

STOPSMOKING4STEPS.COM



Four Steps to Stop Smoking Forever

by

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I want to help you stop smoking Safely, Quickly and Forever!

My Ebook is a step-by-step guide where together we will go all the way to your new life without tobacco. I can guarantee that this guide is exactly that **effective, affordable and safe technique** you have been searching for so long. Not only was I myself able to get rid of tobacco addiction using this technique, but I have also already helped thousands of confirmed smokers. Now it's your turn!

From my Ebook, you will learn:

- 1. Why did you start smoking and what do you do now?**
- 2. Why is it so difficult to stop smoking?**
- 3. How do you prepare for the day you stop smoking?**
- 4. How do you choose the day you stop smoking?**
- 5. How do you develop an aversion to tobacco smoke?**
- 6. How do you arrange your new life without cigarettes?**
- 7. How do you restore your health?**
- 8. How do you avoid a relapse?**

This is just a few of the questions the answers to which you will find in my Ebook.

Most smokers understand deep in their minds how harmful their habit is. However, nicotine acts like a narcotic and produces an ever stronger addiction with time. The longer you have been smoking, the stronger the addiction you have. Each smoker has made at least one effort to stop

smoking, but failed in most cases. That is when he became disappointed in his inability to do away with this habit and joined those certain of the impossibility of giving up smoking! What is the reason for that? The thing is that those smokers chose a wrong approach to the issue. Fortunately, today you have found a really effective program. You will learn all the details from the Ebook, which you can buy right now for **only \$27!**

From the Ebook *Four Steps To Stop Smoking Forever*, you will learn all the problems smokers face and how to solve them:

- Introduction
- My story
- Chapter 1. How did you get to this point in your life and what do you do now
- Chapter 2. Step 1 - Realizing the harmfulness of this habit
- Chapter 3. Step 2 - Preparing to stop smoking
- Chapter 4. Step 3 - The day you stop smoking
- Chapter 5. Step 4 - Life without cigarettes
- Conclusion



You have 60 days to study and test my technique. If you are dissatisfied with the result for any reason, email me and I will refund all the money you have paid me to the last cent. This is an unconditional, no questions asked policy.

Buy Now

Not convinced that you should take my word for it?

Read on and see by yourself if this book is right for you: the first chapter of “Four Steps To Stop Smoking Forever” awaits you on the next page...

Introduction

Thank you for finding time to read my e-book dealing with one of the most widespread problems—tobacco smoking. According to the World Health Organization, about 1.5 billion people in the world smoke tobacco and about 10 million people die annually from the effects of tobacco smoking. These deaths could be prevented if smokers knew how to get rid of nicotine addiction.

So why do people, aware of the danger of death from tobacco, continue smoking? The reason is tobacco addiction, which develops 7 to 10 times faster than alcohol addiction. Drug and tobacco addictions were found to have many characteristics in common.

When the body stops receiving nicotine, withdrawal syndrome develops, which is the main obstacle to successful smoking cessation.

So is it possible to get rid of this harmful habit without anybody's help? I contend that it is. And I will try to describe in a persuasive and comprehensible manner the causes and mechanisms of nicotine addiction development and the methods for its elimination. All the aforementioned methods have proven to be effective in practice. That is why I would like to share all my accumulated experience and knowledge with people who are still suffering from nicotine addiction.

When you finish reading my e-book, you will possess all the necessary information to cope with this pernicious addiction without anybody's help. I hope that after you have read this book and followed my recommendations you will give up cigarettes forever.

Sincerely yours,

Michael Coplan

My story

All the male relatives in my family whom I knew smoked. When I was young, smoking men were a common phenomenon: they smoked outdoors, at work and at home. Though smoking was not officially approved of, the fight against it was waged mainly among just children. Today, many people are offended by scenes from old movies where characters, nervous or lost in reflections, smoke furiously in the presence of small children. Indeed, it seemed quite natural when I was a child.

Smoking was perceived as a normal adult behavior. When my brother and I played “adults”, we always “smoked”: we rolled strips of paper into tubes and pretended that we were lighting them and inhaling and exhaling. Thus, we mastered the motor skills for smoking. I made my first not very successful attempt at the age of 9. My friend and I didn’t even inhale, still we felt dizzy and like dope heads. When I came home I looked pale green, I was wobbly and even vomited several times.

Though the first experiment was unsuccessful, I made another smoking attempt a few months later. Since then, my friend and I smoked 1 to 2 cigarettes occasionally, not on a daily basis but from time to time. I didn’t feel the need to smoke nor was I averse to tobacco smoke. Later, I started smoking quite regularly and my nicotine addiction started to show itself.

In high school, I smoked almost every day already. Cigarettes gave me pleasure and I formed a certain ritual: a cigarette between classes, a cigarette after a meal, a cigarette at a meeting, a cigarette while talking, etc. I didn’t feel any harm from them, I experienced neither physical nor physiological discomfort, and I justified smoking to myself as a kind of

physical pleasure, believing that I was totally in control of the process. To prove this, I performed a small experiment. I totally quit smoking for 6 months. While the desire to smoke remained, it wasn't overwhelming. I was fighting it successfully and I was proud of my will power. As I had not planned to give up cigarettes forever, I started smoking again in 6 months.

The ability of people to abstain from smoking for quite a long time, as in my case, is misleading, as it makes them believe they are not addicted to tobacco. People who are unable or unwilling to give up smoking have ready a wide variety of explanations for why they smoke: you only live once, I am a weak-willed, I am afraid of putting on weight; I am unable to think without a cigarette, etc.

Gradually, I started to smoke up to 30 cigarettes a day. Such a nicotine load became evident: my breathing started getting heavy; I got colds more often; coughing, irritation and discomfort appeared. Trying to get the process under my control, I stopped smoking every day and took breaks for several days. The theoretical explanation of my experiment was a belief that smoking was a pleasure that one could feel only at rest, i.e. on the weekends. I waited the whole week to start smoking on Saturday. The first cigarette caused dizziness, light nausea, and satisfaction of the accumulated desire at the same time. After the first cigarette followed a second, then a third, and the result was that within two days I was smoking much more than earlier, as if I wished to "smoke for the future". As a result, I smoked more than four packs of cigarettes in two days. On Mondays, I felt bad and didn't want to smoke, but already on Tuesdays, the desire used to awaken and start accumulating again. This practice required constant effort and didn't improve my well-being. I decided to change my tactics, confining

myself to a daily minimum of one or two cigarettes (obviously, I always smoked the two). However, it was difficult for me to observe this limit and I increased the minimum to three cigarettes. I justified this to myself by thinking that the harm from the minimum number of cigarettes didn't exceed the harm from living in a big city with the air contaminated by exhaust gases and industrial discharges. This was a classic hidden form of smoking motivation. My system to restrict smoking fell short. I was able to tackle the challenge when all my strong-willed efforts were focused on the process of controlling and suppressing the desire. However, as soon as the calm intersessional period used to end and exams started, I would stop fighting myself and would smoke one and a half pack of cigarettes a day.

I tried to find other methods to limit myself: I changed to smoking a pipe, I tried to smoke a hookah, but they were all unsuccessful. I must admit that cigarettes are the most "technology intensive" way of smoking; they make the smoking process as easy as possible. That's probably why cigarettes are so widespread.

By the age of 30, I ceased cherishing illusions as to my capacity to combat smoking. My condition showed all the signs of nicotine addiction. Smoking disease has a chronic, staging and progressive character. I realized clearly that any addiction was part of a lifestyle and behavioral stereotype and therefore, to abstain from addictive substances, it is necessary to start serious and complex psychological work on changing oneself. If a person is not ready to change, he or she should not even start to fight the disease. I decided to start by imaging myself as a nonsmoker. There are many situations in our everyday life when a smoker involuntary reaches for a cigarette. A cigarette immediately after awakening or after breakfast, a

cigarette at the bus stop or in the car, a cigarette at a meeting, while talking, during a break, and a cigarette goodbye. I imagined myself without a cigarette in these situations, thinking of what I would do instead of smoking. It was most difficult with coffee. The association between coffee and a cigarette was so strong that it produced irritation. I spent many days and a great deal of effort to break this tie. I watched nonsmokers drinking coffee, imagining myself in that situation. After a while, I understood that I could theoretically imagine myself with a cup of coffee without a cigarette. In practice, I used a simple technique: at first, I drank coffee with a dry hard cheese. This is a very balanced combination that I can recommend to everybody.

Immediate smoking cessation itself requires much effort and time. If you are trying to do it without outside help, i.e. without going to a doctor, first you should make use of a suitable situation that breaks the habitual rhythm of life. It can be relocation, vacation, or a cold. The change of life stereotype helps to interrupt nicotine addiction for some time (5 to 10 days). However, this approach alone isn't enough to completely get rid of tobacco addiction.

For myself, I determined the following formula: I completely gave up smoking only after I had developed a persistent aversion to tobacco smoke. I did it by simple manipulations with a cigarette and tobacco smoke. I will describe this in detail in my book.

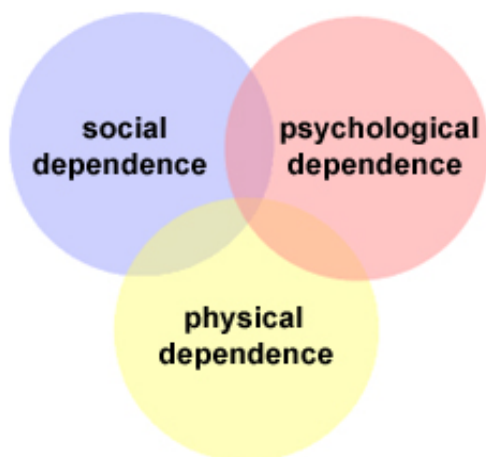
Chapter 1. How did you get to this point in your life and what do you do now

Almost every smoker continues smoking because of three factors:

- The nicotine contained in cigarettes is addictive.
- Smoking gives pleasure. It lifts you up, makes you more cheerful and active, and relieves stress.
- If a smoker lives and works amidst smokers, he or she forms a social dependence.

It's quite normal to derive pleasure from smoking. Unfortunately, the price for this pleasure is too high: illnesses and even death. It is not easy to give up something pleasant. Still, you shouldn't despair.

You will give up smoking if you have strong motivation, you understand the origin of your addiction and you are strong enough to solve this problem, and, most importantly, you have developed an effective plan for giving up cigarettes.



Formation of regular smoking habit

Why does a person who tried tobacco smoke for the first time continue smoking? This bitter and all-pervading smoke makes him or her cough, causes tears, dizziness and nausea. So why, despite all these discomforts, doesn't a person stop after the

first experience? It all happens because smoking produces three types of dependencies, which are very hard to get rid of.

Social dependence

The social component of tobacco addiction is dependence on the surrounding smokers in the macro and micro environment. You probably have smokers in your family or you work on a team where the majority of your colleagues smoke. This component of tobacco addiction is extremely significant in the groups of people with high tobacco smoking rates. In many countries, particularly, collective or group smoking in certain situations is considered an established ritual.

Smoking can also be an element of fashion or a way of presenting oneself or self-image, and even a way of expressing appreciation. Many people smoke, following the example of their favorite people or those they depend on, or their idols.

People surrounding the smoker substantially influence his or her smoking behavior, in a passive or active manner, strengthening the tobacco smoking habit and increasing its intensity. The social component of smoking can be a substantial hindrance to motivated tobacco cessation.

Psychological dependence

Smoking in various life situations can be largely ceremonial in nature. In particular, it allows a person to make a pause between sentences when discussing some issue or to make a pause to think over a problem. As the majority of smokers belong to the so-called direct type of personality, from whom there must be a response to the words and actions of the

interlocutor, they need the pause to think at least for a while, especially when they are somewhat worried. To carve out at least a minute, they smoke.

Women often start smoking to lose weight. Nicotine, as a stimulating drug, increases the “consuming part” of metabolism, simultaneously depressing appetite. However, smoking is no way to lose weight. Even if you manage to achieve short-term success, chances are high that you will return to the same weight after adaptation to nicotine.

Indecisive people (even if this indecision is hidden very deep inside and often masked with showy boldness) sometimes smoke in order “to feel at home” everywhere. In other words, the smell of cigarettes invokes familiar associations in them and helps them to adjust to unfamiliar environment.

Smoking can as well produce a sedative effect on the smoker. However, it is only because you are holding a cigarette in your mouth. Nature designed it so that people feel peaceful and comfortable under the action of the sucking reflex. Like a baby calms at mother's breast, adults come to life when they take a cigarette in their mouths.

Physical dependence

Tobacco smoke contains about 200 toxic components, of which 14 are narcotics, and the major one is NICOTINE. A person who absorbs tobacco smoke is none other than a tobacco addict.

Therefore, the problem of smoking can be understood only after a deep study of nicotine properties, because it is this substance that produces such

a strong influence on a person, making him or her grab a cigarette again and again as if it were a life-saving straw.

One should understand that it is nicotine contained in cigarettes that makes people smoke. Tobacco doesn't contain any other such a strong chemical substance with a psychotropic influence on the human psyche.

Nicotine is a colorless and odorless alkaloid, well absorbed into the blood in an alkaline medium. Many smokers prefer to smoke, washing it down with something alkaline, for example coffee or alcohol that cause more active absorption of nicotine than, for example, orange juice with its acid reaction.

Nicotine is contained in the leaves of a plant called tobacco and cannot be synthesized artificially. At tobacco factories, they mix tobacco obtained from different parts of plants of various varieties, because the upper leaves have a higher concentration of nicotine than the lower leaves and stems. Thus, they produce a tobacco blend, i.e. various brands of tobacco.

Nicotine produces the greatest effect when tobacco is chewed or snuffed or when tobacco smoke is inhaled. Inhaling smoke is the fastest way to reach the desired concentration of nicotine in the brain, as the narcotic gets there with the blood from the lungs in approximately 7 seconds. High speed is the main reason for such fast habit formation. Nicotine injection, for example, doesn't produce such a rapid effect.

Addiction to a substance manifests itself by the desire to maintain a certain level of it in blood. The main factor that invokes the desire to smoke is the need to increase nicotine concentration, because the nicotine content in blood is reduced by half in 40 to 60 minutes after smoking, producing

narcotic tobacco withdrawal in a person. All the toxins start leaving the body. Any narcotic withdrawal process is very unpleasant.

As soon as the body receives a new portion of the narcotic, the process of withdrawal and body cleansing stops and the new narcotic intoxication starts. Thus, when a person wants to smoke, it means that his or her body has started being cleansed of tobacco toxins. It is not necessary to smoke the whole cigarette to stop the withdrawal, several drags are enough.

Can smoking be safe?

Safe cigarettes are a myth invented to make you give up the idea to stop smoking. For you not to have any doubts that all cigarettes are harmful, this myth must be dispelled.

Do you remember how exulted were smokers when filtered cigarettes appeared: "Look at the filter, it became dark brown, it caught so much nicotine and other harmful tars!" Of course they were exulted, they couldn't see the part that wasn't caught by the filter and was in their lungs.

Then they began to reduce the nicotine content in tobacco. Smoking cigarettes with a lower tar and nicotine content reduces the risk of diseases development only to some degree and increases the smoker's chances for a longer life, provided he or she doesn't compensate it with an increased number of smoked cigarettes. Nevertheless, such practice has minimal advantages when compared to absolute cessation of cigarettes.

After switching to cigarettes with a reduced content of harmful substances, smokers may increase the number of cigarettes smoked and inhale the

smoke deeper. Compensational behavior may cancel out all the advantages of products with a lower content of harmful substances and can even increase the health risk.

Smoking cigarettes with low tar content might cause adenocarcinoma, a specific type of lung cancer. A study has shown that between 1960 and 1990, the incidence rate for adenocarcinoma, which is found on the lung periphery, increased 16 times in women and 11 times in men. Researchers also believe that people who smoke filtered and low tar and nicotine cigarettes inhale deeper and longer to get a nicotine “shake” and therefore are more susceptible to smoke in their lungs.

“Low-tar” and “light” cigarettes are as harmful as ordinary cigarettes because smokers, unaware of it, close the ventilation vents around the cigarette’s filter with their fingers and lips. Obviously, these ventilation vents reduce the tars, nicotine, and carbon monoxide from “light cigarettes,” but two thirds of smokers are not aware of these very fine vents. This makes low-tar cigarettes something of a fraud in terms of health benefits.

These cigarettes are designed in such a way as to cancel out all the advantages of the low tar content. In tests used to measure the levels of incoming tar and nicotine, the cigarettes are smoked by a special machine. However, the machine tests are misleading, because in reality, when people smoke, they hold cigarettes in their hands or mouth, thus closing the ventilation vents.

And is it safe to smoke cigars and pipes? There is an opinion that they are less harmful than cigarettes. Indeed, there is no smoke from the smoldering

paper. And pipe and cigar smokers usually do not inhale the smoke, which means it is less dangerous for their lungs. However, nicotine is absorbed through the mouth cavity mucosa and causes nicotine addiction. This type of smoking can as well trigger cancers in the mouth cavity and the upper throat.

Finally, cigar and pipe smokers, even if they do not inhale the smoke, are of course the most active of passive smokers, not to mention that they pollute the surrounding environment.

What to do to stop smoking forever

For the smoker, withdrawal from tobacco addiction can be compared to climbing stairs. The driving force is your determination to stop smoking. Each step is a step on the way to getting rid of tobacco addiction.

Model for getting rid of tobacco addiction



Step 1. Motivation

At this stage, you need to realize the necessity of giving up this harmful habit. You need to understand the reasons why you started smoking and to find positive sides of quitting.

Step 2. Preparation

At this stage, you reduce your psychological and physical dependence on tobacco. It requires the performance of special exercises and usage of

nicotine substitutes, which will help you to reduce the number of cigarettes smoked daily. I recommend that the preparation stage not exceed 4 to 6 weeks.

Step 3. Cessation

You are already prepared to stop smoking and all you need is to choose a suitable day. Remember that the fight against tobacco smoking is based on the principle “all or nothing”. You cannot stop smoking by half or by one third. You must completely abstain from cigarettes. There is no other way.

Step 4. Adaptation

Once you've stopped smoking, you will need special physiological and psychological support for a period from 3 to 6 months. It will allow you to pass through the uneasy period of withdrawal from cigarettes and will help you to avoid a breakdown.

Thus, the system of phasing out tobacco addiction is based on the interaction of its elements. You cannot do without aids here, but the smoker himself should make a serious effort. Not following these conditions will certainly result in failure.

Thank you for reading the first chapter of the *Four Steps To Stop Smoking Forever*.

If you like what you have read and you are interested in the next chapters, don't put it off any longer - get your book right now!

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Here are the other chapters you will get from the full version:

- Chapter 2. Step 1 - Realizing the harmfulness of this habit
- Chapter 3. Step 2 - Preparing to stop smoking
- Chapter 4. Step 3 - The day you stop smoking
- Chapter 5. Step 4 - Life without cigarettes
- Conclusion

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