

Allen Carr's 7 Tips To Stay Quit



Allen Carr's Easy Way to Quit Smoking

If you follow these simple instructions, you cannot fail.

1 Make a solemn vow that you will never, ever, smoke, chew or suck anything that contains nicotine, and stick to your vow.

2 Get this clear in your mind: there is absolutely nothing to *give up*. By that I don't mean simply that you will be better off as a non-smoker (you've known that all your life); nor do I mean that although there is no rational reason why you smoke, you must get some form of pleasure or crutch from it or you wouldn't do it. What I mean is, there is no genuine pleasure or crutch in smoking. It is just an illusion, like banging your head against a wall to make it pleasant when you stop,

3 There is no such thing as a confirmed smoker. You are just one of the millions who have fallen for this subtle trap. Like millions of other ex-smokers who once thought they couldn't escape, you have escaped,

4 If at any time in your life you were to weigh up the pros and cons of smoking, the conclusion would always be, a dozen times over, 'Stop doing it. You are a fool.' Nothing will ever change that. It always has been that way, and it always will be. Having made what you know to be the correct decision, don't ever torture yourself by doubting it.

5 Don't try not to think about smoking or worry that you are thinking about it constantly. But whenever you do think about it – whether it be today, tomorrow or the rest of your life think, 'YIPPEE! I'M ANON-SMOKER!'

6 DO NOT use any form of substitute.

DO NOT keep your own cigarettes.

DO NOT avoid other smokers.

DO NOT change your lifestyle in any way purely because you've stopped smoking.

If you follow the above instructions, you will soon experience the moment of revelation. But:

7 Don't wait for that moment to come. Just get on with your life. Enjoy the highs and cope with the lows. You will find that in no time at all the moment will arrive.