



The Quit Smoking Answer

J W Smith

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"The Quit Smoking Answer" is structured in such a way that all readers follow a process of "cold turkey" cessation through a step-by-step system to become nicotine free. The system shared is quick, easy, and proven, regardless of a person's dependency on nicotine.

If you have ever thought, "wouldn't it be nice to quit smoking" then you've set the mood and you're ready to begin. It's easier to quit nicotine than you think!

J.W. Smith, a smoker for 40 years, wrote this book after ending his vicious cycle of numerous failed attempts to quit. His system for nicotine cessation evolved over a subsequent six-week period of preparation to quit. He shares his story about a conversation with his nine-year-old granddaughter that finally set the wheels in motion to find a better way - one that works. J.W. researched smoking cessation methods and used his own experience to forge a new path. This book may very well be destined to be in a category by itself in the nicotine cessation world of recommendations and advice. Why? Because it works!

JW makes the case that smoking cessation is not an event, but rather a process. His book will teach you the key cognitive techniques he used to end both the physical and psychological addictions to nicotine. It debunks myths about nicotine replacement therapy products and instead lays out a natural progression of steps for becoming a nonsmoker. The premise of the book is based on this famous quote; "When you change the way you look at things, the things you look at change."

In the beginning of the book Smith recommends that you establish an environment and path of least resistance. Less resistance to quitting is the first key step to becoming nicotine free. Smith also recommends that you continue to use tobacco products including e-cigarettes while reading the book over a two or three day period -- helping again to establish less resistance to quitting. He additionally recommends as a first step that you tell no one of your desire to quit - preventing anyone, including yourself, from sabotaging your intention.

As you apply the techniques and methods shared, you will be on a natural progression leading up to your very last cigarette or use of chewing tobacco.

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