

PAVEL BARABASH

KILL A SMOKER
AND LIVE LONG

DELIVERANCE GUIDE

FROM TOBACCO ADDICTION

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The book will help the smoker to get rid of tobacco addiction on her own. You close the last page, and you realize that smoking is left in the past, the nicotine romance is over and there is no desire to resume it. Indifference to cigarettes and aversion to tobacco smoke. The result is achieved if you perform exercises and recommendations!

It is also of interest to psychologists working with the problem of "tobacco dependence.

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DEDICATION

My beloved grandfather Dmitry Filippovich, an avid smoker who gave me the first unforgettable lesson in smoking at the age of five.

Without the ability to smoke and long years of painful search for a way to free myself from tobacco addiction already in adulthood, I would never be able to develop effective methods and write this book. Unfortunately, his grandfather died at the age of 60 from lung cancer, and it is a pity that it is impossible to return to the past and help him extend his life to the delight of his grandchildren.

And in the present I appeal to all the Living:

- WHO wants to get rid of humiliating tobacco addiction, but does not know how.
- WHO knows that there is more to life than paper sticks stuffed with tobacco leaves.
- WHO has the courage to take the first step toward freedom from tobacco.
- WHO wants to stay healthy and live long.

And let me know:

1. You will find all the means necessary to create **INDIFFERENCE** to tobacco products.
2. By closing the book, you will feel a **CHANGE** in yourself.
3. Instead of the tobacco smoke of death, you will inhale the delicate **AROMA OF LIFE**.

PREFACE FROM THE AUTHOR

Many try to quit smoking. They throw and start again. And they feel that this internal smoker is alive. To stop smoking, they lack knowledge, understanding. Kill the smoker in yourself to be reborn in a new identity! How to do this? - You will find further working on the book.

Evil joke

ATTENTION! NICE NEWS.
 LAST YEAR
 40 000 000
 THE INHABITANTS OF PLANET EARTH STOPPED SMOKING!
 "THEY ALL DIED OF LUNG CANCER.

And how's the joke? Biting? Spoils the mood? Makes you think? The statistics given may be inaccurate. It's different. It is useful to realize that you are doing wrong and give yourself a chance to change now and continue to live, and not wait for tomorrow and the fact of your death will be reflected in the statistics.

Guarantee from the Author

By travelling through the pages of this guide and performing the proposed exercises, you will get the following result:

1. Indifference to cigarettes. Look at cigarettes and realize it's in the past. No desire.
2. Aversion to tobacco smoke. Your immune system will react negatively to tobacco smoke.

Perhaps you are critical now: "I doubt I read the book, closed it, and that's it? And you're not smoking anymore? Is that possible? Yeah, what nonsense! The author probably never

really smoked and does not understand how complex and serious the problem is. "

And the author would think so when he smoked more than two packs of cigarettes a day. When, when has already made countless attempts to quit smoking. If I can't myself, how can some book help? Yes, I would have thought so, watching the rings of blue smoke of the life being procured come out of my mouth.

The technique works

The journalist asks the construction manager:

- What road are you building, single-track or double-track?
- We build the road from two ends, and if rails come together, it will be one-track, - he answered.

In this metaphor, we build a road (dig) from tobacco captivity on two sides. And if our efforts come together, you will gain freedom. Instead of swallowing Death Smoke with tobacco, you will inhale the delicate aroma of Life.

And there is one "but," that ill-fated spoon of tar in a barrel of honey that can ruin everything. I will not be able to control the quality of road construction on your part. This is your responsibility. The proposed technique does not WORK unless YOU follow the exercises and recommendations .

How Dependency Disappears

You read, and suddenly you realize that you have changed, became different. There's something in his head that clicks. Boom! You are surprised that smoking is in the distant past, and now you are in a different reality. Cigarettes are indifferent, tobacco smoke is unpleasant .

And how unexpectedly pleasant it will be when the look accidentally stops on packs of cigarettes in the store, to realize that they have become strangers, that there is no more "craving"

for them, that the nicotine romance has ended, and there is no desire to return to it.

Revenge on tobacco

There are things that don't deserve forgiveness! Never! And this book is my revenge on tobacco for the long and humiliating years of nicotine slavery. The first puff with tobacco smoke - at 5 years old, then pranks, from 16 years old he smoked constantly. From the age of 18 (smarter) he began to systematically "quit smoking." The fight against tobacco lasted for a long 20 years.

For many years I looked for a way to get freedom, quit smoking, started again. Fought! He changed the varieties of cigarettes. He switched to Cuban cigars. Chewing tobacco. Sniff tobacco. Smoked the tube. Swallowed antinicotin pills. I gave my word to myself and others that I would quit smoking. I bet and lost. Started a new life on Mondays to start smoking on Tuesday. Sometimes with strong-willed efforts he kept for several months. But the first puff reliably returned to nicotine slavery .

Each failure strengthened the belief that quitting smoking is very difficult, that some special willpower is needed here, which I do not have. I was not going to give up. He looked for ways, tried on himself, endured a fiasco. Until I invented a simple method of deliverance. The whole procedure for getting rid of tobacco addiction turned out to be fast and effective.

Everything turned out to be so simple! It took a few seconds to get the result. But the search for an effective remedy took many years of tobacco-smoked life.

How to work with a book

I hope that you are smart enough and understand that it is foolish to work on a book, while smoking pages with tobacco smoke. Separate the flies from the cutlets. Book separately, cigarettes separately. Read the book sequentially. Reflect. Perform each exercise. Reflect. Let the truth triumph!

For a better understanding of some points, the dialogues of the psychologist (Psychologist - *author*) with the real client (Client - in the text) are given. Such mini-demonstrations for a better understanding of the direction in which we are moving. Sometimes, for the benefit of the case, I will turn to some parts of your personality for "you," but with great respect.

All your hands

One man decided to laugh at the wise man. He caught a butterfly and clamped it in his fist. And I thought that I would come here and ask the sage: "Say, is the butterfly in my hand alive or dead?" And if he says that the butterfly is dead, then I will open my fingers, and the butterfly will fly away. And if the sage says that the butterfly is alive, then I will squeeze my fist stronger, and then show the dead butterfly. And everyone will laugh at the sage .

He did so, caught a beautiful butterfly, clamped in his fist and asked the sage:

"Tell me, is the butterfly alive or dead in my hand?"

"Everything is in your hands!" the sage answered him.

Any temple, before it is built, is created in the head of the architect. Become an architect, create a new identity that is indifferent to tobacco. You have a great chance of getting such a result. Use them. And remember, everything is in your hands.

TOBACCO EPIDEMIC

Guide in Egypt:

"The urn you see contains the ashes of the pharaoh.

The tourist is surprised:

"I didn't think Pharaoh was such an avid smoker!"

Tobacco and the State

Tobacco virus

When Columbus discovered America, friendly Indians treated foreigners to cigars. So the first fooling acquaintance of Europeans with tobacco took place. Europeans taught the Indians of America to drink strong spirits, and they taught Europeans to smoke tobacco.

Two cultures met and exchanged achievements in the field of using poisonous substances to change states of consciousness. In 1558, tobacco was brought from America to Spain, where it began to be cultivated. The tobacco epidemic has started !

What about medicine?

At one time, medicine made a significant contribution to the popularization of tobacco, creating myths about its healing properties. Doctors claimed that tobacco use panacea for all diseases: soothes, relieves headaches, tones, helps with pulmonary diseases, asthma, gastric diseases, syphilis.

Until the 1920s, tobacco was used as an ingredient in the manufacture of drugs for various diseases.

Head from shoulders with tube

Many thinkers and politicians have been able to recognize the dangers and harms of smoking. So in 1585, Elizabeth I (England) issued a decree according to which smokers were

driven with a rope around the neck along the streets. Some smokers were chopped off their heads and put on general love with the tube. In the same year, tobacco was brought to Russia.

In 1634, smoking in Russia was prohibited under fear of death. A little later, in 1649, Tsar Alexei Romanov issued a decree according to which everyone who would be found in a Bogomersky potion would be tortured and beaten on a goat with a whip, and tobacco dealers were ordered to be broken with a whip, snatched out their nostrils and exiled to Siberia.

Russian Tsar Peter I, who adopted everything advanced in Europe, became addicted to tobacco and became an avid smoker. And in 1697 he revoked his father's decree. Another decree has appeared that allows smoking and tobacco trade in Russia.

Tobacco smoke composition

Poison masking

Some poisonous substances that are part of tobacco have no smell, have no taste. The sensitivity of the sensory sensing channels is insufficient to recognize the danger and light the red "STOP" traffic light. Manufacturers of "canned tobacco" have learned to deceive the consumer's sensory system by skillfully masking poisons by adding various substances to tobacco (more than 600 varieties!) That knock off the trace of guard dogs of sensory perception systems.

Cigarettes are paper sticks stuffed with dry tobacco leaves. To influence the taste receptors, honey, chocolate, pleasantly smelling essential oils, and other substances are added to them. Designer artists colorfully design packs with cigarettes, advertising specialists, come up with various ways to create motivation for the population to use tobacco. Death dealers, selling canned tobacco smoke, generously allocate money for advertising, she pays for herself.

If a smoker is asked about the composition of tobacco smoke, then most will name more than one substance - nicotine. How come? Every day, 20-40 times he introduces various substances

that poison cells into the body, and is not even interested in their name.

Hazardous substances

Tobacco smoke contains more than 4,000 harmful substances. None of them are useful. More than 50 of them provoke the reproduction of cancer cells. Listing all substances is tedious and makes no sense in this book, you can fill the gap in education yourself. I'll only bring 17 of them, shocking consciousness.

Ammonium is an ionized form of ammonia. Used in toilet cleaners, negatively affects the lungs, helps create dependence on tobacco.

Benzene is an organic solvent, is part of gasoline, is used for the production of various plastics, synthetic rubber, dyes.

Bhutan is the main component of combustibles, used as fuel for lighters.

DDT is an insecticide used in agriculture to kill harmful insects. The effect occurs a certain time after contact with the source.

Cadmium - a chemical element, a heavy metal, is part of the electrolyte for batteries, contributes to the development of lung cancer, damages the liver, kidneys, brain, is poorly excreted, remains in the body for many years.

Arsenic is a potent poison of instant action, burns the lips and causes an unpleasant smell from the mouth.

Nickel - causes coughing, reduces the activity of the immune system, promotes the development of allergic and asthmatic symptoms, is carcinogenic, belongs to the group of substances that provoke the development of asthma, accumulates in the body in the genitourinary system, can be the cause of prostatitis.

Nicotine is the main substance because of which tobacco products are used. In low concentrations, mammals act excitingly. Strong poison, lethal dose for humans 120 mg. Used to kill insects. In a smoker, it leads to damage to the central nervous system, the circulatory and cardiovascular systems. It has a devastating effect on the liver, kidneys, and airways.

Polonium-210 is a radioactive isotope used in the production of nuclear weapons as a means of mass destruction of the population.

Lead - poisons the brain, causes vomiting. Once in the blood, lead settles in the personal organs of the body (liver, kidneys, brain, bone tissue).

Silic acid is a deadly poison even in small doses. Death occurs quickly, within a few minutes. When inhaling small doses, there is a bitter taste in the mouth, scratching in the throat, headache, nausea, vomiting.

Resin is a means for asphaltting roads. After smoking 20 grams of tobacco, the smoker leaves about 1 gram of resin in the lungs.

Antimony - used in the chemical and printing industries, used in the manufacture of batteries.

Carbon monoxide - a gas without an odor color, is contained in the exhaust gases of cars, causes a headache, overdose causes death of the body .

Formaldehyde - a chemical used to embalm dead bodies. Carcinogenic, damages the lungs and digestive system. Negatively affects the reproductive organs, genetic material.

Zinc - is part of a baby's sprinkle, anti-sweat products, shaving cream, sunscreen, hair care products. Toxic to the respiratory system, can cause malformations and ugliness of the future child.

Cyanide - poison, used by the Nazis in gas chambers to destroy dissident creatures.

Tobacco canned food

Selling tobacco is a profitable business. Colorful packaging, sonorous luring names entice, caress hearing and imagination, encourage teenagers to trick their minds with tobacco smoke.

You are encoded to become a carrier of a drug culture, a culture of obtaining short-term pleasure (drug trance) in a quick and accessible way. Negative effects of smoking? So they are known - deterioration of health, reduction of mental abilities,

reduction of life. If such a fee for madness suits, you like spoilage, then smoke, ache and die!

Putin at a meeting with the Japanese prime minister:

"I heard you started the fight against smoking?"

- Yes, we successfully launched this campaign throughout the country!

"Well, why do you want the Kuril Islands now?"

If the mind says that being Pavlov's dog is insulting, that addiction to tobacco leaves is humiliating, then continue to read and realize. For example, you would buy canned tobacco on which other names are written (Figure 1).

	CONSUMPTIVE
IMPOTENT MAN	

Fig. 1. True names of cigarettes

There is nothing to hypocrisy by calling tobacco preserves affectionate and tender names! Only such slaughter names (however, you can come up with others), with a negative connotation at the level of product identity, will act more powerful than the trivial phrase "Smoking kills" or pictures with horror consequences.

Why would the state, if it cares about the health of the nation (and it so claims), sell a license to produce cigarettes with only such names?

CREATE A CONSTRAINT

The world is full of well-wishers who will teach you to smoke for free. You only need one thing - curiosity. Each of the smokers has his own touching story, how he made the first puff, and who helped in this.

First smoking experience

How did it happen that you joined the tobacco? Remember the very first smoking experience. The very first experience.

- When did you first smoke?
- what age?
- Under what circumstances did you smoke?
- Where were you? What kind of situation is this? Who's next to you?
- Who gave the very first cigarette? Who taught you how to smoke?
- Why did you decide to try smoking?
- How was the smell of tobacco perceived then?
- What were the sensations in the mouth?
- How did your lungs react to the first puff?
- Feelings in your head?
- What are the sensations in the body?

Was it possible to remember? Your unconscious, anyway, remembers everything. The first smoking experience always leaves unpleasant feelings. Your sensory system recognized the external enemy and reacted immediately. Most show this: the smell of smoke is unpleasant, spasm in the throat, incision in the lungs, a strong cough, dizzy, coordination of movement has deteriorated, the pulse has increased, the body temperature has increased - the body has increased the exchange with the outside environment in order to quickly remove poisonous substances .

If the first recognized experience is without negative feelings, then you learned to smoke earlier when you were still too small. Perhaps someone (midwife, father, mother, grandfather) smoked, and you and the nipple inhaled smoke (passive smoking). And maybe they started smoking even earlier, in the womb, if she smoked, you fertilized in a smoked egg.

Then, when you learned to smoke, you taught your immune system to respond to poisonous substances as something native, entering your body along with tobacco smoke. The immune system is instructive, loyal to you as a good watchdog, you said "you can't, yours," and she obediently retreated, putting down her tail to blame: "Since my owner (consciousness) wants these substances, which I consider poisonous and life-threatening, to enter his lungs, the way will be! He knows, he's in command of the parade! His will is the law for me. "

A real man

Five-year smoking experience

Fate ordered that my grandfather gave me a master class in smoking. Once my grandfather took me fishing, we climbed a motorboat up the river, turned into the bay. I sat behind my grandfather, put my hand down in the water and watched the waterway form amusingly, washing my hand. At some point, the cap fell into the water, bent over to lift it and fell overboard... And when, grandfather, hearing a surge of water, turned around, then the grandson disappeared, only a cap floated on the water. Grandpa caught me frightened and wet.

Berthed to the shore. Grandfather collected firewood, burned a fire, wet linen was hung to dry. After we smoked and drank tea, Grandpa, like a real magician, tore off a piece of newspaper, opened a can of lollipops, where a tobacco potion was stored, poured a pinch of rustic tobacco on a piece of paper. Then he cleverly rolled a paper sandwich into a tube, licked one edge with his tongue, led with his fingers along the tube. My grandfather

wrapped one end of the paper tube so that the tobacco would not spill out, pulled out a fuming twig with a coal from the fire, set the tube on fire, made a puff, and I saw how blue tobacco smoke beautifully comes out of his mouth with funny rings and dissolves in the air .

Apparently, my grandfather noticed my curiosity, and perhaps severe stress deprived him of his mind for the duration of his mind, because he extended a cigarka to me and said: "Oh, Kurny disappointed!" With the curiosity of the discoverer, I confidently take a lit cigar from my grandfather's hands and suck hot and caustic smoke into myself. Immediately sharp spasm in the chest. The body rebelled, tears splashed from the eyes, a cough of such strength that it seemed that the lungs in a frenzy wanted to jump out through the mouth. It's green. I was ripped out.

He was offended by his grandfather, pinned his lips and refused to look in his direction, and his grandfather laughs, probably, nervous stress affects. He claps himself on the sides and tells me everything: "A real man must be able to smoke!" These words fell deep into the subconscious in the form of powerful persuasion. I wanted to look like my grandfather in everything, I loved him very much, and I really wanted to become a "real man" as soon as possible.

A Belief in the Benefits of Smoking

"A real man must be able to smoke" - this is the very belief that I began to lead. Persuasion now guided my actions, helping to shape the habit of "smoking," overcoming the temporary difficulties of the transition period, in the form of coughing and dizziness. I learned to smoke. At first he stole cigarettes from his grandfather. In the old dresser (upper box on the right) there were packs of Prima cigarettes, the grandfather bought them for 30 packs immediately for a month. It was possible, almost without breaking the packaging, to pull out 1-2 cigarettes with a needle in a way that seems inconspicuous.

I don't know if Grandpa guessed it or not, but sometimes I smoked. He hid in the garden under the currant bush, set fire to

a cigarette, made shallow puffs, that is, he collected smoke in his mouth and immediately released it, sometimes through his nose. Smoke is still unpleasant, but the very idea that I am becoming a "Real Man" is pleasant.

Maternal blessing

At school, almost all high school boys smoked. At the change, we smoked in the toilet and in the grove. Especially interesting was the taste of cigarettes and cigarettes in winter, when you smoke in 40 degrees frost, and hot smoke tears the lungs warm and bitter. In the last grade of school, the mother, knowing that I was secretly smoking, bought 10 packs of North papyros, put them on the desk, and said: "Smoke!," another suggestion, installation. That is, as a smoker, my mother recognized me, even lit the green light of the traffic light, gave a maternal blessing. For a while, he pulled papyros out of packs in a proven way, then smoked one pack of papyros, another. So I became a "real man," that is, a smoker.

And grandfather died early, like many other smokers, from lung cancer, at the age of 60. He smoked until his last hour. The habit died with him.

Through imitation

You are coded to imitate heroes, buy cigarettes and smoke. The impact comes from TV screens, from the pages of newspapers, in cinemas, from people who are pretty to you, using direct or hidden advertising. Business! Money! You have to smoke! Smoke more, smoke prestigious.

Sad to smoke

A concert is broadcast on TV, where the singer sings:... "it's so sad that you want to smoke!" You like the singer, pretty, and such a pleasant rhythmic melody, you are happy to listen and sing words, words, in general, stupid and some senseless, and the

stronger their impact, since they are repeated many times. A conditional reflex is formed: a stimulus is a reaction, it is sad to smoke. And the next time you get really sad, the conditional reflex mechanism turns on, and you machinally, like a zombie, pull on a cigarette. The state of sadness becomes the stimulus that makes you smoke.

I love you for this

I remember a business trip to Tashkent. In the evening, they went to the Zaravshan cafe with a friend to have dinner. A lot of free space. A few men drank beer and smoked. A company of 4 people collapsed (3 guys and a girl about 8 months pregnant), they occupied a free table. Music played. A bald crepe appeared on the stage, wiped sweat from the bald, took a cigarette out of the pack, smoked, and sang:

"If a woman cheats,
I will not be sad for long,
I'll smoke a cigarette.
And I'll forget about her.
Cigarette, cigarette, -
You never cheat,
I love you for that,
You know it yourself! "

And the girl also smoked and danced with each of the guys, pressing her stomach to them, in which the nicotine-drenched fruit was waiting for its hour to be born. And the girl may have been wondering which of the guys is the father of the future child. And we, listening to the crepe, zombied with cigarettes .

Smoking is a habit

Habit is just a word, and it acquires different meanings, depending on who pronounces it. What's a habit? What can you do with her? Destroy? Change? Replace? Cancel? And how can

all this be done? Calling smoking a habit, I tell the reader the way to solve it - psychological.

Smoking is a sin?

If someone likes the smoking process, then for him systematic tobacco smoke poisoning is good now, at the moment of life. Like smoking - smoking. This is your life, live it as you wish. Until you realize the harm of cigarettes and come to the idea that it is time to stop smoking.

By evaluating habits and reviewing their value, we get rid of some and acquire others. Only you have the right to pronounce a final sentence on the habit of "smoking." And if smoking is a bad habit, then the hour has come to part with it.

Changing your habits makes sense if you want it, and not to someone else, if future changes are important to you. Indeed, many things can motivate you to stop smoking now. For example, the desire to have a long and healthy life.

Of course, if you're only 12 years old, you don't think seriously that you might ever die. It is foolish to think that you may die someday when you are still so young, when life, like a flower, only blossoms its petals. But what a stupidity not to think of death when you already consider yourself an adult, when the bud has dissolved and is already losing its petals !

One man asked the old man:

Is it a sin for me to smoke?

"Not sin, but can you not smoke?" replied the old man.

"No, I can't," the man replied.

"This is a sin!" said the old man.

Habit can be changed

Each habit has an intent that led to its birth. For example, the habit of "smoking" in many appears between the ages of 5 and 12, when there is an intention to become an adult as soon as

possible. But now you are not 5 years old, why do you need to smoke? Why do you need baby diapers when you wear pants?

From time to time, habits are useful to review and restore order in the empire of the unconscious. Make an attestation of habits! Did not pass the habit of certification - to fire without content! What if there are bad habits (from your point of view, of course)? You can change habits, you can create new ones. Everyone can afford to change, and this is much easier than some believe, claiming that the habit is a second nature, and nothing can be done about it. Everyone can change quickly. The only question is how to do it?

How to smoke

The Creator's Plan

According to the Creator's plan, air must enter the lungs through the nose, here it is warmed or cooled to body temperature, filtered. Indian yogis spend a lot of time training their breath, and they say, "Breathing your mouth is like eating your nose!"

The immune system through sensory channels tastes and sense of smell tests the air for harm, and tells us the result of the test in the form of sensations. It provides an opportunity to determine whether it is possible to breathe such air and if "yes," then purified and controlled air enters our lungs, filling the alveoli with a living elixir of life. The immune system uses the sense of smell as the most effective means to protect the whole body from attempts to penetrate dangerous substances into the lungs.

Tobacco drunkenness

In Goethe's work "Faust," Mephistopheles tempts Dr. Faust: "Whoever smokes for once will not leave this fun and will no longer tell the devils about us that we alone inhale smoke and release it through the nostrils. Can't you get a pipe with tobacco,

dear doctor? " "Don't, it's fun for fools," Faust answered decisively.

But what does a smoker do? He, in order to best deceive his immune system, places a lit cigarette in his mouth, and "drinks" hot, toxic tobacco smoke, nerve gas saturated with poisonous substances. Then tobacco smoke is mixed with air and enters the trachea through the larynx, then into the bronchi and lungs, filling the alveoli.

Smoke only through the nose

Try pushing a cigarette in your nose and smoking in this way! Just one disappointment. You can push two cigarettes at once, since there are two holes in the nose, which is very convenient. Inhale smoke with your nose, and exhale with your mouth.

For some reason, no one does this! Why don't you put a cigarette in your nose? - The immune system will immediately give the answer - "NO." Did you see anyone with a cigarette in your nose? The smoker leaves the immune system with a nose. Drinking tobacco smoke is an insidious way to deceive body defenses responsible for health. Cheating! Who are you cheating on? You should be honest with yourself, love and respect your immune system, which protects health.

Everything that enters the lungs must undergo customs control by the sensory smell system to check poisons and other harmful substances, i.e. through the nose. Advise everyone to smoke only through the nose, as an honest way to get dubious pleasure. All other methods of "pumping" tobacco smoke into the lungs are perversion and cheating. Only smoke through your nose!

Smoker's Risks

Tobacco Smoke Targets

Smokers are voluntarily at risk. Regularly, they wreak havoc on all cells of the body with the tobacco Smoke of Death. The tobacco smoke attack falls successively on the lungs, heart and brain.

LUNGS. Harmful various substances settle on the mucosa of the respiratory organs. Systematic smoking leads to bronchial deformation, which is reflected by chronic bronchitis. Smokers are more likely to have lung cancer. In the villages, they used to drown the can "in black," that is, smoke went from the windows. The walls in such a jar are black from soot, in the sag. The smoker's lungs look the same! They look terrible! You can see photos on the Internet.

HEART. After the first tightening, the blood vessels in "horror" shrink, and the pressure rises. All cells through the blood receive their "soldering" of harmful substances. There is no cell in the body that does not experience physiological stress and does not shout in horror: "Guard!"

BRAIN. The control system is affected. Memory deteriorates, insomnia and headaches appear, performance decreases. Smokers create their own little Chernobyl, at one beautiful moment it can "tear," and then - a disaster!

Life in smoke

In the UK, a scientific study was conducted that lasted 50 years. More than 34 thousand smoking doctors took part in it. The results are disappointing for smokers. Here is one of them: one smoked cigarette shortens life by 20 minutes. Scientist R. Doll commented on the research findings: "I can only tell people that if they enjoy life, if they think life in this world is worth something, then smoking is terribly stupid. Because in this way you do not allow yourself to live for real. "

One cigarette shortens life by 20 minutes. It's not cigarettes, but life itself is being prosecuted. How much does 20 minutes of life cost? And 10 years of life? For a month of life, you can give everything, nothing is pathetic, even for a shorter period, even in one day. Every moment of our lives is priceless !

Quitting smoking can be a bonus for you in 10-15 years of extra life. I am convinced that if a dying person is offered a day of life, only one day, and ask him what he will give for him, he will say: "Take everything. In that light, I don't need anything. "

Fatal statistics

It is known that there is a direct relationship between the experience of a smoker and various diseases. Statistics know a lot. More than 4 million smokers die annually from diseases:

- 98% of deaths from laryngeal cancer,
- 96% of lung cancer deaths,
- 75% of deaths from chronic bronchitis.

Do not think, and do not even dream that you will be lucky in person, and you will be able to avoid the negative consequences of smoking tobacco. You are not an exception and live, like all creatures, according to the laws of Mother Nature. If you smoke, you will die sooner than you could have lived, because each puff of tobacco smoke poisons and kills the cells of your body, ruthlessly shortens the minutes of your life. Smokers don't live long.

He was dying of cancer

I happened to advise a man (Mikhail in the future) who was dying of cancer. A man, 40 years old, thin, of Eastern nationality. He developed metastases, first on his leg and then in his lungs. He had already been exposed to radiation five times, discharged. Now he was slowly dying at home. The attending doctor told his relatives that he had no more than 3 weeks to live.

Cadaveric odor

And here is a sick person before me. He's so weak that he gets out of bed to go to the bathroom. Smell! He's still alive, but there's a cadaveric smell coming from his body. His body dies, decomposes, his days are numbered. The apartment smelled of death, she had already come for him and was waiting for her hour. And the man in front of me smokes a cigarette. After tightening, coughs in a towel, sputum mixed with blood is ejected from the lungs. Then I advised him.

Family problems

What I found out. Michael is a passionate man of Eastern nationality. Married, teenage daughter! A work employee becomes a mistress. Mutual love. She insists on starting a family. However, Mikhail has strong beliefs that "family is everything," - he already has a family and has obligations. Then the woman tells him that she is pregnant with him, and is going to give birth to a child. There's a kid, and there's gonna be a kid. The situation is like chess, zugzwang! Michael makes a difficult decision. Scandalously divorces his wife and goes to another woman .

A month later, the new wife claims to have joked about the child. He's going back to his old family. Peace, harmony, and trust in the family disappeared, scandals began. There's no understanding with my daughter. Psychological trauma, identity-level stress shattered and weakened his immune system, cancer cells began to multiply without meeting worthy resistance.

Communication fragment

Psychologist: How many more months are you going to live?

Client: Listen, what months, huh? My wife was told three weeks.

Psychologist: If you were offered to live for several more months? What do you say?

Client: I'll give everything. Look, nothing's pathetic. Help me, I beg you.

Psychologist: I can't make you immortal. People are mortal, and you'll die sooner or later. But you can try to prolong your life.

Client: Every day now for me - everything.

Psychologist: You smoke, and you have metastases in your lungs, and sputum with blood is released from your lungs. Every puff kills you. You make your body waste the last effort to remove harmful substances that are contained in tobacco smoke. You can die in three weeks, you can prolong your life if you stop smoking. What do you say?

Client: Can you help me quit? Listen, help me! I really need to live a little longer.

Relieving Dependency

Then we worked with the habit of "smoking." Michael did some of the exercises I suggested. The consultation took several hours, and we're both pretty tired. In addition, I gave Michael one of the imaging exercises, how you can work on the problem of cancer yourself, where the immune system strengthens through images.

And here is what happened next

I categorically refused further meetings, however, no one insisted. Michael's relatives no longer called. He came to his senses for a long time, carried out psychotherapy with him for several days, because he was afraid that he had modeled the disease. And two months later there was a phone call. Michael called. Mentally, I buried him. And he's risen! What about doctors' predictions? That's the surprise!

Michael said that after our meeting - he no longer smokes, lung metastases disappeared, the tumor on his leg became smaller. He's already going to work. And Mikhail thanked by phone for the assistance provided. Of course, I was glad for his wonderful recovery, and for myself that I could help.

And six months later, when he called his relatives, they told me that Mikhail died a month ago. He managed to extend his life

for 7 months (9 times live more!), But failed to solve family problems in which he was thoroughly confused. The family showdown began again. Stress. The immune system weakened, the disease resumed .

Illness and death turned out to be the optimal way out of a difficult life situation for him. Every disease has a positive intention.

WAYS TO GET RID

So smoking is a disease, a habit, or something else? The choice is yours. If you think that the disease is, then consult a narcologist. If the habit is a psychologist, and you are already reading a book of a psychologist. If sin is to the priest, corruption is to the grandmother or psychic.

Medical approach

Vulgar inscriptions

Does medicine have a clear understanding of how to help a smoker? The latter is a matter of doubt and concern. The frightening warning on cigarette packs "Smoking kills" has long turned into a lost stamp. Leaving such a message on packs of cigarettes, in my opinion, went as well as writing poetry on the walls of a public toilet.

With the same success, you can release hunting rifles with the inscription on the butt bed: "Do not kill." It is doubtful that the hunter at the time of pulling the trigger recalled these godly words. There's a certain cynicism here. Every smoker with more than 10 years of experience knows that smoking is harmful. He is already experiencing the consequences of smoked cigarettes. Each time to remind of the harm, it means torment him, pour salt on the wound. And even more, such an inscription "marks" diseases and death. Don't sell it !

The doctor tells the patient:

"Stop smoking!" Two grams of nicotine kill a horse.

"God is righteous!" Why make her smoke?

And is the problem of tobacco addiction medical? In the fight against tobacco use, a broad front should be taken, using primarily psychological and pedagogical assistance and social protection of the population from the spread of direct and indirect advertising on cigarette smoking.

Evil Angel

"He walked from house to house and cut out crosses short and heavy, like a butcher's knife, with a sword:" You will die. You're gonna die. And you're gonna die. And you're gonna die. And you! " He walked around the city, fighting the wind, and did not miss a single house. Having done his job, he went outside the city rampart, on a night where there was no longer any human housing. There he dropped the cloak and remained naked. And, turning his wings, the angel rose into wide open darkness. " People woke up, read inscriptions, shrugged and said: "We ourselves know that someday we will die." (Per Lagerquist)

At present, as indicated from above, the evil medical Angel writes on packs of cigarettes: "Smoking kills." Killing? Yeah, that's true. So what? But life also kills. And we'll all die someday. And we continue to live.

Freud reservations

In the fall of 1981, a poster issued by the USSR Ministry of Health in the amount of more than 2 million copies hung and aroused the imagination of visitors in a pharmacy near the Baltic Station in St. Petersburg. On the poster in large print is written:

SMOKING WOMAN

- ENDS WITH CANCER!

Oh! Sorry, but what is it? A recommendation to women who have difficulty getting orgasm to start smoking? Or is it an instruction for men how to behave with female smokers? Ministry of Health, he is a male. In this case, he showed his concern (sexual). It is only regrettable that many doctors, taking an oath to their god Hippocrates, are smokers. All of them are

oath offenders, because they violate the commandment: "Do not harm!"

Smoking Coding

It is known that electroconvulsive therapy (ECT) was invented in Italy, and it is based on the technology of immobilizing pigs with an electric current discharge, before a sharp butcher's knife pierces their heart .

Until now, electroshock therapy remains a lucrative psychiatric procedure, contrary to laws restricting its use, as pseudoscientific and damaging to health. Psychiatrists have transferred this technology to humans. The voltage regulator can vary the current strength, leaving the patient alive.

The essence of coding

Previously, the Indians oiled the arrows with kurare poison to immobilize the wounded animal. Narcologists use drugs (myrolaxants) that reduce the tone of the patient's muscle mass up to complete immobilization. in the hands of a doctor, a syringe with medicine, like a poisoned arrow of an Indian.

The general picture is this. The smoker confidently goes for help to the narcologist, pays decent money for the coding procedure. The narcologist takes a receipt that the client is warned of the consequences and voluntarily agrees to the coding procedure. Then the narcologist injects the medicine, immobilizes the patient so that he does not run away ahead of time. Connects the electrodes to the head, asks to focus on the cigarette image, turns the handle of the device. - BAC! The patient has sparks from the eyes. It hurts a lot!

And the patient cannot give the narcologist in the face for such an execution, he is reliably immobilized. And he has no moral right, because he wrote a receipt that he had no complaints. The patient does not threaten to become an idiot, he was already when he allowed himself to wear electrodes. Share it with him! Think, protect your brain! Pigs, although they do not voluntarily

line up and do not pay for the cost of electric discharge before their murder.

Yes, of course, someone can help. And there are several reasons.

- Pitifully spent money.
- I'm embarrassed to admit you're a shovel.
- There is a fear of consequences:... "just so a receipt will not be asked to write."
- in general, it is better not to tell anyone that you were shocked at your request, and to maintain a reputation as a smart person.

Coding disadvantages

The main disadvantage of any coding is that it is based on fear. Together with the water, the baby splashes out. A smoker, for example, relieves stress with tobacco. Smokes and calms down. Not the most effective way, but he doesn't know the other way. Coding does not give anything in return. Now a person will look for a way to satisfy his needs by other means. What if he doesn't find those funds? He will take, for example, and hang himself, or get sick, or throw himself suddenly under the car, and from the outside what happened will be perceived as an accident.

Or maybe the man was killed? Is the killer the one who coded it? And the available receipt that the client is warned about the consequences of coding, poor comfort and a miserable hope for the release of sins for the "encoder" when he appears before God.

Disease or death is also a means, very radical, to solve any human problem. And coding is purely voluntary. And, if you came to a narcologist to be treated for smoking, considering the problem a disease, then why not get a painful electric shock for your misconception? You will not become smarter from shock impact, and you will share it, because you must pay for your own stupidity.

No brains - code

Of course, there is a category of people who do not want to think (or cannot) and make efforts to work on themselves. That's if they gave such a magic pill, ate it and immediately stopped smoking. Then one thing remains - coding.

If you still want to be encoded and nothing else and do not want to know, then you can perform self-coding. Do you really want to? Even after the nasty things I wrote about coding? Then go ahead! I give a step-by-step instruction with especially gifted madness and heightened love of coding, believing in its exceptional power. I strongly recommend smoking narcologists using the ECT method, or its analogues.

Self-Coding Exercise

1. Choose act of retribution "X" (best if it is a terrible incurable disease or even death).
2. Approach the large mirror, look into the eyes of the double and tell him out loud the following phrase: "If you smoke (on breath), then" X "(on exhale) will happen."
3. For persuasiveness, you can put your fingers in an outlet with an electric current of 220 volts. Saving time and money (except for electricity costs) is obvious .

And how much would you be surprised if you found out that you have changed now?

Psychological approach

There are many superstitions and exaggerations about the difficulties of getting rid of tobacco addiction. May these superstitions be on the conscience of those who spread them. But there are other opinions, for example, L. Tolstoy wrote: "The fact that it is very difficult to stop drinking wine and smoking is a false idea, an suggestion that you do not need to succumb to."

Hammer strike

In the last century lived a wonderful wizard, physicist - Robert Wood. One entrepreneur asked him to fix a dynamo car, which no one knew how to fix. Wood looked around the car, looked, took a hammer and lightly hit. And the miracle happened, she earned. When the entrepreneur asked about the price, Wood said: "You have \$1,000." The entrepreneur is offended to pay five thousand dollars for one hammer hit. And he decided to clarify. "Write an estimate," he asked the physicist. Wood took the pen and wrote: "A hammer hit is one dollar. And for knowing where to hit - \$999. "

Create Indifference

Everything that arose is destined to disappear. Love, life, addiction - everything is transient. Arises, blooms, dies. Consider, for example, love, you cannot live without another, every minute of separation is eternity. You are in love, the world is impossible without your beloved, life will lose its meaning if you suddenly lose it. You wake up and fall asleep with thoughts about your beloved.

But time is running, making adjustments, we are changing, and something is happening to our feelings. Our love as a flower wilts, losing one petal after another. And now every minute of communication is filled with disappointment, bewilderment. You clearly understand that you have become completely strangers. You look at a person who was recently adored, to whom you had a strong attachment, and no longer understand how you could even love him before. And his face, and his hands, and his figure - became strangers. You're indifferent to him!

Stopping smoking, getting free, becoming indifferent to tobacco products can really be fast and easy, as quickly as physicist Robert Wood fixed a dynamo machine. You will also function normally as a watch, i.e. get indifference to cigarettes and aversion to tobacco smoke on one of the pages of the book. Everyone will have their own page, you will know it, when

something clicks inside, in your head, it will clear, there will be an understanding and a feeling of freedom. You'll be free. The addiction will disappear. Cigarettes will become strangers!

"Throwing" habit

Many smokers make desperate attempts to free themselves from tobacco addiction. Some manage to free themselves with a lot of strong-willed efforts, but the smoking process itself continues to dream for many more years. they continue to smoke virtually in their sleep. Sometimes, in difficult moments of life, their hand is machinally looking for cigarettes in their pocket. And the enemy will not wish victory at such a cost.

Usually, if a smoker seeks help, then he has already made several attempts to "quit smoking." He became convinced that he was thoroughly "stuck," that without reinforcements he could not defeat his slave owner, whose name was tobacco. I believe that the book will be read by someone who has already tried to gain freedom through strong-willed efforts, or in other ways known to him. If someone has not tried to "quit smoking" on their own, try .

There is a persistent myth that quitting smoking is very difficult, that strong will is needed. You've tried to quit yourself before, and maybe more than once. Perhaps it will surprise you if I say that it is impossible to "quit smoking" at all. Former smokers who say they "quit smoking" unwittingly mislead others. In fact, they didn't throw anything, they somehow miraculously learned to be indifferent to tobacco smoke.

Look at those people who stopped smoking, watch them. Can you tell me they have more willpower than you do? Of course not! However, they managed to change something in their head, but cannot explain to you how they "got free." Therefore, using the phrase "quit smoking," do not literally understand it, it disorients your unconscious brain. Why fight yourself?

Your target?

What do you want? Let's clarify! From experience with smokers, I know that most will say: "I want to quit smoking." The logic of the message is clear, but does the unconscious understand such a request? - No, he does not understand. If you set the goal of "quitting smoking," then spend energy fighting against yourself, which is pointless, since there is still no goal. Denying something is not a goal. To quit is to give up something. And then what?

Prisoners meet in prison.

"What did you sit down for?"

"I left my wife.

"Don't whistle, I threw five times and nothing.

"You just quit, and I'm from the 21st floor.

And what to do? And if there is no addiction, what will you be? How will you respond to cigarettes and tobacco smoke? I propose this goal: indifference to cigarettes and aversion to tobacco smoke. The first is understandable, because if there is indifference to cigarettes, then you are free from them. But aversion to tobacco smoke is the natural reaction of the immune system to the penetration of harmful substances into the body. Yes, it will be unpleasant for you to communicate with people who smoke next to you. They will have to swallow tobacco smoke without your participation, which is unusual and offensive for some of them. But these are their problems.

Do you need willpower?

Several considerations about the will to quit smoking. Of course, it is useful at least a few months or days to give rest to your exhausted and buried lungs. Painful throwing days, a kind of masochism, can even give a certain pleasure. As a temporary remedy, "strong-willed smoking" can help, just as crutches help

a sick person walk for the first time, but if you do not try to walk yourself, then crutches will be with you all your life.

Quitting smoking is a means of struggle, and already for the purpose itself has limited use, since quitting requires restrictions, prohibitions, constant control, and therefore the cost of willpower. And any reserves, including strong-willed ones, someday end. At first, you are determined, say to yourself, for example,... "everything, I document a pack, and I throw it," or:... "I throw it from Monday ."

You tell friends to find support, and you run into doubt from their side, which weakens the will. Even if they don't say anything out loud, they can still think like this, they have seen your defeat more than once, and they pass their opinions through voice intonations, through facial expressions and gesticulation about your decision to start a new life. Your subconscious captures signals of mistrust, decodes them and weakens the will.

Rust of Doubt

Doubts arise, they are like thought viruses at the subconscious level, begin to destroy the will regarding, with such difficulty, the decision to "quit smoking." There are doubts. Oh, those doubts! Pay attention to your torment. And the inner voice constantly provocatively and sneakily whispers: "Is my refusal to smoke all these torments worth it? Maybe you shouldn't do it right away? Maybe you just need to reduce the number of cigarettes every day? Or switch to other cigarettes, softer ones? What if I do just one puff and I keep going? What's going to happen? From one puff, I'm not going to be a smoker again, are I? After all, is it so important that I die? "

So, it's decided. Just one puff. The beginning of the defeat! Of course, the whole cigarette is smoked, then another. Regret comes, it no longer makes sense to fight, a pack of cigarettes is bought. The battle is lost! Usually, after such a war with smoking, or rather with itself, the number of cigarettes smoked per day increases. Does it take willpower to stop smoking? - No! You need knowledge (where to hit) and accessible technical techniques (hammer). To stop smoking, you need knowledge.

Stages of strong-willed throwing

With a strong-willed approach to give up smoking, the smoker goes through several stages .

Stage 1. Desire to quit smoking

First, the intention to "quit smoking" arises. At this stage, the smoker is motivated to achieve the result often with external incentives, for example, he is going to engage in sports, or improve his health, or have a healthy child. He is ready to do anything, ready for any sacrifices, ready to run in the morning, take a cold shower, ready to try a new reliable method of strong-willed throwing.

Stage 2. Strong-willed efforts

So you decided to show "quit smoking." Yes, with the help of willpower, the habit of restraining for some time. Constantly control the situations in which they used to smoke. And cigarettes catch the eye, it turns out to be nearby, precisely when smoking is no longer possible. If you pick up a hammer, you immediately notice how many nails you can score around. Smoke from cigarettes looks so seductive, and smells attractive. It's just driving you crazy .

Thoughts are occupied exclusively by one struggle with the desire to "smoke." And yet, despite everything, you almost won, almost reached the intended milestone, do not smoke for many days. "It is a pity that you cannot smoke!" - such a thought is increasingly accompanied by a deep sigh. Others notice that you have become more irritable.

Stage 3. Loss of control

Life makes you waste willpower on many other things. This fact is well known to chess players when there is a win, a purely technical solution remains that allows you to bring the chess

game to victory, at this moment there is a decrease in attention, and ridiculous yawns of figures begin. And chances are lost, loss. Enduring is more unbearable. An annoying inner voice appears, which sweetly persuades: "Well, if only one puff... only one, it does not count. " And now one cigarette is smoked, then another... a pack of cigarettes is bought, and nothing remains from throwing.

Stage 4. Return to smoking

Another humiliating defeat! Once the Gods sentenced Sisyphus to punishment - to roll a heavy stone on the mountain forever, which rolled down again, and he had to return it up to its former place. Such work is called "Sisyphus labor." Reminds Sisyphus of labor, the rise takes a long time of effort, and the fall occurs rapidly.

There are feelings of frustration, a sense of hopelessness, stupidity, own inferiority, thoughts appear: "If I cannot control the intake of cigarettes by 100%, then controlling by 50% does not make sense. Since I am so unhappy, such an addict, I will at least enjoy cigarettes. "

The Magic of Liberation

Got on the warpath

The belief "The real man must smoke," like absolute truth, lived without critical understanding until I was 18 years old, until I realized the simple truth: "No one, never, anywhere, nobody, nothing, owes anything!" The habit began to be recognized as bad. Why would I smoke if I already became a man, kissed girls and my mustache grows ?

After the first year of university, he began to periodically "quit" smoking. I perfectly remember how in the fall, we students of the second year, were organized by train to work on a collective farm to erase the line between mental and physical labor, that is, to collect potatoes on the treeless fields of the

homeland. And in the vestibule of the train, smoking a cigarette, theatrically I say to a classmate: "Everything, I don't smoke anymore. And I throw a pack of Stewardess cigarettes out the train window. Well, yes, I sincerely believed in these seconds that I quit smoking. And the next day he was already smoking.

I was not going to give up. For many years he made desperate attempts to start a "new life." And each time the fight against the bad habit began solemnly: "From Monday - a new life! A run. Cold shower. And don't smoke! " And ended in defeat, most often, on Tuesday. And he lost one battle after another, and felt like the last nullity, rag. Humiliating, exhausting willpower, the war lasted 20 years. With strong-willed efforts, he sometimes held for several months. Constant control, fear of losing it, tension, irritability. But it was worth smoking, so there was a calm and a feeling that I became what I should be: a real man

!

Collected cigarette butts

The realization that smoking is a bad habit has become more and more, helplessness too. There was a fear that I could never get rid of the humiliating habit. He often suffered from colds: angina, bronchitis, flu - everything was regularly repeated every year. Bronchitis occurred 3-4 times a year, lasted a month or more. Permanent "khe-khe." Twice seriously ill with pneumonia.

A premonition has settled that only a matter of time before another, more serious disease manifests itself: tuberculosis or lung cancer. Just a matter of time. The clock is running. And still smoked. I felt doomed just as a prisoner sentenced to death awaits the moment of his execution.

Strong-willed efforts to quit smoking did not work. I no longer believed that I could quit with the help of willpower. I didn't believe myself. True, and in these fairy tales, about willpower, I also did not especially believe, because I met people who were weak, free, but they stopped smoking in some wonderful way. "Abandoned and everyone!," They said. What do they mean when they say quit smoking? Some secret I don't know. And they did not realize, could not explain their method.

Never since the age of 18 has I bought more than one pack of cigarettes, but buying promised myself that this is the last pack. But when you wanted to smoke - a real torture! Night shops were absent in those days. He looked for cigarettes among the books, under the sofa, went to the entrance at night and picked up butts. He found one, two patched bulls (underdog cigarettes), and smoked them .

Standard with cigarette

Sharahanya began. He experimented, made attempts to switch to expensive cigars, then to sniffer tobacco. He smoked cigars, cigarettes, stuffed and drilled a pipe, sniffed tobacco, changed cigarette varieties. He bought smoking pills, conscientiously ate several packages. It didn't help, it's nasty in the mouth, and I still want to smoke, not even smoke, but I want something like that that is connected with smoking. You become annoyed, restless, throw yourself at people, rude them.

At the research institute where he worked, most employees smoked. Somehow we passed the GTO standards (be ready for work and defense) at the stadium. Our researcher Vadim, an avid smoker, also handed over a cigarette from his mouth. And now he needs to run a hundred meters. It is ridiculous and sad to remember now how a cloud of tobacco smoke is approaching, and in it Vadim with a cigarette in his teeth.

In his student years, Vladimir Levy's book "The Art of Being Yourself" came across. I read the book with interest and benefit to myself. According to the book, he mastered the techniques of self-hypnosis (a quite decent hammer for stabbing installations into his unconscious). Periodically, with the help of self-hypnosis, he entered a state of trance and inspired himself the attitude: "I will not smoke anymore!" But it didn't work, everything didn't work! Or, more precisely, it worked, but another installation. "I will smoke more," - so I perceived my

stubborn illogical unconscious this suggestion, stubbornly erasing the particle "not."

Smoked 30-40 cigarettes a day. The "real man" bought and smoked strong Cuban cigarettes, breathe smoke, and inside everything blazes like fire. Fingers on the right hand are yellow, brown plaque on the teeth. He continued to doom smoking and, following tradition, quit smoking on Mondays, without any certainty that I would win the war.

Magic point

Everything continued until he invented a reliable way to get rid of tobacco addiction. Brilliant insight! Chance helped invent a simple and affordable method. It took me a few seconds to break out of the tobacco captivity. I found this magic point to hit with a hammer and "knocked." I will tell you about this method in one of the chapters. It's easy to get rid of, you just need to know how.

Release Technology

Recall of a former smoker

Here's a statement from a former smoker who read my book *Quit Smoking Now*:

"Interestingly, the diet pattern has not changed (no particular appetite has appeared), there is no euphoria that I do not smoke, although the overall mood background is better during the day than before. The exercises took about 2 hours, during which the breakage disappeared, and at the end I clearly realized that I was indifferent to smoking, and now I live as if I had not smoked since childhood. "

A glimpse of epiphany

Something like this will happen to you when you start working on the book. At some point, everything will take its place. You will be indifferent to cigarettes, and tobacco smoke will be unpleasant. You will look at the cigarette, and be perplexed: how could you be such an adult and smart at all earlier to take these paper sticks stuffed with tobacco, set them on fire, and put caustic tobacco smoke in your lungs. What a stupid thing!

Yes, the prison doors open quickly and easily, but not for everyone! Let's remember, as mentioned above, the instructive story about physics. Everyone can grab a hammer and start crashing everything in a row, trying to resuscitate a dynamo car. There's no big mind. But not everyone knows where and how to hit the hammer so that it will work again. And you, there will come a moment when with the understanding of "easily knock" and quickly change. And you realize that you have changed, you have become different .

When working on the book, you neutralize the old program of behavior "smoking," change it, and most importantly, create a new program that will support the desire to lead a different, healthy lifestyle.

Everyone has different ways, because different life beliefs and beliefs. One smokes 2 cigarettes per day, the other more than 60, one has 1-2 years of experience, the other has 40 or more. Someone started smoking already as an adult, and another - in the womb, not yet born, because his mother smoked, and the blood poisoned with nicotine entered the fetus, delivering a portion of nicotine to each of his cells.

Perhaps it will be enough to perform individual exercises and everything, and so it happens - the problem is solved, you feel that you have been freed from addiction. Many say this: "freed." Note that they do not say "quit smoking," but "free from addiction." The difference is huge. Freed!

Strategic approach

Where do habits come from? We have a set of values that give meaning to our lives. And we have beliefs. Values give rise to habits, and beliefs justify their usefulness. Now beliefs and habits in the bundle form the system. If the behavior (smoking) that we are going to change depends on the habit (ability to smoke), then other ways of satisfying needs and beliefs protecting new habits are needed. In fact, a revision of old beliefs regarding smoking is required.

So we do a revision of old beliefs, find outdated beliefs, form new, more useful ones, and then create a new habit. If we leave our beliefs in integrity, then this is the way "back," that is, we do not go anywhere, but cling to the past and remain in German. Any habits can be changed! But here, as medieval knights, ready to defend the wealth of the king, our beliefs stand in the way of change. The roots of our habits are in our beliefs.

With strong-willed throwing, the smoker is defeated because he adheres to an unsuccessful strategy in the fight against smoking. Trying to attack the habit in the forehead is like with a checkerboard naked against a tank. To change habits, you need to change beliefs. If it's a tank habit, be a bomber. The causality of thinking inherent in language creates limiting beliefs about smoking. These beliefs are not based on the individual experience of the smoker, and are the truth only in his subjective model of the world .

The Power of Belief

My acquaintance, a man who is very stubborn, suffering from a lot of smoking-related illnesses, is convinced that he will never be able to quit smoking. When he meets, he complains about health. And every time I bring him to the idea of stopping smoking, he says this: "I have too much experience. That's if before! You should have told me that 10 years ago when I was younger. And now it's useless. I have something left to live! "

The smoker may have such beliefs: "Nothing will help me. I have a psyche like that. If I quit smoking, I'll get fat. A cigarette

helps me relieve stress. My grandfather drank and smoked, and lived 80 years. " You can make a lot of effort to dissuade the smoker. But, useless !

One man was convinced that he was a corpse. And no one could have convinced him of that. He was referred to a very good psychiatrist, and he asked:

"Tell me, are the corpses bleeding?"

"Of course not!" replied the man.

"Do you mind if I pierce your finger?" asked the psychiatrist.

- Yes, please, koli! - the man extended his finger. The psychiatrist punctured his finger, and blood plentifully went out of his finger. The man looked at his blood with surprise and exclaimed:

"Hell, it turns out, and the corpses are bleeding!"

If your beliefs remain, you will remain with what you have. Fortunately, beliefs can be changed. People change their beliefs when living conditions change. But you can also change living conditions if you change beliefs. Are you ready to change the beliefs associated with smoking? Beliefs like mines close the way to the country Indifference to smoking. To change a belief means first by means of additional knowledge to raise doubt about its truth, and then replace the outdated conviction with a new, more constructive one .

Giving Birth to Habits

They say that when a child is born, he wants to proclaim to the world a great knowledge, but the Angel prudently hits the wing on the lips and he forgets everything. The newborn has no habits yet. He learns many things, and skills become part of him, his habits .

As you learned, you developed many habits. Time passes, and you begin to evaluate habits. You tell yourself that this habit is "good" and this "bad," and this "so-so." At some point in your

life, "smoking" had the status of a good habit, and now, when you read, it has become "bad."

You periodically declare war on the habit of "smoking." You have two habits: one "Smoke" and another "Quit." They're both bad. Schizophrenia. You will never be indifferent to cigarettes if you try to kill one part of yourself with the help of another! How can you beat yourself? Every day you have to solve the problem: smoke or fight against desire.

One part believes that smoking is a bad habit and should "fight," behaves at times aggressively. And the other part wants to get a dose of nicotine and experience the usual state of euphoria. None of them can win. Since the habit of "Smoking" is older, it is more experienced and cunning. At the right moment, the part of you that is responsible for smoking, it just whispers to you "Well, only one little puff. It doesn't count, does it? I'll just try it. " "And that's it, she won .

My husband does whatever I need. At first he left all his friends, then stopped drinking, finally quit smoking...

- Oh, you have an iron character and amazing pedagogical abilities. I can imagine you living happily now!

Alas! He recently abandoned me, too, ungrateful.

The Path of Creation

So, fighting yourself is bad. And what to do? I suggest saving energy, and instead of a bloody "war," exhausting and meaningless, create a new habit. The habit of being indifferent to cigarettes. Let's conditionally call a new habit - "Indifference." How wonderful it is to look at a pack of cigarettes and realize that this is someone else's, unnatural, unnecessary. Forget about the ability to inhale the poisonous smoke of death and keep it in the lungs while the blood absorbs harmful substances. And the need to breathe clean air will appear fully.

Of course, with a strong-willed effort, if you wish, you can smoke, even in 50 years. The ability to ignite cigarettes and the knowledge of how to draw smoke into the lungs remained. Learning to ride a three-wheeled bike as a child will allow you

to sit on it and go in 50 years. However, you have a car. Why do you need a bike? The very ability to "smoke" will remain, but there will be no desire to use it. The ability will remain, the desire will disappear! You will automatically wish to breathe only clean air .

So, the main goal is to create a new habit of "Indifference." No fight! We choose the path of creation .

Energy of desire

It is known that the speed of the squadron, no matter which high-speed cruisers are included in it, is determined by the slowest ship. So the difficulties that you can encounter when performing exercises, and the speed of individual progress from page to page, until you close the book completely, depend on the length of service of the smoker, on age, on abilities for logical and figurative thinking. And the most important thing that will help to successfully advance is your desire.

The magic of creation occurs when there is a purpose and a creative power of desire. Then the world changes, and everything happens as you want. Desire is the presence of energy that can be consumed. When someone says "I want," it can be just a game of mind, behind which there is only a strong-willed decision, but do you want to? "I want" - comes from the heart, from the heart. Do you want to be indifferent to cigarettes?

The price of life

Psychologist: You can have your finger, let's say... this one, the little finger on his left hand. I have... scalpel, I suggest you... for your finger... \$100.

Client: (frightened and objected). No.

Psychologist: Okay, then \$1,000!

Client: No!

Psychologist: No? More? How much do you want for him?

Client: No matter what, I need him myself!

Psychologist: *Herself!* Tell me, is that finger you?

Client: Yes, I am.

Psychologist: *Is it?* If you cut him off, will you cease to exist?

Client: No, I'll stay.

Psychologist: *Of course,* you will stay, even if you cut off your hand, you will still stay!

You can control the body with the help of the psyche, and it is useful to remember: the body is not you, and the psyche is not you. They belong to you, but you are not them. So who smokes? Who needs you to smoke? After all, not a single cell of your physical body needs poisonous substances, cells are stressed and die. The body suffers and collapses. You don't want to sell your finger? And you do the right thing, because the finger is really priceless. But how much does your life cost?

You know how much a pack of cigarettes costs. You know, one smoked cigarette shortens your life by 20 minutes. When you make a puff, draw tobacco smoke into your lungs with your mouth, and then release with beautiful rings, or just like that, you can watch how your life turns into smoke. How much do 20 minutes of life cost? How much do 8-10 years of smoked life cost ?

A man buys a car. And he is studying the instructions, what is possible and what cannot be done. What oil to pour into the engine, and what brand of gasoline is suitable. It will not come to his mind: pour tequila instead of gasoline, and sunflower oil instead of motor oil. The car will quickly fail. Sorry!

But you can buy another car. You can do without her at all. But your body, it's just one, you'll never have another. If it dies, then you will cease to exist (if you are an atheist) or at least cease to exist in the organizing form in which you are now (if you are a believer). And it is wise to care for your body at least as much as you care for your things! To study and achieve perfection in matters: "What is beneficial to the body, and what is harmful? How should the body be properly looked after? What kind of air should you breathe? " And then the body will thank with impeccable work for many years of life .

First sighting

Now, when you are guided by the problem, it is important to decide on the right choice of goal and answer the main question for yourself: "What do I want?" To determine what you understand by the result you strive for. You're unhappy that you're addicted to tobacco products. But you want to? If the target is not selected correctly, if you do not know the destination, it is difficult to select the correct route.

Psychologist: What do you want ?

Client: I want to quit smoking.

The client says: "I want to quit smoking" - a negative definition of purpose. My task is to help formulate the goal positively.

Psychologist: Well, come on! What's in your way?

Client: What I smoke.

Psychologist: What happens if you stop smoking?

Client: I will not smoke.

Stop! Please note, she keeps talking about what she doesn't want. And what he wants, in fact, remains unclear. A positive response would be welcome. If you say to yourself:... "we must not forget to take the book!," - what will happen? - You will forget. Of course you'll forget. How else? After all, you programmed the subconscious for this action. The insidious particle "NOT" is passed by the brain, and then everything else is perceived. A typical example of how a smoker thinks while still staying in his problem space. He "denies," but so far does not "create anything ."

Psychologist: If you do not smoke, how you will treat smoking.

Client: I will be indifferent.

Psychologist: Accepted.

Client: What happens if I don't want something, then actually I want it?

Psychologist: Truly, so.

Client: Is this the same thing? If I don't want to smoke, does that mean I want to smoke? Where is the logic?

Psychologist: *You are* right, from a logical point of view, to "smoke" and "not smoke" are different things.

If we think like: "I do not want to be sick," then it does not follow from such a statement that "I want to be healthy," but will be learned by the subconscious as "I want to be sick." This is what most people who have a problem, such as smoking, think. Such a person: "does not want to smoke," "does not want to get sick," "does not want to die." Thinking through denial reflects the presence of a problem. If we hear the insidious particle "not," then we should "dig" deeper, since there is no positive goal yet. In fact, the particle is "not" lowered by the subconscious and the brain is programmed to "smoke, ache, cough, die." And as a result, such a person smokes, hurts, coughs, and dies. Everything is in full compliance with the request, as the unconscious understood it.

Our consciousness understands constructions with denial. But from the point of view of another part of the brain, unconscious and wise, there is no difference. The statement "I don't want to smoke" is understood by the subconscious as "I want to smoke," and your subconscious will seek to help realize such a desire. At the subconscious level, the logical particle "not" is automatically skipped. However, everything must be checked. Don't think about a white lame monkey for a minute. Don't think! Did it work? - No, of course. In order not to think, you need to think! Paradox. Denial is in the language, but in the world it is not. a world without problems, and we create problems ourselves with the help of language.

The answer "I want to quit smoking?" is also unsuccessful, since in fact you say the phrase "I do not want to smoke" to your subconscious. The brain perceives such a phrase as a call to start hostilities. And now an army is formed from those parts of the personality that are "for smoking" and from those who are

"against smoking." And a senseless debilitating war begins. If we deny something, then we focus our energy on a negative fact, on negative emotions .

Psychologist: What happens if you stop smoking?

Client: Then I will not have bronchitis, I will not spend money on cigarettes.

Psychologist: You said again about what you will not do. And if you're not sick, what's that gonna give you?

Client: I will be healthy.

Psychologist: Continue.

Client: I will have more money. The complexion will improve. I'll pay attention to the smells. I can afford to have a baby who's born healthy.

More precisely, the goal, shorter path

A long time ago, in one Tibetan monastery, monks trained in archery. One of them reached the pinnacle of skill. And so, experiencing a sporting itch, he wished to go into the world, fight with other masters, defeat them in competition, become the greatest archer in the Middle Kingdom and glorify the monastery.

And one day at dawn, the monk took the bow of the master and went on his way. He went down to the valley, went to the outskirts of the village and saw a simple bow and several arrows on the grass. Of course, such bows and arrows could not belong to the master, and the monk smiled condescendingly. From afar, the monk could see that arrows had entered the barn wall. And when he came closer, he was surprised - each arrow hit a small target painted in chalk on the wall. And not a single miss! Monk confused, excited. He could not get into such a small target even from his wonderful bow master .

He went on and met a peasant. The monk asked him: "Who struck these targets?" The peasant called his son, ran a boy of 10

years old and took his father by the hand. The monk fell to his knees in front of the boy. He lost the gift of speech for a while. Finally, the monk dared and asked the boy: "Oh, Great Master, how do you manage to hit such small targets from such a simple bow?" "It's so simple," the boy laughed, "I first shoot, and then wrap chalk around the arrow."

Goal ecology

You better do as real masters do: first clarify the target (aim), and then fire an accurate shot. Complete the following exercise, spend as much time thinking as you need. Let me remind you that we have already set the goal. It is formulated as follows:

1. Indifference to cigarettes.
2. Aversion to tobacco smoke.

How will achieving a goal affect your life? A lot can change in your life. In the good direction or bad, your life will change, it will be up to you. Therefore, it is useful to reflect and weigh the possible pros and cons of such changes, to assess whether the goal is worth the consequences that may occur. The moment of choice has arrived. As in the film "Matrix," which tablet to choose: red or blue.

What can you lose if you stop smoking? If you say: "I will not lose anything," then you hastened to answer. The answer is typical for smokers. They rush and treat their habit without due respect. After all, if there are no benefits from smoking, then there is no need to smoke. In the habit of "smoking" there is not only bad, but also the good that is achieved with its help. Look for answers to your questions.

1. What's good about smoking? What's the benefit? What benefits do you derive?
2. good is, you're not smoking anymore? What benefits will you benefit from?
3. What bad things can happen if you keep smoking? Does smoking justify these risks?

4. What's wrong with you being indifferent to smoking? What will you lose? What inconvenience will you experience?

Psychologist: What is useful for you in smoking? When you smoke, how do you benefit?

Customer: Helps relieve stress. When I worry, I smoke. It's getting easier.

Psychologist: What good about quitting smoking ?

Client: Health is the most important thing. I had a heart attack, and the doctor forbade smoking. I tried to throw - it doesn't work

Psychologist: You decided to stop smoking. What's wrong with smoking for you?

Client: Health suffers. Cough. The heart's pampering. I'm afraid it could end in disgrace.

Psychologist: And imagine. You've changed. And you don't smoke anymore. You never smoke. You have to pay for everything. And what are you gonna lose?

Client: There are problems. I can't play chess with a partner because he smokes. I can't kiss my wife, carry tobacco from her.

Psychologist: You have two life scenarios: smoke or stop smoking. Each of them has pros and cons. And what do you choose?

Client: (thought). Quitting smoking.

Psychologist: What about chess? Your partner smokes.

Client: I will live without chess. Health is more important.

Psychologist: How will you relieve stress ?

Client: I will master meditation.

Psychologist: But your wife smokes. How now ?

Client: I will send my wife to you.

Smoker's Diary

Awareness of the habit is an important step towards its destruction. I suggest to be curious and fill out the diary for one day. Filling out the diary is painstaking work. Aware of the smoking process, you loosen and destroy the roots of tobacco addiction.

Get rid of automatism. Of course, it is difficult and unpleasant to carry out the smoking process in this way. So much the better. The opportunity to make sure that there is little pleasant in this. To realize how unpleasant and in what. Let the truth prevail! So, the main work ahead. Today and tomorrow you can smoke (or can no longer?) and fill out the diary (Fig. 2). Follow all 12 diary rules! Tomorrow night, smoke the last cigarette of your life (act of farewell) and make an entry in the diary. The next day, you continue to work on the second part of the book. You don't smoke that day anymore.

Instructions for filling out the diary

1. Want to smoke - smoke consciously, as the person responsible for his actions and their consequences .
2. These days, a strict ban on the use of any alcohol.
3. ALWAYS keep your diary and pen with you.
4. MAKE it DIFFICULT to access cigarettes. Keep tobacco products and an ignition device in an inaccessible place (of course, not in pockets of clothes!) And not in a handbag .
5. Before you get tobacco products from the place of storage, do an analysis: Do you want to smoke? If not, then do NOTHING. If you want, HOW do you know that? Sensations in the body (where, what)? Record the current time (hour and minute)
6. Get a pack of cigarettes from where they are hidden from your eyes.
7. Slowly pull out the cigarette and carefully consider it (like the first time in life), smell it .
8. Would you like to set it on fire and smoke it? If NOT, break the cigarette and throw it in the bin.
9. Hold a cigarette in your left hand (if you are right-handed), in your right hand - a pen .
10. Smoke standing and alone (required). All your attention is only on the process - on puffs.
11. ANALYZE and mark each puff in the diary, rating it on a 10-point system (10 points - very nice, 0 points - unpleasant)
12. Made a puff with tobacco smoke - write it down right away!

Fill Example

	Tightening Analysis											
8:10	9	8	7	7	6	5	3	2	1	1	0	
9:30	9	7	6	5	4	3	2	1	0			
10:20	7	4	3	2	2	1	1	0				

ANALYSIS OF HABIT

Check readiness

1. How's our arrangement? Did you keep a diary? If not, proceed to item 3.
2. The last cigarette you were supposed to smoke yesterday. If you smoked today, then go to para. 3.
3. Alas, you're not ready to change yet. Be honest to yourself. Go back to the diary and follow the instructions.

I don't want to be a moron

Keep a diary and smoke? Some note that smoking like this is unpleasant. And already at this stage they stop smoking completely or sharply reduce the number of cigarettes .

My acquaintance, a versatile person and a successful businessman, asked to help get rid of tobacco addiction. I gave him the task of keeping a smoker's diary. He called the next day.

"I will not keep a diary. I refuse.

"Why?"

- To count puffs - some kind of mockery. Any desire to smoke disappears.

"Will you keep smoking?"

—*No, of course not! Pavel Ivanovich, what am I a moron of some kind? I'm just not smoking, and that's it.*

And he doesn't smoke anymore. So if you have "clicked" as well as my friend, then congratulations to you. And then you can no longer read. It is nice to have with such people who are quickly trained.

Working conditions

Now that you know how the part responsible for smoking manifests itself, when you illuminated the habit with conscious actions, destroying automatism, watched the signals in your body, the process, you know how the smell and taste of tobacco smoke changed, you can continue the journey.

You read this part of the book, doing all the exercises in good faith. At some point, you "catch" yourself thinking that you can control the process without effort or will, and feel like a Person who is indifferent to tobacco. You will also learn to simply induce and maintain this feeling. For further work on this, I recommend that you create conditions that allow you to quickly move towards your goal.

Working conditions

1. Make sure that the environment allows you to work for several hours.
2. No one and nothing should distract you.
3. Disconnect your phone, doorbell, radio, TV.
4. Remove the animals (cat, dog, etc.) from the room.
5. Find a convenient place to read.
6. Put a new pack of cigarettes on the table or on the floor (to your left).

How do you know you want to smoke?

Smoking consists of a sequence of steps, each of them is associated with the previous one. Knowing the sequence of steps, we can influence the process. You have already completed an exercise to realize when you smoked and counted each puff (kept a smoker's diary).

1. If you want to smoke now, where is this need in the body?

2. What kind of sensation is that?
3. If there is no desire to smoke now, then when you kept a diary, where was the need in the body?
4. How will you know that you have already changed, and that you already care about smoking?
5. What evidence exists to convince you that you have already changed?

Psychologist: Did you keep a diary?

Client: Yes.

Psychologist: How long have you not smoked?

Client: Last cigarette of the evening at 11 pm.

Psychologist: Do you want to smoke now?

Client: (thinking) Yes!

Psychologist: How do you know this?

Client: (touches the chest with my right hand) I want it.

Psychologist: How do you know that you want to smoke?

Client: (repeats the gesture). The thought appears "it is necessary to smoke."

Psychologist: She thought after something happened. Before the idea came to light that you noticed in the touch channels?

Client: (touches the chest) Somehow, did not think about it .

Psychologist: You touched the chest. Leave your hand there. What is it?

Client: (lowers eyes down). Feeling discomfort in the chest.

Psychologist: How much is the feeling of discomfort in a 10-point system.

Client: 3 points now.

As we see, the client has a quite certain feeling in the body, a signal about the need for smoking. The part that "smoker" worries and creates discomfort. Perform an exercise to understand the desire to "smoke ."

Find Sensation Exercise

1. Get a pack of cigarettes.
2. Pull out one cigarette, take it with your fingers as usual.
3. Remove the cigarette pack.
4. Find the movement of the hand with the cigarette. Let the cigarette stop 30 centimeters from your mouth.
5. How do you know what to smoke? How does desire manifest itself? - A specific signal (stimulus) in sensory systems. Do you see something (internal picture, image)? Do you hear something (sound, voice)? Or is it a feeling in the body?
6. Put the cigarette on the floor.

The habit gives a signal (image, sound, or feeling) and orders: "Come on, get a cigarette and smoke!" Then the thought "we need to smoke," get a "tobacco sandwich," set it on fire and "swallow" smoke in the lungs. This signal is a useful beacon. At some step in the head, something will click and the signal will disappear. You're checking for him and he's not. Check again - no! Magic of change can happen at any moment. Even now. And then you know that the intended result was obtained. And the most beautiful thing is that you did everything yourself, performing exercises .

The goal is to restore the function of the immune system, its ability to control harmful substances that can enter the lungs. If any details in the sequence of actions described do not coincide with your actions, then make your creative correction. We'll virtually make a movie like you used to smoke. And then you watch it on the screen in direct and reverse rewind mode, completing the Hollywood technique.

Making a Movie

Demo (Making a Movie)

Psychologist: Where do you usually smoke, what is the situation?

Client: Most often when I drive a car.

Psychologist: Where is the cigarette pack?

Client: In different ways, most often in the glove compartment.

Psychologist: Where is the lighter?

Customer: Usually in a jacket pocket.

Psychologist: Imagine a screen in front of you, on which you see your "I" at the wheel of a car.

Client: Presented.

Psychologist: At what distance is the screen?

Client: Close (extends a hand), here.

Psychologist: What size is he?

Client: Large, in kind.

Psychologist: Take a step back. Then move the screen 3-4 meters, make it small, like a sheet of A1 paper. Nod your head when it turns out.

Client: (nods)

Psychologist: Is the image colored or black and white?

Client: Colored.

Psychologist: Make it black and white.

Client: (nods).

Psychologist: So, you see a man (yourself) who is driving a car. Now imagine how he holds the steering wheel with one hand, and the other opens the glove compartment and takes out a pack of cigarettes .

Client: Presented.

Psychologist: Now he takes a cigarette out of the pack, as usual. The pack is removed. Puts a cigarette in his mouth. The pack is removed to the glove compartment. Introduced?

Client: Yes.

Psychologist: Takes a lighter out of his pocket. Sets fire to the cigarette and removes the lighter.

Client: (nods)

Psychologist: Makes a deep puff. The lungs are filled with smoke. Hand with the cigarette down. Blue smoke comes from the mouth and nose, it fills the car interior. Let me know when it turns out.

Client: (nods)

Psychologist: Stop the film. On the screen is a black and white picture of a person. There is smoke from his mouth and nostrils, smoke in the car cabin.

Exercise 1. Making a Movie

1. Imagine at a great distance from yourself a screen that depicts a person (your past "I") sitting in a chair. Black and white image. The picture with the image is still and slightly undercut on the screen.
2. The picture comes to life. A person has a desire to smoke. He takes out a pack of cigarettes, opens, takes out a cigarette. A cigarette in his hand. The hand goes to the mouth. The cigarette is placed in the mouth. The pack is being removed.
3. Gets the lighter. Chirkit. Flames appear
4. Brings flames to the cigarette. Smokes. He's removing the lighter .
5. Makes a puff. Smoke from a cigarette goes into the lungs.

6. The hand with the cigarette is slowly heading down. Smoke from the lungs passes through the mouth and nostrils into the air. Cigarette down, smoke up.
7. Stop! Stop the movie. On the screen is a black and white picture of a person. Smoke comes from the mouth and nostrils.

Rewind Movie

Demo (Rewind)

Psychologist: Have you ever viewed a movie on video in rewind mode?

Client: Yes.

Psychologist: Where is the opposite? If you throw something, the thrown back comes back into your hands. If you went forward, you step back. It's funny and funny .

Client: Funny.

Psychologist: Great. Make the picture color. Close your eyes. (The client closes his eyes). Now put the picture very close to you, make it big. Step into it. It's you, you're driving a car. Nod when it turns out.

Client: (nods)

Psychologist: The film with you scrolls back. Smoke concentrates in the cabin and enters through the mouth and nostrils back into the lungs. The cigarette is placed in the mouth. Smoke from the lungs goes into a cigarette. A lighter appears in his hand. The flames are brought to the cigarette, removed... the cigarette becomes whole, the flame goes out. The lighter is retracting. The cigarette pack is returned to the hand, the cigarette is removed from the mouth and returned to the pack. The pack is being removed. You hold the steering wheel with your hands. The desire to smoke disappears. Open your eyes.

Client: (opens eyes).

Psychologist: Move the screen 5 meters, make the image black and white.

Exercise 2. Rewind

1. Turn on rewind.
2. Smoke begins to concentrate in the air, enters through the mouth and nostrils back into the lungs. The tip of the cigarette rises up, smoke enters the lungs. Until the cigarette is in the mouth.
3. Smoke from the lungs goes into a cigarette. The hand lets go of the cigarette. A lighter appears in his hand. Flames appear.
4. The lighter is brought to the cigarette and returned. The cigarette is becoming holistic. The flames go out. The lighter is retracting .
5. A pack of cigarettes appears in his hands, the cigarette is taken out of his mouth and returned to the pack of cigarettes, the pack of cigarettes is removed.
6. The desire to smoke disappears.
7. The man sits comfortably in the chair.

Hollywood Technique

You have two options (not included in the experience) for watching a film: in the forward and reverse direction. All the highlight in the rewind when you are associated (included in the experience). It looks like a vomiting effect, after which there is relief.

Hollywood Technology Demonstration

Psychologist: Now you see there on the screen a person driving a car. Black and white image. The picture is slightly subversive. Now watch the movie on the screen, twice as fast as usual, in the forward direction .

Client: Looked.

Psychologist: What do you see on the screen?

Client: A man driving a car. Smoke in the cabin.

Psychologist: Now add color. Make the screen big. Close your eyes. Put the screen close... step into it. You're driving a car. Imagine. Turn on the rewind. Look at the movie like that .

Client: (without opening eyes). I looked.

Psychologist: Get out of the screen. Move the screen to a distance of 5 meters, reduce in size to A1 format. Make the image black and white. Now you can open your eyes. It worked?

Client: Quickly fails.

Psychologist: The main quality. Each time, try to do faster in both directions. Ideal if at the end you can watch the movie in a few seconds. I see?

Client: Quite.

Psychologist: Look at the film 7 times straight (black and white on a small screen) and in the opposite direction (colored as a participant).

Client: Looked.

Psychologist: Do you want to smoke now?

Client: No. Pulls up something. Now I don't want to smoke at all.

Exercise 3.

1. On an imaginary screen, watch a film about smoking, where you see yourself from the outside.
2. Make the picture color. Associate with her. become a member.
3. Close your eyes and watch the movie in rewind mode.
4. Exit the screen. Open your eyes. Make a picture on the screen in black and white.
5. 7 repeat steps 1 through 4 each time faster than the previous

Check the signal. Do you want to smoke now? If yes, how much is the signal in the body? The journey continues.

Many decades later, after the end of the Second World War, in the Japanese jungle they found disrupted feral partisans who were ready to fight the enemy, defending the emperor. The war is over, the emperor is no longer there. And the partisans continue to let the trains downhill, exercising their intention.

Each behavior has a positive intention. The "smoking" habit also has a positive intention for you (a belief in the utility of behavior). Now the intention has lost relevance. For example, the intention to be a "real man." Being underground (our unconscious), beliefs, like partisans, diligently protect the habit and extinguish the desire to change it. The habit is riddled with secondary benefits. It is useful to realize them .

Name it differently

You have some part "Smoker" that takes care of you, considers yourself a useful part, following your intention makes you smoke. It's a good part. How come? In the family of parts of the unconscious there is a part whose actions are condemned by other parts. How can she be considered good?

I'll give you an example. Not all family members are adults. A two-year-old child decided to help his mother wash dishes (positive intention). What a good kid! Begins to wash dishes, and the result: beaten dishes in the sink. The child tried to be useful. He's worthy of love .

So your part is worthy of love to call it differently now. What if we call her "Benefit"? Useful reformation (reformation) of the part that is responsible for smoking. By calling the part differently, we can try to negotiate with it. We kind of take a step towards reconciliation, express our love and respect for it, recognize its usefulness. If you wish, you can call this part differently.

And every time "Benefit" makes you smoke, she carries out her intention, which she considers important. You may never know the intent of this part. But this is not so important. We know that "Benefit" is a good part and it needs other ways of behavior when it implements its positive intention regarding us. But the secondary benefits that we derive from the smoking process deserve attention.

Secondary benefits

So, you know that part of "Benefit" belongs to you, and it achieves something useful for you. But we still have secondary benefits from smoking that you learned to extract. These are some of the needs that you satisfy by exercising the act of smoking. Do you know your benefits? There are many of them. Here are some of them.

THOUGHTS. SMOKING IS primarily a narcotic effect on the brain. Nicotine is a stimulant, it spurs the brain and causes mild euphoria. Therefore, there is an illusion that smoking improves the thought process. After the excitation phase, which soon ends, the oppression phase begins. And then, in order to activate the brain again, the smoker sets fire to a new cigarette to satisfy the need. Let's call this benefit "Thoughts."

PAUSE. Smoking allows you to maintain a pause between word and action, between question and answer, which allows you to think about the answer during a conversation, for example, during negotiations. In films, when an investigator asks a difficult question to the offender, he asks to smoke before answering, to pull time, to win a minute. Smoking and spirituality are things that are poorly compatible, and since the vast majority of smokers are poorly educated and grounded, they cannot think quickly, are not trained, but you can make a smart appearance, releasing significantly tobacco smoke, win a pause for thinking, with the help of a cigarette. The benefit can be called "Pause."

COMMUNICATION. For some, the cigarette facilitates the very process of communication. Sometimes the investigator himself pulls out a pack of cigarettes and puts them in front of the criminal. A complete idyll, investigator and criminal jointly perform the ritual of self-control. At the level of behavior, they equalized. If the boss smokes, then it is easier to resolve any issue with him by performing the ritual of swallowing tobacco smoke. So, another benefit is "Communication."

INFORMATION. At work, important and sincere conversations take place in smoking rooms. If you don't smoke, you don't have access to information. You want to know the latest news - smoking, you don't want to spend money on cigarettes - smoke passively, stay next to smokers and inhale tobacco smoke. Benefit - "Information."

SLENDER.

Fat and fat people smoke to lose weight, since tobacco smoke and all the harmful substances it contains muffle the signals of a sparkling appetite. They replace the usual appetite with "nicotine." Benefit - "Slender." Although it is not a fact that 2-3 kilograms makes them slender.

ADULTHOOD. When you're 12 years old and you smoke, a lot of people think you're older. Which of the children does not want to become an adult as soon as possible? Adults see a teenager 12-13 years old with a cigarette and think: "Oh, he smokes, he is already an adult, he is probably at least 15 years old." A teenager can thus prove to everyone that he is already an adult. Benefit - "Adulthood."

PERSONALITY. On the TV screen, you can often see how famous artists, singers smoke. They are beautiful, charming, rich, they have everything, they are the embodiment of dreams: "I would like so much too!" In an effort to imitate their idols, to be the same, many smoke. Here, both self-doubt and underestimated self-esteem can matter. Benefit - "Personality."

COMFORT. A good way to calm a young child is to give him maternal breasts. You can deceive a child and give him a nipple. A sense of peace and comfort is created, the child calms down. An adult takes a cigarette into his mouth, a sucking reflex appears, he becomes as good as a nipple child. This is why some, former smokers, keep an unheated cigarette in their mouths: they just suck it like maternal breasts, they are so comfortable. Benefit - "Comfort."

Leisure. In any work, it is useful to take breaks to restore energy, gather with thoughts. Patient - doctor: "I understand that smoking shortens life, but how lengthens the break!" When you smoke, you can not do some tired work, and this benefit can be called in one word "Rest."

STRESS. Some have learned to relieve stress with cigarettes. They make deep puffs (the deeper, the more effective), and, thus creating stress at the level of physiology, alleviate their mental suffering. The part of the brain responsible for maintaining life seems to say: "Yes, of course, I understand that you have a serious problem, but at the moment the problem that you created by saturating blood with poisonous substances is more important. There was a threat to body cells, and if you do not take action, then the cells will die, death may occur. The situation is dangerous, measures must be taken. " And the body begins to fight a new problem. This is a way of distraction, since our self cannot solve two problems at the same time. With the same success, you can hit the finger with a hammer, and for a while forget about everything else. Let's call the benefit - "Stress."

PROTECTION. MEN benefit from smoking by fishing or hunting, scaring off mosquitoes with smoke. It partially helps, since mosquitoes are not very pleasant to smell stink and drink poisoned blood. The benefit can be called "Protection."

HUNGER. Many students are malnourished. They're like wolves, always hungry. Having smoked a cigarette, poisoned his

body, asked him work on the elimination of poisonous substances, you can divert his attention, drown out a feeling of hunger. Let's call the benefit "Hunger."

SEX. Some women can not stand it when their husbands smoke, they are unpleasant with the smell of tobacco smoke. Men sometimes resort to smoking on a subconscious level to avoid intimacy, in other words, they simply "suck." Perhaps they have some good reason to do so. The same may apply to women. Let's call the benefit "Sex."

Sex and chess

The client worked in a bank, sat for a long time at work and smoked more than 20 cigarettes a day, most of them at home. During the consultation process, it was possible to find out that the main benefit was the opportunity to get away from sex. He was married to a woman much younger than himself. His wife had fun all day, rested, watched erotic films, and when he came from work, tired and hungry, she, sexually aroused, attacked him, as soon as he crossed the threshold of the house. Fortunately for him, she was allergic to tobacco smoke.

But is smoking the only way to conserve sexual energy? We found other, very effective, like "sachkanut" from excessive sex. (I suspect that women, having read these lines now, will unanimously condemn me for such "blasphemy"). By the way, now my former client, smokes only one cigarette at a game of chess during the lunch break, since his partner is an avid smoker. Previously, he had the benefit of "Sex," and now - "Chess." And this is an informed choice on his part.

Observe the ecology

It is difficult for a smoker to get rid of a harmful habit, because there are benefits associated with smoking. If the habit is old enough, then the benefits that it generated can be quite a lot. The benefits, in turn, give strength to the habit, make it

invincible. By quitting smoking, that is, solving the problem "in the forehead," the smoker leaves all these benefits unattended. Not smoking, he tries to quit, but the benefits that smoking gives.

There she is! No wonder the smoker loses the battle. Tearing off only the stems of plants, the visible part of them, and leaving the roots of weeds in the ground, it is naive to believe that you will clear the field.

There are many other benefits that I did not name. All that is said does not necessarily apply to you. You have your own important benefits.

Exercise 4.

Find the three most significant benefits that smoking gives you.

1st benefit _____

2nd benefit _____

3rd benefit _____

You can solve the problem of smoking "environmentally clean" without giving up many of the beneficial benefits associated with the habit. To do so, new behaviours should be found to achieve each meaningful benefit.

Exercise 5.

Come up with three new and affordable ways to achieve each benefit.

1st benefit _____

Method 1. _____

Method 2. _____

Method 3. _____

2nd benefit _____

Method 1. _____

Method 2. _____

Method 3. _____

3rd benefit _____

Method 1. _____

Method 2. _____

Method 3. _____

A NEW HABIT

It is time to create a new program of behavior, that is, be indifferent to cigarettes. You will become different: there are tobacco products in this world, there are no tobacco products in this world, but you don't care. You are indifferent to tobacco products, you are "FREED."

Interception Program

By reading these lines, you still retain the opportunity to imagine the recent past, that is, the smoking process. A hand with a cigarette is sent to the face, puts "canned tobacco" in the mouth, then the cigarette is set on fire and smoking begins.

The smoking process is a certain sequence of actions, a program. There is no need to learn to smoke again every time, the process is automated. Let's change the "Smoking" program so that at the moment when your hand accidentally takes a cigarette, the "Interception" program is launched, which includes the ability to be indifferent to tobacco.

The new program kind of lights up the red traffic light: "STOP," there is an aversion to the cigarette that the hand holds, and you are surprised to say to yourself: "What am I? I don't smoke! " Then you can do what you want with a cigarette, depending on the situation: break, throw, return to the place.

By completing ALL exercises in this chapter, you will get the RESULT, achieve the main goal. Smoking will make you indifferent .

Exercise 6. Hand with a cigarette



Rice. 1. Your hand with a cigarette

1. Take an unheated cigarette with your hand, as it was usually held earlier (Figure 1).
2. When considering a cigarette, begin to bring it very slowly to your mouth, stopping at a distance of 30 cm from your face (do not take it in your mouth!).
3. For a few seconds, carefully look at the hand with the cigarette, as if to take a picture of it.
4. Close your eyes. Play the image of your hand .
5. It's bright, colored, contrasting... - It turns out? If not, return to item 3.
6. Remember the image of your hand with a cigarette.

Designing the Future

We will return to the previous picture, and now let's mark. Okay, let's say you've become what you want to be! Your dream came true! You have become a man who is completely indifferent to products made of dry tobacco leaves, **INDIFFERENT**. What will change in life?

So let's imagine the future of the "I" - a non-smoking person. Probably, his complexion will change, his hair and clothes will stop smelling of tobacco smoke. There won't be crumbs of tobacco in his pockets. In the morning, he is always comfortable and pleasant in his mouth. Others will stop turning away from him. He'll have more free time. What else will change?

What additional benefits will he gain? Probably, he will strengthen the immune system, improve health, memory, attention, sexuality, he will distinguish between the finest smells, adequately perceive the world around him. Changes in sex life. He will better understand himself and others, will show his full abilities and talents. What benefits can you still name?

Thanks to new abilities and opportunities, he will be able to achieve a lot: success in work, advancement in the career ladder. Maybe he'll be famous, rich. What else can you add? What peaks will the person you are about to become reach?

If he looks at himself from the height of his position: a man who holds an unheated cigarette in his hands? What will HE say, that is, YOU IN THE FUTURE, will he want to abandon all conquests and achievements, all new benefits, abandon his capabilities and abilities, and return to his former lifestyle, to the habit of smoking? What would YOU OF THE FUTURE say to yourself NOW?

Next step. Create an image of yourself in the future, taking into account everything you just thought about.

Exercise 7. Future Self Project



Rice. 2. You are indifferent to cigarettes

1. Imagine being a man indifferent to cigarettes. So that you like yourself. Let it be a small black and white picture, to your right, at a distance of 5-6 meters (Figure 2).
2. You will be well, confident and calm in the future. You're indifferent to cigarettes, tobacco smoke is unpleasant.
3. You may need to remove the painting away from yourself. Let the creation of the image of your new self take you as long as necessary.
4. And now squeeze the resulting picture into a small photo, into a small black dot and remember it.
5. Add a short sound. This can be a recording of the voice of a person who is authoritative to you (father,

mother, Lord God.) Or your own voice. Let this voice confidently say: "You can't!" or "Nasty!"

6. Remember this little spot (photo) and audio recording.

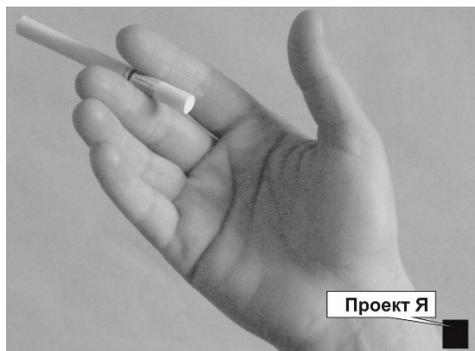
New reality

Now you have two pictures: the first is close to you, at a distance of 30 cm (your hand with a cigarette). The second picture is a small photo (you are in the future, indifferent to cigarettes, i.e. the project of your self).

And now we will jointly deal with magic, revive a new program of behavior, realize the dream ("I want to be such a person!"), Turn it into reality. First read and then complete the step exercise.

Exercise 8. The Birth of a New Habit

1. Close your eyes.
2. Imagine the first picture (Figure 1) (the one where you hold an unburned cigarette), and keep it in the imagination. This picture is next to you.
3. Take the second picture (small photo, dot) (Figure 2) and place it on the first picture (for example, in the lower right corner or in the middle) (Figure 3).



Rice. 3. The project of the new "I" in the first picture

4. Do this: let the small photo quickly increase (no more than a second), occupying the entire space of the first picture (if it interferes, just destroy it), at the same time an audio recording sounds (loud and confident) and your eyes open. You kind of become a person with a photo (Figure 4).



Rice. 4. Result: your new "I"

5. Complete steps 1 through 4 10 times, based on the following recommendations:

Recommendation 1. Try to make the second picture open very quickly and quickly, like a flash: "ONCE!" As soon as possible! And when the picture "opens," immediately open your eyes (simultaneously with your voice)

Recommendation 2. When you perform the second step of the exercise again, you may notice that the first picture becomes of worse quality (dim or blurry). This means that you do

everything right, it should be, because every time you kind of destroy the first picture.

We check the result

Did you do everything? Good! Has the first picture changed? If not, you most likely enlarged the small photo not quickly enough. Perhaps you were inattentive when creating the first or second picture. Remember that the first picture should be static, there should be no movement, and on it you see your hand with an unheated cigarette. You can do all the exercises again, taking these comments into account.

If you had problems creating pictures (for example, they looked too schematic), but you worked, the result will be positive.

We CANNOT NOT create pictures, but we can NOT realize them! Some find it difficult to create images when they are in the usual state of consciousness. In this case, I suggest using the magic formula "as if": "If I could see myself in the picture, what I looked like there"

And now honestly right now (check the feeling): "At this moment, right NOW, do I want to smoke?" I assume someone will say: "In principle, I could smoke" (met with this). What other principle? Who needs it? Is the principle your relative? Just listen to your feelings, to the signal that you identified earlier when you answered the question: "How do I know what I want to smoke?" That is, you did everything right, your answer will be "NO."

Now you have created your new habit, a new part of yourself, a new PERSONALITY. Magic came true, you did everything yourself. Congratulations on the birthday of the new PERSONALITY! You only have to look after the acquired habit, as a small and cute child, let it grow stronger and become independent.

If you doubt the results, CONTINUE the journey and be sure to return to the question of how you feel about smoking "here and now," after reading the next chapter, where you will find a

"potent" exercise that programs the brain to disgust with tobacco smoke.

SMOKING - SHIT

Full of human slag in the yard. Shit stonewalls like cathedral heads. Excess shit in this world, though. (Andrey Voznesensky)

Our ship went into the "Disgust" bay, you can go ashore and explore its possibilities, create new sensations. I apologize in advance, especially to DAMAM, for the strong and "non-intellectual" words and expressions that are found next. Just for a common cause!

You can skip the chapter if you have already got a good result. You know the truth about the "NOT" particle, right? Don't read this chapter!

Instant Change

I will share the method I invented and which helped me get rid of the humiliating habit of smoking surprisingly fast and easy.

Cat shit

I was tortured by bronchitis, they arose regularly, every spring, autumn and winter - lasted for a long time, sometimes several months. Nevertheless, he smoked, the need reached 30 or more cigarettes per day. He smoked and knew that getting tuberculosis or cancer was just a matter of time. And he could not "quit smoking"!

Self-hypnosis did not help. I could not find the right formula for suggestion. The phrase "DO NOT SMOKE" reliably programmed the unconscious as "SMOKE." Well, "the unconscious agreed," if the intelligent consciousness wants to "smoke," then I will wisely do his will !

Homeless cats live in basements, roam the streets, if they are lucky, then in winter, fleeing the cold, penetrate the entrances. One evening, I walked into the entrance of my house. The lights were turned off once again. He climbed the stairs to the touch.

When the visual channel is turned off, other feelings are exacerbated, including a sense of smell. Fu! On the stairwell, a caustic smell of cat excrement and urine hit the nose. Shit, Eureka! What I've been looking for !

Magic formula

In the evening, anticipating the result, he eagerly went to bed. And at the moment of falling asleep, when there is no sleep yet, but no waking, when at any moment you can fall asleep deeply, when images spontaneously appear, almost spontaneously. And you can slightly control the images of the remaining particle of consciousness, you can add a little music, change instruments in the orchestra. Many people know this state, the state between sleep and waking, that is, trans, when you can run programming formulas. In this state, miracles of narcissism are possible, phrases acquire power over the brain and program it. At this moment, he said to himself (more precisely, presented and felt, the words here are not so important, the main idea, the idea itself, the idea):

SMOKING - ALL THE SAME

WHAT TO CHEW CAT SHIT!

CAT SHIT...

FU!

And forgotten with a strong dream. And in the morning another person woke up. A pack of cigarettes was on the table. It's weird what she's doing here? He took it in his hands, took out a cigarette, held it, smelled it - DISGUSTING. Breezily broke the cigarette and threw it into the bin. It is not clear why for many years he set fire to these paper tubes with tobacco! As if woke up from a nightmare dream in which he had the stupidity to swallow caustic and nasty smoke. The world has changed. I was born

again. More than 30 years have passed since then. NEVER smoked again. And I didn't need any willpower .

My invention! Extravagant know-how! One phrase was enough for the brain to change the program of behavior, and smoking became impossible. So the following technique was born.

Creating Aversion

You can then program your brain to disgust with SMOKING. Yes, so that one thought of SMOKING causes unpleasant feelings. Let your unconscious brain treat this process as something that he would never want to do. Then the SMOKING process will become IMPOSSIBLE. This is an effective procedure and you can perform it. In most cases, one is enough to stop smoking. You are offered two effective exercises.

Exercise 9. Smoking - Shit

First, you create a strong anchor (stimulus) that you can use in the exercise - a compressed right fist. This is your weapon! Then we will build a very strong metaphor: "SMOKING is like chewing SHIT." The unconscious does not like such long phrases, especially those built in a moral tone, so we will curtail this metaphor, preserving its meaning: "SMOKE - SHIT" - just as the singer did: "sad - smoke."

1. Put your right hand on your knee with your palm up.
2. Remember something that you would never sniff and chew, from which you would be torn out, turned inside out. Let it be a "good" choice. Make sure that this substance is really disgusting. We will later call it the word "SHIT."
3. Close your eyes. Imagine this "shit," smell it, imagine it got in your mouth... may you be disgusted... very disgusting... start squeezing your fingers into your fist at the same time... and when the unpleasant sensations reach their peak -

squeeze your fingers hard, say out loud emotionally SHIT and open your fist.

4. Open your eyes.
5. Take the "cigarette" from the floor with your left hand like this.
6. (on inhalation). Begin to slowly bring a cigarette to your mouth (do not take it to your mouth!) At the same time squeeze your right hand into your fist).
7. (on exhalation). You remove your hand with a cigarette, push your fist and say: "SHIT!"
8. Follow steps 6 and 7 ten times.

Exercise 10. Anti-tobacco

1. Create the first picture ("Tobacco") at a distance of 30 cm from yourself, placing an open pack of cigarettes on it.
2. Create a second picture ("Shit") at a distance of 7-10 meters, with an image of a substance to which you are STRONGLY disgusted. Feel free to choose. No one will know about this... it's a secret picture .
3. Close your eyes. Place the first picture of Tobacco in front of you.
4. Place the second picture ("Shit") just behind the first. She is not visible, you just know that she is just behind the first picture.
5. first picture you continue to contemplate, make a small hole in the center, a small hole through which you can see a fragment of the second picture ("Shit").
6. Quickly open the hole so that the second picture ("Shit") takes the place of the first ("Tobacco"), and simultaneously open your eyes.
7. Perform the third to sixth steps 10 times.

Recommendation. If it is difficult to imagine the first picture ("Tobacco") in the third step (it can become blurred or dim), then leave it as it is. There is no need for its restoration.

Other methods

Every time you say "SMOKE" on the breath and "SHIT" on the exhalation, you fill the corn in the subconscious, that is, you create a conditional reflex. Simple and effective! You can enjoy the result and program your brain in other ways.

Option 1. You walk down the street (room), step with your left foot and say mentally (you can out loud) "SMOKE"; take a step with your right foot - "SHIT ."

Option 2. You can cut carrots (bread, cheese): raised a knife - "SMOKE," lowered - "SHIT."

Option 3. You dig the ground in the garden (shovel down - "SMOKE," up - "SHIT."

Option 4. Drive the car (turn the steering wheel to the left - "SMOKE," to the right - "SHIT").

Option 5. Come up with your own ways. Fantasize!

Test Test

How about you smoke a "tuberculosis stick" right now, or what they call it... a cigarette?

Execution habit smoking

In the XVIII and XIX centuries in Russia, a civil execution was used to shamefully punish people of noble origin who committed a crime incompatible with their rank. The convict was tied to a pole or kneeled and a capped sword was broken over his

head. This was a symbol of the deprivation of all his rights: it symbolized the deprivation of all his rights to the state: ranks, property, estate privileges, parental and others.

The electrician did not immediately respond. Slowly took out the papyrus from his mouth, crumpled and quietly said: "I don't smoke anymore. A penny price to someone who can't break bad habits! " (Nikolai Ostrovsky)

You have already performed many different exercises, were able to go a long way. You will have the last step: you will lose the title "Smoker." This exercise is similar to crossing Rubicon, there will be no way back. This is a kind of ritual of burying the habit of smoking.

Exercise 11. Civil execution

1. Look at the cigarette that lies at your feet, take it with your thumb and forefinger... be careful...
2. Turn on the imagination, imagine, it's all covered in yellow-green pus...
3. Break the cigarette, crack it!
4. Throw the fragments of the cigarette in the ashtray, or on the floor, or in the garbage bucket.
5. Say out loud, emotionally and confidently, wholeheartedly: "I NO LONGER smoke!"
6. Roll the pack and throw it into the trash can.

Then you are offered meditation, and it is advisable not to read, but to drink, absorb, inhale. Play pictures and fragments of the emerging film in your imagination, REVIVE these stories. For convenience of perception, the pronoun "you" will sometimes be used. We are changing - the world in which we live is changing.

The Road of Life

Paper ship

Perhaps in childhood you could watch a paper ship that captivates the flow of water, clean, fast and cool. And the sun penetrates to the very bottom, stones are visible, they reflect light with all the colors of the rainbow. And watching the ship, it seems that you yourself are sailing somewhere very far.

And here you stand on the deck of the ship and look away... blue sky, white clouds... the smell of the sea... freshness of the air... screaming gulls. Snow-white gulls either fall to the surface of the sea, then wash up... beautiful and free birds.

You're a free bird... You can fly, you can throw yourself into a high wave, and then you can blow yourself into the air... up and down... Blue sky and elastic wave... up and down... the sun and the blue sea... up and down...

Maybe you're going somewhere far down the river. And each river begins somewhere with a small stream, gaining strength and looking for a way home: to the sea or the ocean. Each river has its own fate, and there are no identical rivers. And life as a river, or the Road of Life along which you walk, it begins somewhere far behind you, in the Past, envelops you and rushes into the Future.

Moment of conception

And now, when you stand on this road and look into your future, you can look back, mentally go to the source where your life was born. When you were just a tiny cage in your mother's womb... one of the many spermatozoa heading for the egg... to fertilize her, and get the right to life... and people like you were 500 million .

And they were all moving towards the egg... and only one could win... the rest were to die... You can imagine a grand marathon race in which the main prize is life... And you won, you came first, you won 500 million! Tell yourself now :

"I won 500 million because I really wanted to be here in this life."

Imagine the moment of your birth, and tell yourself: *"I won again!"* And when you were born... you were so little... so tiny... and the world around us is so huge and unfamiliar... and then you first experienced a sense of anxiety, and you shouted: "Ua-ua-ua," and someone gave you a nipple, and you calmed down... and then you sucked your mother's breasts, ate your mother's milk, and it was the most useful and tasty food...

It so happens

You were growing up, getting older... and one day you smoked. You inhaled poisonous smoke, a nerve gas that kills body cells. And you should not reproach yourself for this now. Perhaps you had reasons to do so, which then seemed important, although now you understand that they are funny and stupid. Maybe you wanted to become an adult as soon as possible, because many adults smoke .

Then, for the very first time, the first puff was difficult. Your whole body resists, the smell of smoke and its taste were unpleasant... immediately dizzy... the lungs were torn apart by poisonous smoke... coughing... eyes were tearing...

You are the winner

But you tried smoking again and again... and learned. And now you have become smarter, came to the conclusion that smoking is a bad habit, stupid. And remember that one day you won 500 million, and tell yourself now :

"Once I have already proved to myself that I can win 500 million... I defeated 500 million and I have as many rights as any other human being... the same right to have control over your habit!

But what control is this if I set fire to dry tobacco leaves many times a day and draw poisonous smoke into my lungs? Together with smoke, dead microorganisms fall into my lungs, killed by poisonous smoke.

Dead cells enter my lungs, and rotten bacteria rejoice. Still, the corpses of the cells hit the lungs without any resistance. And in the lungs, yellow-green, slimy pus forms, it can be seen in the smoker's sputum.

With each puff, dead cells get into my lungs... formed by pus... and more... it blends with blood... spread throughout the body... goes through the veins in the heart, and then through the aorts, arteries and capillaries, spread throughout the body...

Pus sticks to the walls of the vessels... gets into the brain... and I'm afraid to die because some kind of cerebral vascular can't stand it and burst...

And then - everything, death will come... I will cease to exist. I want to live! I want control over my habit! "

Mirror of the past

Go back to the present. Imagine two large mirrors where you are reflected in all your height, and one of these mirrors is on the Road of Life behind you - in the past, and the other - ahead, in your future.

Turn around, and look in the mirror that's behind you, in your past, where you see yourself smoking. Look at this man: he's holding a lit cigarette... from his mouth there is blue smoke... and this cigarette is covered with yellow-green pus... because after a while she will turn into this pus.

Look at this man... others turn away from him with disgust towards... they have a bad smell of tobacco smoke... he could, with the same result, place a yellow-green pus on his palm, which forms in his lungs... and stretch it out, and say *"On, take it, smell my pus..."* it's unpleasant... and people turn away squeakily .

Look at this man. His clothes and hair were soaked in tobacco smoke, and in the morning he was disgusted in his mouth, as if he were chewing some nasty thing. This person is prone to colds, his immune system is weakened, he is at risk, he is much more likely to get tuberculosis, or cancer.

Look at this man... how he looks... he has yellow teeth... unhealthy complexion... he doesn't distinguish smells well... impoverishes its world, distorts its perception... he has a lot of problems because of smoking. And you really want to help him. You know he did a lot of good things for you, that he loves you... Think about what connects you to this man.

Imagine this BOND in the form of a rope coming from some part of your body... the other end is also attached to that person. You are connected to this person so far, but you know for sure

that it is time to say goodbye. It is time to go forward on the Road of Life and CHANGE. Take a SHARP knife or scissors. AND BY ONE STROKE, cut or cut this BOND. No matter how PAINFUL it is...

Cut a piece free of you, connect visually to the body of this person, to the same place where you have. Say goodbye to the past "I," thank him for all the good that he did for you. He did everything he could... put it on a platform that will move away from you until it turns into a small point... will dissolve in the haze of the past.

Mirror of the future

Look in the other mirror opposite where your future is. In it, you see yourself as you want to be. A person completely indifferent to tobacco products, maybe even disgusted with them, if you like... Notice what it looks like, on its healthy complexion, clean teeth, even clean breathing...

Others no longer turn away from him, on the contrary, they like to communicate with this person. He has a sensitive sense of smell... he rejoices that flowers smell good... in the morning feels pleasant freshness in the mouth... he has good health... he can achieve a lot. It is strange for him to see others draw poisonous tobacco smoke into their lungs.

And take a piece of rope from your side... and join this man... so that there is a connection between you... a strong bond between you and this man. Feel how RELIABLE and STRONG this connection is...

Flight to the future

And you can now take many, many little pictures of this man soaring over his Road of Life. And from a bird's eye view, EASILY and FREELY throw these little photos on your own on

the Road of Life... they, like snowflakes, circle and slowly sink onto the road of life .

Every such snowflake BLOOMS like a beautiful flower, turning into you... And no matter how many years you live, you will always find this person on your Road of Life, and it will be you .

And there, from your future, you can wish yourself what you think is IMPORTANT and NECESSARY. You can give advice and HELP because you have already achieved your goal. And return to the present, which was recently the future, and the recent present - became the past.

Step in mirror

Look at the image in the mirror again, admire them, stand up and come to the mirror, come closer, close. Step directly into the mirror, approach this man and hug him, dissolve in him...

And now you can move on the Road of Life forward, preserving all the qualities of the chosen image, feeling like this person.

Situation "Street"

You walk down the street, see acquaintances with whom you used to smoke. They hold lit cigarettes, tobacco smoke comes from their mouths and nostrils. You walk past them, at some distance... And hear one of them say to the other:

"And you know he (she) doesn't smoke at all right now!"

You pass by, hear these words, and you are so pleased... the chest spreads with pride and love for itself... you answer mentally :

"You don't know half of what I'm capable of!"

Waking Up Situation

Morning, you're at your house, lying in bed. You haven't woken up yet. Your eyelids are so heavy... you feel the gravity of the eyelids... and your relaxed body... a touch of bed linen... and a pillow under his head... You haven't woken up yet, you're just slowly starting to wake up... and the first thought that appears in your head is so pleasant, bright and joyful:

"It's good that I don't smoke anymore!"

Situation "Party"

You're at a party or a holiday... and in your glass something is poured: champagne or orange juice... It's nice to be here. Your neighbor takes out a pack of cigarettes, takes a cigarette, puts it in his mouth, sets it on fire ...

The smell of tobacco smoke... you unwittingly turn away. Bad smell... a neighbor gives you a cigarette:

"Will you smoke?"

You're looking at a cigarette, and you think it's all covered in yellow-green pus... You answer politely so as not to offend this person, but very decisively:

- No, thank you, I don't smoke!

Current situations

It will be great if you remember a few typical situations right now when you smoked before. These situations that you will encounter in the future pose some danger to you.

Considering each of them, imagine that you are acting like a new Personality who is indifferent to cigarettes and disgusted with tobacco smoke. This will allow you to have new behaviors on a subconscious level. And when you find yourself a little later in one of these situations, a ready-made behavior program will automatically start.

Exercise 12.

1. Briefly describe the most typical situations in which you used to smoke most often (place, people).

Situation 1 _____

Situation 2 _____

Situation 3 _____

2. Imagine the first situation.
3. Close your eyes. Imagine acting like your new self. And you win!
4. Open your eyes.
5. Take the following situation from the list and proceed to step 3.

The mood "I love life"

Tune into the monologue with you. Let each phrase give a corresponding feeling. It is not the words themselves that matter, but what you represent and feel. This infusion can be read before bedtime, thus strengthening a new lifestyle. Helping a new habit grow as in a fairy tale: "not by day, but by hour."

I love life

I deliberately and voluntarily gave up smoking. I know tobacco smoke is poisonous. Tobacco smoke contains poisonous

substances. Tobacco smoke poisons my body cells, shortens my life, and kills me.

I want to live. I want to be healthy. I want to live and be healthy. I love life. I love myself.

I love my body. I love my lungs, I love my heart, I love my blood vessels. I love every cell of my body, and I want to take care of them. I want every cell in my body to be healthy, strong.

Tobacco smoke is disgusting to me. The smell of tobacco smoke is unpleasant to me. The taste of tobacco smoke is unpleasant to me. My body does not tolerate the effects of tobacco smoke.

Tobacco smoke causes spasms in my throat and a cough, as if I had inhaled a couple of gasoline, as if some nasty thing got into my mouth. My immune system is recovering. My body cells are being cleaned of tobacco smoke. Each cell is cleaned of harmful substances.

There is a growing aversion to tobacco smoke. I know smoking is bad! I can't smoke! I could die! It's dangerous, dangerous! You can't!

I don't care about cigarettes. I'm free of tobacco smoke, I'm free! I won again!

When escorted to the far road, it is customary to say some very important words, give advice that may be useful to the traveler. Let me also make some impassioned wishes.

Modesty adorns

Do not tell other smokers: "I quit smoking." First of all, it's not true, you didn't quit smoking, you became a PERSON who cares about cigarettes. The difference is significant. The smoking person you once were is left in the past, somewhere far behind, behind your back. And you have already walked enough along the Road of Life to consider yourself free from the habit that you have been in captivity for so long.

Secondly, saying these words, you insult the smokers around you in disguised form, challenge them: "They say, what a fruit I am, I have strong will, I was able to quit smoking, and you are all weak!" The statement will be perceived by their subconscious as an insult, challenge, aggression, that is, you create a stressful situation for them.

Such a statement is one of the main reasons that friends are trying to treat you to a cigarette. They try to make sure that evil is invincible, they do not believe you, because they are sure that they can never get rid of addiction themselves. Say modestly and with taste: "I don't smoke!" - this sounds much more accurate and respectful.

Memory Nodules

You can break everything

The men went to the edge of the forest. They look - a sawmill. We approached, considered from all sides, everything as it should, a sawmill, two buttons: black and red. Pressed the black button, the sawmill earned.

- Well, not to yourself! - the men were surprised. They took the board, put it. She saw the board.

- Well, not to yourself! - took the log, sunk, saw and saw the log.

- Well not to yourself! - men were surprised even more. Dragged a mallard stump. She drank with difficulty, but also defeated the stump.

- Well, not to yourself! - men scratched in the back of the head. They took metal scrap, sunk it - the saw gently weighed and broke .

"The same thing!" the men rejoiced.

By stupidity

I got a call early this morning at my apartment door. On the doorstep was a man. He said hello to me, named me by name and patronymic, apologized and said that 14 years ago I had an express training "Quit smoking now." For the last three years, he has been smoking again, he would like to get help from me, because he absolutely believes my methodology and me personally.

The beginning was bribing, flattering, and I agreed to take it in two days. What he said surprised me. For more than 10 years he was indifferent to cigarettes. I broke up with the habit easily and freely, after the training there was a steady indifference to tobacco. Health improved, became less ill. Everything was fine until he changed his job .

The man began to engage in the forest business. I went to the taiga. And there, talking with men, he drank and tried to smoke. Several times he did not succeed. "Well, not to yourself!," He thought. And he tried again, overcoming disgust and strong dizziness. And he managed to break indifference, taught his immune system to disconnect.

Now he smokes 2-3 packs per day, and health leaves much to be desired. Hopes I'll help him again. To my question, why did you learn to smoke, the answer was simple and banal: "Yes, stupid."

Like this! They start smoking foolishly. Some kill themselves at once, head in a loop or bullet in the forehead - that's all. And others stretch this pleasure for years, resorting to poisonous substances such as tobacco smoke. A stupid person can use "canned tobacco" in any amount.

Be Smart

As is well known, building a temple is much more difficult than destroying it. I would like to hope that you are smart enough, and you will not try for strength a new habit of behavior for nothing, out of curiosity.

Imagine walking down the street past a painted fence and seeing an attached piece of paper with the inscription:

"CAREFUL, PAINTED!"

What will you do? Do you touch your finger and soak your hand or mentally thank the person who warned you of danger? But how many people get their fingers dirty! If only to specifically set out to take and destroy something, then, of course, you can destroy and say: "That's the same!" Be smart! Take care of what you got. Respect this gift, this unique ability to protect your body from tobacco poisons.

Soon you will close the book, and you will not have any more problem "tobacco addiction." The new habit will become day by day intensified, and the old one will be weakened, dried and drained like a plant that is not watered .

You will be pleasantly surprised when after a while, you realize that you have stopped paying attention to what cigarettes are sold in kiosks, and how much they cost. Just in case, you should remember that for 3-4 weeks you should look after a new habit, like a young child. After 4 weeks or even earlier, the new habit will already be able to "stand up for itself." The process will become irreversible, unless you yourself do not want to break the protective functions of the immune system again and learn to smoke again.

But what to do if suddenly, at some point, during these 3 weeks, there is suddenly a desire to smoke? The main thing is to remain calm and confident. There are reliable and simple ways to quickly switch the brain to a new behavior program. Strong-willed efforts are not needed.

Three Reliable Ways

The first 3-4 weeks should look after the new habit. It's a new part of your identity. Take care of her and cherish her as a young child, she will grow up quickly, and she will protect you herself.

You have already made sure that you can change, that the perception of the world around you depends on your thoughts, and that internal images have great power of influence .

If you feel tempted at some point (the old behavior program will be included), then calmly and confidently use one of the ways to include a new behavior program and protect your new part of the personality. Lightly knock a hammer, as physicist Wood did, and everything will work out. And you have some trustworthy ways to turn on a new behavior program quickly and easily:

Method 1. Read "I Love Life."

Method 2. You have a small point (a photo of the perfect self, indifferent to cigarettes). Close your eyes, place a dot next to yourself on the right, instantly zoom in on the photo, open your eyes and say emotionally out loud: "Nasty! You can't smoke! "

Method 3. Any of the ways to quickly program: "SMOKE - SHIT" (walking, digging the ground, driving a car, cutting bread).

Dear Reader! It is nice to realize that you had the patience and curiosity to read the book. Any journey must end someday. Time

to break up. What gifts do you return from travelling from the pages of this book?

My relationship with you, as an author, gives rise to the need to feel useful as a person, to realize that I have reasonably wasted strength, time, a significant length of life, wanting to help escape from tobacco captivity and gain freedom. And, of course, I'm interested in finding out exactly how the book helped you free yourself from tobacco addiction .

And here are my wishes to you. Inhale the delicate Aroma of Life, drink its sweet nectar, enjoy each of its delightful moments! May your life be beautiful!

You can text me.

Respectfully, Pavel Barabash

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Pavel Barabash

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