

THE PAINLESS STOP SMOKING CURE©

PainlessStopSmokingCure.com



Manual
'Your final Liberation'

Eric Eraly

THE PAINLESS
| STOP SMOKING |
CURE©

Everybody can stop smoking,
including **You!**

Eric Eraly

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www.PainlessStopSmokingCure.com

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The Painless Stop smoking Cure®

The Balloon-Effect®

FREE, happy non-smoker®

The Final Liberation®

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The willpower method:

1. You _____ yourself to smoke.
2. You _____ yourself a _____.
3. You _____ until the desire/cravings disappear.

1. Forbid 2. Deny/Treat 3. Wait

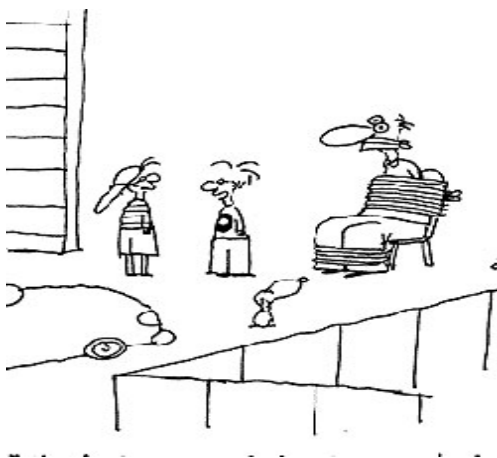
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Why the willpower doesn't work.

1. Your feeling says something different.
2. You FOCUS on the wrong issue.
3. The smoker doesn't ask WHY he smokes.
4. Illusions, brainwashing are fixex in your brain.



" My father used the willpower method. Mum still needs to help him out from time to time. "

Why do you smoke?

1. *" I don't know why I smoke."*
2. *" I need something in my hands."*
3. *" I smoke to kill the stress."*
4. *" I smoke because I enjoy the taste."*
5. *" I smoke because I love the feeling of the smoke passing my throat into my lungs."*
6. *" Smoking is a habit for me."*

Two Questions ?

1. Why do I smoke?



2. Why do I find it
so difficult to
stop smoking?



1. Nicotine 2. Mental addiction

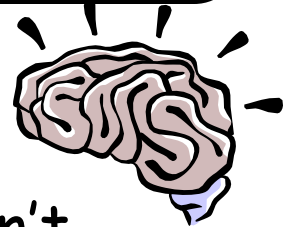
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The brainwashing

Smokers are absolutely convinced that...



1. ...without a cigarette they can't enjoy life, a dinner, a vacation, some relaxation.
2. ...without a cigarette they have much more trouble dealing with stress and difficult situations, etc)
3. ... it's very difficult to stop smoking. They probably won't succeed and... in case they would succeed, they think that they will suffer, that they will miss something, get irritated, etc.

*The 'burning desire'
to become a
FREE, happy non-smoker...*



The torture of the Willpower method:

1. You're convinced that a cigarette ads a certain PLEASURE to your life.
2. There's a little voice in your mind :
" Are you really never gonna smoke such a tasty cigarette anymore?
Serious?!"
3. You are waiting for a PROOF that you've succeeded.

My last cigarette

The Quit Smoking Company
www.quitsmoking.com



*"I could smoke a last cigartte,
couldn't I ?!"*

35.

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5. FREE

**4. The Life
Changing Question**

3. The Brainwashing

2. The Myth About Nicotine

1. Your Resolution

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