



# The Last GUIDE

**YOU'LL EVER NEED**



# Stop Smoking

It's time to become healthier, wealthier and live longer

**“It is not important how many times you try to quit. The only important thing is, that eventually you stay quit .”**

## Foreword

*I'm not going to stop you from smoking...* I am going to make it easier for you to stop smoking by yourself.

If you want to break free from that nasty habit, I'm going to help you succeed by introducing you to some very powerful techniques that I use in-session and globally with my own private clients.

My name is Richard Scott and this guide gives you access to a fusion of my most successful smoking cessation tools and techniques.

I want to help you to uncover some of the real reasons behind

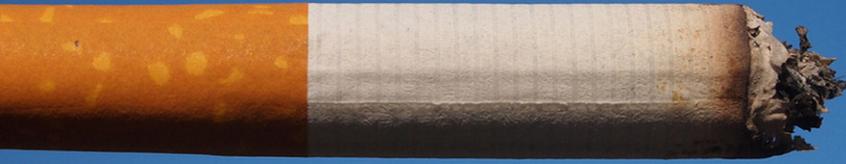
the habit – Why do you smoke? When do you smoke? What kick-starts the urges and why do you want to stop? These questions need answering.

If you're fully committed to overcoming that old, restrictive, poisonous habit then it's time to use these techniques to change to new healthier thoughts, habits, feelings and behaviours.

*As a bonus, at the end of this guide I am also going to give you access to one of my recordings which will help you to beat this habit once and for all.*

**Let's get started...**

# Understanding nicotine addiction



## Why is nicotine so addictive?

Nicotine helps release chemicals that activate a reward pathway in your brain.

When you continually smoke cigarettes and other tobacco products, your reward pathway chemistry adjusts accordingly.

You become chemically programmed to seek out tobacco to satisfy your nicotine cravings, even though you know the horrific consequences of continued smoking AND despite wanting to quit smoking.

Your cigarette cravings remind you to top up your nicotine levels by smoking regularly throughout the day to avoid the discomfort and stress associated with nicotine withdrawal symptoms.

These withdrawal symptoms can start after just a few hours thanks to the speed at which nicotine works.

## How can you overcome nicotine addiction?

Once you quit smoking you **will** experience nicotine withdrawal, this is because of all the toxin chemicals you put in your body by smoking.

However, there is good news.

Withdrawal symptoms usually peak within two to three days and most smokers find they tend to last no more than 7 to 14 days. This will vary for each person.

Although it may not feel like it, you are getting better and in just two weeks your body could be free from most of the nicotine withdrawal symptoms.

Once that happens, a smoke-free life will be easier. It is unusual for a smoker to experience many nicotine withdrawal symptoms over an extended period of time.

## 1. So, why do you smoke?

Most often, there's a thought, a feeling, an emotion or even a voice inside your mind that says 'right... I need a cigarette now'. True?

This voice can happen at any time, but I want you to begin to recognise **WHEN** this urge to smoke is usually at its strongest points throughout your day.

*I want you to have a think about that right now.*

It could be in a certain situation, at a specific location, during an activity, part of a routine or even simply a time of the day.

Think about the times of day in which you smoke, who is with you when you smoke, where are you and how you are feeling?

Once you recognise when, where and why you smoke in those places, at those times, you can then prepare your action plan to beat the urges.





## 2. What makes it TOO hard to quit?

***Could it be that you're telling yourself that it's going to be too hard and so you are in fact starting to build an impossible task in your mind?***

So when it's time to become a non-smoker, you *believe* your task has become an even harder one to face?

Doesn't it make sense that if you can repetitively talk yourself into believing that a task is going to be difficult, that you can also convince yourself that a task is going to be easily achieved?

***Of course it does, you just haven't realised it yet.***

Okay, let's get down to business. So, you've decided to let go of that nicotine monster, you know, the one that's been controlling your time, your money and your health... the one that's been controlling you. Well, good for you!

You've taken your first step into a healthier world.



### 3. Time to prepare

When faced with any task, often the most logical thing to do is to plan a strategy, to prepare for all eventualities and to give yourself all the tools you think you may need in order to complete the task.

So what do we need in order to stop smoking?

A **VERY** good reason, perhaps?

***It's time to list all of the reasons you wish to stop smoking, all the benefits you will gain after becoming a non-smoker.***

Consider...

All the **MONEY** you'll be saving £££

All the **HEALTH** benefits to **YOU** and those around you

The increased sense of **TASTE** and **SMELL**

The reduced **ANXIETY** that's caused by that horrible addiction

Being relaxed and **BACK IN CONTROL** of your life

You may agree with all of these, and you may have even more reasons, so have a think... right now... go on.

**I challenge you to come up with 5 great reasons to quit.**



## 4. Money saved

Cigarettes cost money and the cost is increasing all the time.

The average packet of 20 cigarettes here in Australia ranges between \$15-25?

**If a packet-a-day smoker spends an average of \$20.00 on a packet of 20 cigarettes then they spend:**

**\$140 a week.**

**The cost of a very nice meal at a great restaurant.**

**\$606 a month.**

**The cost of a couple of weekends away and some new clothes.**

**\$7,280 a year.**

**The cost of a new lounge suite or top-level private health insurance for a whole family.**

**\$36,400 in 5 years.**

**The cost of a holiday for four people to Europe, all expenses paid.**

**\$72,800 in 10 years.**

**The cost of a significant house deposit or mortgage repayment.**

Of course, these figures don't even take into account tobacco price increases that are happening all the time.

***What would you do with all the extra money you're saving as a non-smoker?***

Some people like to save the money they would otherwise spend on smoking by placing the money in a jar or in a new bank account and watching it grow.

Wouldn't that be a great incentive and gift to yourself!



## 5. Top Tips to Stop Smoking

With any addiction, it's all about temptation, stress and the cravings, so get planning ahead.

**Temptation** – Remove all cigarettes, lighters, matches or anything associated with smoking, on you, in your house, in your car or around you at work. Avoid smoking areas socially or at work.

Tell all of your friends and family that you're stopping smoking. The more people that know about your efforts, the more support you'll have.

If you get the opportunity, why not team up with somebody else who's determined to become a non-smoker too.

Help each other achieve your goals.

**Stress** - Choose a day to quit that's not already filled with stress.

Make it a day where you can start off a different daily routine...

...and keep repeating to yourself **'I Can Do It!'**

**Cravings** – Have an alternative thought, feeling or behaviour planned, so that in a situation where a craving first strikes, you can quickly busy your mind or body with the new healthier alternative behaviour.



## 6. Create alternatives

Find yourself a spare 5 minutes, sit yourself down and run through a typical smoking scenario in your mind.

Play it like a movie in your mind, up until the moment that you're about to smoke.

But this time, I want you to imagine choosing to do something entirely different - an alternative to smoking.

Run this new action through your mind and notice how good it feels when you're doing something different.

Imagine scenarios like this as often as possible.

Begin to really train your mind to search for alternatives.

Here are a few examples:

- ***Slowly sip a full glass of water until it is empty.***
- ***Grab the closest book and read every single word on one page.***
- ***Start some house work or another job that you've been putting off.***
- ***Do a crossword, Sudoku, word-search or a puzzle.***
- ***Have a brisk walk in some fresh air.***

Keep reminding yourself of all those reasons to give up that costly, smelly and deadly habit. Think how much healthier, cleaner and wealthier you'll be.

## 7. Relax and become SMOKE FREE

As mentioned at the beginning of this guide, I'm going to give you access to one of my most successful MP3 recordings for '**Smoking Cessation**'.

If you visit this link [smokefreenow](#) you'll find an MP3 audio file that you can download onto your computer, laptop, mp3 player or smart phone.



**Yes, take me to my MP3 download.  
I want to Stop Smoking NOW!**

Get the most from your MP3 by following the guidelines below.

### **Pick a Time & Place**

Choose a safe place to listen to your recording; This should be somewhere you can relax without being disturbed.

Perhaps unplug your house phone and if you live with someone – tell them not to disturb you for half an hour.

Some people listen to their recording before bedtime – but everyone is different, so try a few different times and find the best time for you.

### **Listen, Relax, Enjoy**

Put on some headphones, sit or lay back, relax and let go. Try not to think consciously of what is being said and your unconscious mind will do the positive work on your behalf.

### **Repeated Listening**

For maximum effect it is recommended that you listen to this MP3 file once per day for 2 weeks and as necessary thereafter.

This is to build new positive thought patterns which result in new positive behaviours.



## Feedback

I always enjoy hearing feedback. It helps me to improve service to all future clients and helps me to stay at the top of my game.

Please let me know how you progress with these techniques and the MP3 recording...

...and how it feels to become a healthier, wealthier  
NON-SMOKER.

Send all feedback to this email address:

**info@mynd.works**

For more information about mynd.works please visit my website:

**www.mynd.works**

I look forward to hearing from you in the near future.

kind regards,

**Richard Scott**

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