.

There's a perception, mainly from movies and television, that hypnosis is a magical way of making someone lose control. However, in reality, hypnosis is the opposite, and there's nothing mystical about it. Actually, it's a proven scientific method that the American Medical Association has been using it since the 1950s.

All hypnosis is, is relaxing down to what we call a theta brainwave, which is a very, very relaxed but not yet asleep state. It is a natural state of mind which everyone has the capability of achieving. There's no such thing as someone who cannot achieve the state. You simply follow a series of easy instructions, and you'll be there within a few moments. You hear and remember everything, and you're in control of your actions the entire process. Again, hypnosis is a process of helping you to take control of your life.

Have you ever found yourself driving somewhere, thinking about everything other than driving, and you ended up missing an exit, or suddenly you were home? That bypass of conscious awareness is a natural example of a hypnotic moment. Watching a movie is also a hypnotic experience. You consciously know everything in it is fiction, yet we laugh and cry as if the characters were real people.

**Want to learn how you can use it to break your smoking habit?**





# Take The Next Step

## Quitting cigarette smoking for good is possible!

**And, you don't have to take any drugs to stop successfully. Neither do you need to do it the hard way, cold turkey.**

It's been difficult for you to stop smoking because it's a habit that has been ingrained into your life. It's not because you're addicted to nicotine. As I've explained, nicotine is not the problem. Big Pharma just wants to make money by selling you NRTs.

The only way to break a habit is through repetition that is counter to that habit or hypnosis. The former is quite difficult, and may result in severe cravings and withdrawal symptoms. On the other hand, hypnosis alters the subconscious painlessly to stop craving cigarettes.

Hypnosis address the problem in the mind, where the habits and cravings are stored, to eliminate them completely; and without drugs, cravings, and withdrawal symptoms. It helps you to make that switch in your brain to believe that it is simply an ingrained habit, and that you can break it forever.

**It's taken you so long to get to this point where you're ready to face quitting. So, why not use the hypnosis method, which is guaranteed to help you stop smoking once and for all.**

Just like you, when many of our clients were considering using hypnosis to stop smoking, they thought it wouldn't work for them. But guess what? 95% of them quit smoking after just one hypnosis session, and have remained quitters.

Stop procrastinating and take action now!

**Book Hypnosis Session**



# Stop Smoking For Good In Just One Session



At Mental Impact Hypnosis, I specialize in helping people like you to stop smoking, using an advanced protocol that is a combination of a neurological process and hypnosis. It is like a one-two punch against the habit of smoking, and it has a proven 95% success rate.

I also include a lifetime guarantee, which means if you ever smoke or have a craving to smoke, and I'll treat you again for free. **If you're wondering how I can afford to give away free sessions for life? Well, I'm confident in the effectiveness of my method, and only about 5% of my clients ever require a second session.**



# ***Mental Impact Hypnosis***

**Contact me  
to find out more about  
What happens  
during your session**

**Phone Number:**

**314-814-8085**

**Website:**

**<https://mentalimpachypnosis.com/stopsmoking/>**

