

Thanos Apos

the

effortless

way to

Stop Smoking



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The Effortless Way to Stop Smoking

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CLARIFICATIONS

Attention! Before you read this ebook (this is version **1.22**), check out skeftomai.gr if you have its earliest version!

Can I...smoke while reading through this book?

Not only is it permitted, but it is imperative that you smoke if you are a smoker. This book is supposed to be read with a cigarette in hand.

Who is in the mood to read about diseases again?...

It's the staggering truth you are now ignorant of that will set you free, not any intimidation about health consequences. That's why no mention is made of diseases throughout the book. You know them already.

I smoke cigars. Is this book suitable for me?

In the book, for reasons of brevity, only cigarettes are mentioned, but I clarify that whatever is said can be applied to any other product containing nicotine, such as pipes, cigars, chewing tobacco, *electronic cigarette*, and so on.

Do I have anything to lose?

Nothing at all. You don't have to quit smoking just because you read about a way to quit it. You will do it only when and if you want to. Even if you fail, reading this book will be a pleasant and interesting experience.

INTRODUCTION

I started smoking at the age of 15. Up until then, I had been against smoking, finding it exasperating how addicted my two buddies were. They had been smoking since they were 13. I found the smoke of the cigarette just as unpleasant as the exhaust fumes of buses. I wondered how on earth they put inside of their lungs such amounts of solid smoke. What I found even more perplexing was that they couldn't quit it. Addiction to such a disgusting thing was incredible. It really piqued my curiosity.

It was this curiosity that trapped me, just as it traps thousands of devout young anti-smokers. I began to smoke, making up the excuse that "I would show my friends how easy it is to quit it." And I was so sure about that as I knew it tasted awful.

Without realizing it, I became a smoker, just like anyone else. After a few years, I made some efforts to get rid of it. As it turned out, I was quite good at quitting smoking. I've quit it more than 700 times! Most of them for one to ten days, and some of them for a longer period of time. I turned 30, still desperately trying to get rid of this weird long stick. One of my childhood friends quit it at the age of 28, while the other one is still trying.

This friend of mine who is still trying to quit says he's jealous of me as I can smoke whenever I want, with some detox periods. He's so wrong! Every effort I make is so arduous

and persistent! What I've been through is tragic. I have never tried to quit it just for a few days. Every time I attempted to quit was forever. Can you imagine how painful this is? Especially when I had to go through the failure and humiliation of relapsing.

I have come up with and tried hundreds of ideas before I found the solution. If I mentioned all these, this book should be three times bigger. I have always been interested in finding "the absolute way of quitting smoking," but in vain. Inside of me, there was the naive promise I had given my friends before I began smoking:

"I'll start it to show you how easy it is to quit."

So, this day has come!

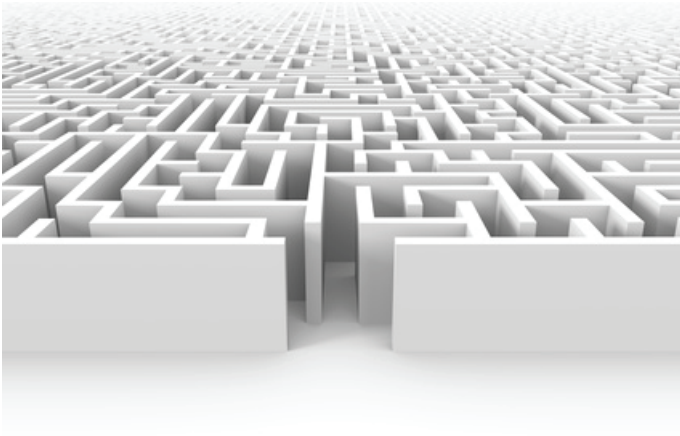
How strange life is...I never thought it would take me so long to make it. I never thought the answer to this enigma would be so staggering. When I found the right path, I found it very easy to break free. Ever since, I've never felt deprived, I've never felt the need to smoke. If I smoked for a few times over the first years, it was during those "smoking experiments" (2-3 three-day periods every year). I did it because I wanted to perfect what you will read in this book.

If you are smokers, it takes a little bit of a smoke, so light one up, and start reading.

What you will read will change your life.

1

A Torturous Impasse



I desperately wanted to win this lucky lottery ticket! The one that would give me 60,000 euros, and an extra 10-20 years of life! The one that would make me happy and full of energy. Still, what difference would it make to win this lottery if I mourned my enticing, irreplaceable cigarettes for a lifetime? What's the point of leading a longer and more energetic life if this was deprived of what I felt to be indispensable?

I enjoyed smoking with coffee or a drink, with friends or all alone, when I was sad or happy. I adored it; it was part of my life. Still, above all, I loved life. There were times when, after too many cigarettes, I woke up in the middle of the night as the bed shook because of my intense heartbeats. I prayed I would be able to make it through the night...

I didn't want to die prematurely. I had to quit it. I was preparing myself; I swore I would never smoke again, and then... my ordeal began. When would I get rid of it? How long is someone supposed to suffer? Why do we have to deprive ourselves of something so pleasurable? What other "friend" would be so close as a smoke? What would my consolation be if I had a problem?

A few hours after my vows, I felt the grease of the food leftovers on my fingers, as I tried to get the packet of cigarettes I had thrown away in the dustbin. I remember, next time I tried to quit smoking, I cut them in half, so that they couldn't be smoked, even if I tried to retrieve them from the dustbin. Wrong! They can be smoked. That's why I started cutting them in three...

I've driven many times for a whole hour to find an open kiosk where I could buy a packet of cigarettes as, when I relapsed I couldn't wait. I needed a fag on the spot, even if it was in the middle of the night. I've missed countless opportunities in my career, my studies, love, my friends for the sake of my addiction and my weird obsession about finding the perfect method of quitting smoking.

My friends mocked me when I announced that "I quit it, this time forever." Every single time, sooner or later, it turned out that they were right about making fun of me. None of them believed that I would make it in the end. Of course, the thought that I would even write a book on the subject hadn't ever occurred to them (or to me).

There were days when I felt it didn't offer me anything. Yet, when I cut it out, an inexplicable change took place in my mind. Out of the blue, some hidden advantages of smoking occurred to me. My curiosity was piqued by the spectacular change of thought, which finally made me buckle, no matter how determined I was to quit it. What lies behind this weird thing? Why do some people make it, while others don't? Why did I sometimes find it easy to stop it, and some others I suffered? I was at a dead-end. I had to find a solution.

How I found the solution

One day, I got hold of a piece of paper, and started writing down the pros and cons of smoking. This is how I began my research. At the time, it hadn't occurred to me that I could write a book. I was determined to find a way to save myself. I didn't care about the others. I felt I was caught up in a fight of survival.

I began observing myself. Trying to discover where the pleasure of smoking lies, I reached an unexpected conclusion that surprised me. It was the first great discovery that led to some more important ones later on. It was one day when I was making coffee, and was about to smoke. It was then that I had a thought that shook me.

The most pleasurable moment of smoking for me was the one without a cigarette! I mean the moment that, after some hours that I hadn't had a smoke, I was making coffee, preparing the ashtray and the rest of the smoking paraphernalia, and putting them all on my desk, ready to use them. Carefully observing how I felt, I realized that the most pleasurable moment that smoking offered me during the day was that half hour before I actually smoked. I felt so great, just as high as during the first minutes of smoking.

That made me reconsider my former conviction—what the experts claim— that “*we smoke just because the body is thirsty for nicotine.*” How is it that the most enjoyable moments are before I have a smoke? These are supposed to be hours of torture, not pleasure.

The same mechanism that gave me such pleasure without a cigarette, seemed to turn against me whenever I tried to quit. At the very thought of quitting smoking, I panicked. I felt the notorious withdrawal syndrome, even if I had just smoked my last cigarette—in other words, I was “full of nicotine.”

Wait a minute! Experts say that withdrawal symptoms “*are due to lack of nicotine.*” How is it that my symptoms get worse when I hold a cigarette?

Such thoughts began to solve the riddle. However, I would never have gone very far if I hadn't researched on the topic. I spent hundreds of hours on the net, reading books of psychology, and all sorts of methods of quitting smoking. I realized that there is a wealth of analyses, ideas, and advice. One of the toughest tasks I had to carry out was to distinguish between good and bad ideas. Unfortunately, there was a lot more useless stuff.

Eventually, the answer came unexpectedly when I least expected it. It came from my study of psychology and, more specifically, from my familiarity with the notion of the sub-conscious. At last! I saw light at the end of the tunnel. I gradually began to see a solution that can easily be applied, not only by me, but also by every smoker.

As soon as I discovered the precious knowledge, I quit smoking so easily, I was shocked! I was so thrilled that I thought of making a website, even writing a book, so that I could offer help to those interested in the topic. It wasn't enough to save myself only. I wanted to make my own contribution to the anti-smoking fight. This way, the present book was born.

There are many things I can't wait to tell you. Before I do it, though, let's take a look at the initial stimulus that got me to write the book, and you to read it—its effects on the health.

The effects of smoking

No, I'm not going to terrify you with horrible images of cancer, ruined lungs, tracheotomy, blocked arteries, amputations, and other threats to our health. Whenever you like, you can find them by simply searching for them on the internet. I will talk to you about the less intimidating financial consequences of smoking, and some statistics.

Financial consequences

- Every smoker that smokes a packet of cigarettes on a daily basis spends €50-60,000 throughout their lives. You can calculate this accordingly for smokers who consume more packets, or for couples who smoke.
- The daily investment needed, so that all people on earth may have access to primary social goods, is 45 billion dollars. In Europe alone, 70 billion dollars a year is spent on cigarettes, while the global cost is estimated at around 420 billion dollars.
- More money is spent on cigarettes than on school books worldwide.
- Vast expanses of arable land that could be used for other cultivations are devoted to the cultivation of tobacco.
- 12,5 million hectares of forest—over 10 Grand Canyons—are ruined every year to give trees for the needs of the tobacco industry. This means a small tree for the average smoker every two weeks.
- Billions of man-hours are devoted every year to cultivating raw materials, and the production and sale of cigarettes.
- It cannot be estimated how much money is globally spent on the Medicare of those suffering from smoking-related diseases.

Deaths

100 million people lost their lives in the developed countries in the 20th century. The experts of the World Health Organization have warned that in the 21st century ONE BILLION people will die prematurely because of smoking. Every year, 5 million deaths are exclusively due to smoking. That means 1 person every 7 seconds.

Every year, smoking alone causes more deaths than the following together: AIDS, alcohol, car accidents, drug abuse (cocaine, heroin, and so on). There are 40 times more chances of someone dying of smoking than getting killed in a car accident.

Many smokers dread heavy drugs, but they haven't realized that they systematically use the most lethal narcotic ever. Actually, it wouldn't be wrong to claim that heroin is a negligible problem in terms of number of victims, compared to smoking. In England, heroin kills 700 people a year, whereas smoking 120,000!

As you can see, the consequences of smoking are not simply unpleasant; they are devastating. Still, I don't think that knowledge of all this is enough to make smokers quit. Although all smokers are aware of these consequences, and doctors, TV shows, even packets of cigarettes draw people's attention, smoking carries on. It is a common mistake of many anti-smoking campaigns to stress the devastating consequences of smoking. Yet, this is a recipe for disaster as we will see later on.

That's why you should learn the consequences of smoking, get shocked by them, just like every sensible person would feel if they realized they actually commit suicide, but prepare to focus on something else. You will soon understand what I mean.

Although knowledge of the consequences of smoking does not offer any solution, it leads us to a fair demand:

Humankind urgently needs a SOLUTION. We have to put an end to this constant human sacrifice. The destruction caused to humanity by smoking is staggering. It is by far the biggest killer of all time.

The First and Second World War had 10 and 50 million casualties, respectively. The wars that followed had another 20 million. This means 80 million people in the 20th century. Smoking only takes 20 years to kill this number of people. As population grows, and smoking is widespread all over the developing world, it will soon need only 8 years! It is the biggest disaster humankind has ever experienced!

It is impressive how easy we find it to hold a cigarette in our hand, how we let such a hardened mass criminal rule our lives. Have we lost our minds? What is it that makes smokers keep on smoking? We really must find an answer to this torturous question.

Why do we smoke?

2

Why Do We Smoke?



*Everything happens for a reason;
for every effect there is a specific cause.*

— Aristotle

This principle governs everything. For whatever happens, there are always one or more causes. If we want to neutralize or solve a problem, all we have to do is find and neutralize the causes that create it.

The question of the chapter is divided into 3 sub-queries:

1. *Why do we start smoking?*
2. *Why do we keep smoking?*
3. *Why is it so difficult to quit?*

When I was a boy, I had an insatiable curiosity about everything. I wanted to know. This curiosity wasn't the normal curiosity every child had; it was far greater and, sometimes, torturous! Let me give you an example.

Just before I turned 17, I was a devout atheist, the nightmare of the theologians at school. I often tried to convince others to stop believing in God. I just couldn't believe that someone should base their lives on something that hasn't been proved. One day, I started thinking and, as usual, my curiosity was piqued.

I needed proof, even a chair moving on its own, which would be the first axiom, through which I would prove anything to do with God. However, I had no such proof. I was down in the dumps as I had no proof that God exists or doesn't exist. I couldn't accept it. I thought I was entitled to know. In the end, I came down with acute tonsillitis, which is the most serious disease I have ever suffered from in my life. I was feverish for twenty days, shivering and aching, I couldn't eat or sleep well, and at the same time felt a constant existential depression.

At the peak of the disease, in a miserable state, fearing that my life was at risk, I got the proof I had asked for, which was stronger and more staggering than if I saw a chair move on its own...I will tell you about this at another opportunity.

I suppose you don't know many children who get sick out of curiosity...That's me. That's why I had already been smoking for 2 years, although I was a devout anti-smoker. I couldn't understand why my friends swore that this thing can't be quit, while it smelled so bad. It was the weirdest thing I'd ever seen and, as you may understand, there was no way I wouldn't try it.

I think I've already answered the first sub-query. Curiosity is a basic motive for trying smoking. Another initial motive for youngsters is to prove that they have come of age, or to make their teenage revolution. A significant role is played by the effect of the environment, that is friends and parents who smoke. However, you are not reading a book on how to avoid starting smoking addressed to youngsters. We are mainly interested in the following two sub-queries:

2. Why do we keep on smoking?
3. Why is it so hard to quit it?

Usual answers of smokers: 2) *Because we enjoy it, because it gives us consolation when we are faced with problems, it is a habit that helps us relax, we like its taste, and so on.* 3) *Because it takes a lot of effort and self-discipline, and not everyone is endowed with it.*

It may sound odd to you, but these answers are totally wrong. And If we don't know why we smoke, it's impossible to quit it. It's like a doctor trying to cure a disease without knowing what it is. Can a toothache be cured with medicine for the flu?

I will give you the answer to the 2 questions, but first I want you to promise me that you won't give up on this book, as soon as you read it. I want you to promise me this, because the answer I will give you will sound so insane that you may think that this book is not worth it, or that I am crazy.

It's the first time worldwide that this answer is given to the above questions. Various brief scientific answers have been put forward on the subject, like "I smoke because I am addicted to nicotine," and others. However, none of them is so accurate.

The real cause

I smoke because...

- a) *I DON'T like smoking.*
- b) *I believe quite the opposite: that I like it.*

In order to smoke, b) is not enough. a) must also be at work.

Mr. Suspicious: *I smoke because "I DON'T like it"? Do you by any chance mean that we don't like SOME specific cigarettes? If that's what you mean, I agree, but still...even if it's true, why should these be the cause? I think you're a little bit confused.*

Before I answer Mr. Suspicious, I have to introduce him to you. He's the one that expresses your sensible and legitimate queries. Although I sometimes find him annoying and abrupt, I really appreciate him as he gives me the opportunity to present my thoughts to you.

ANSWER: I'm not confused, and I will make things "worse" by clarifying that ALL the cigarettes you have smoked were unpleasant to you, that's why you smoked them. However, the problem (as b) says) is that you don't know it, nor do you intend to believe it.

Mr. Suspicious: *Of course I don't believe it. I may worry about the health consequences of smoking, I may have smoked cigarettes that were unpleasant, yet there is no way you can convince me that all the cigarettes I have smoked were unpleasant! Even if a) were true, that is "I don't like it," this would NOT be the reason to continue smoking, but to quit it.*

ANSWER: It would be cause to quit, only if you knew it.

Mr. Suspicious: *Apart from this, I can't accept this conviction as a "trick" or "self-suggestion" to quit smoking. I would believe it only if it were TRUE.*

ANSWER: Great! Let's go to the last (but not least) question. Many people find it hard to quit smoking even if it is a matter of life and death. Even if the previous day they had one lung surgically removed, or open-heart surgery. Let's answer the question:

— Why do I find it hard to quit smoking?

The right answer: *Because I TRY to quit it.*

Mr. Suspicious: *Just as I was expecting to hear something logical after all this, this was the last straw! You previously said that the usual answer of smokers to the question (with which I agree 100%) is that "we can't quit it because it takes a lot of effort and self-discipline that not everyone is endowed with." You claim quite the opposite!*

How can one stop smoking with no effort? We fail, even if we make a huge effort! I suspect there is some placebo kind of trick here, so that we may be convinced that it doesn't take any effort, so we will end up thinking it is easy. Are you going to...hypnotize us, as well?

ANSWER: I don't like tricks, either. I want answers. I only tell you the truth. There's no trick, and I won't hypnotize you. You will come to understand everything in a while. If you feel that the cause of smoking is difficult to understand, it is because, despite the thousands of cigarettes you have smoked, you barely know anything about smoking, apart

from its bad consequences for the health. Reading on, you will see that what you think and believe will be demolished in a most spectacular way.

I'm not trying to impress you. Unfortunately, it took me many years to understand the real cause in depth. It took me endless powers of concentration and thinking, failed attempts, and persistent study of scientific and other sources. What took me years will be mastered and understood by you in an hour's time.

As my words challenge common sense, I think it's time we got to the main topic. In order to understand the answers above, you have to learn about the secret effect of nicotine on the body. It has been mentioned in various versions, or implied in scientific studies and several books. In the next chapter, it will be presented clearly, at length and in depth, like never before.

3

The Secret Function of Nicotine



A. Introductory Knowledge

Nicotine

There is a great secret about nicotine. It is so well hidden that very few smokers and anti-smokers the world over know it. Before you learn about it, some introductory knowledge is called for.

Nicotine is a transparent oily substance, the addictive substance of tobacco. If it weren't for it, no human being would ever smoke tobacco leaves. We would see it as something strange only at the circus or among street performers, and we would wonder how they can do it, in exactly the same way we are impressed by jugglers, who breathe fire. Unfortunately, science took a long time to prove nicotine's addictive action. It was in the 80s that the first systematic detailed study was carried out to confirm that this is the addictive substance of tobacco. The tobacco industry had known and hidden this information for at least fifteen years.

Nicotine is a powerful toxin. It is the natural insecticide found in tobacco leaves, which protects the plant against various parasites. Actually, it has been used in veterinary medicine to destroy animals' external parasites, such as ticks and lice, and in rural production as an insecticide.

A drop of nicotine is more poisonous than a drop of strychnine, and three times as poisonous as a drop of arsenic. If a quantity of nicotine found in a cigarette were administered intravenously, it would kill. However, when we smoke, only a small amount of it enters our organism.

Nicotine's withdrawal symptoms, as reported by smokers, are bad mood, nervousness, muscle tension, inability to concentrate, increased appetite, and others. You don't have to quit smoking to feel these symptoms. We feel them on an everyday basis, every time we run out of cigarettes for a few hours (due to sleep, a trip, and so on). This means

that we feel them on an everyday basis, as long as we are smokers, but we don't realize them. This is because it works *subconsciously*, behind the scenes.

The 2 kinds of thinking

One of the most staggering and elucidating experiences of my life was my acquaintance with the notion of the subconscious. Up until then, I thought that it mainly worked in dreams. Still, I was wrong. Human thinking can be divided into two kinds, conscious and unconscious (subconscious). These two kinds of thinking interact and collaborate, so to speak. Let's see their main characteristics:¹

Consciousness

The conscious mind consists of everything inside of our awareness.
— S. Freud

Consciousness takes up only a small, but important, part of cognition, with which we control ourselves. It's the one we use when thinking and understanding. For example, conscious thinking is being used at the moment, while reading and understanding these lines, when talking to someone, and so forth. Acts of the conscious are the following:

- whatever causes understandable thought
- the interpretation we make of what we feel
- our moral values
- volition and will. For example, our decisiveness in quitting smoking, going on a diet, and so on
- our perception and control of our actions

What you understand every single moment of your life is consciousness, and the rest (which is a lot more) belongs to the subconscious

1. Human thinking acts as a complex, indivisible whole. However, the distinction between conscious and unconscious thinking may be a precious tool for understanding and curing behaviors and problems.

The subconscious

The subconscious is all the thought that doesn't go through conscious control. Below, I give some examples of subconscious thought.

- We walk down the street, and suddenly hear a horn. Without "thinking," we instantly realize whether the horn is meant for us or not, and we make a sharp movement, so as to avoid danger.
- The goalkeeper instinctively dives to catch the ball without thinking in the least. He doesn't calculate angles, or think how strong his legs should be, or how much he will stretch his hands. He instinctively takes a remarkable dive, and blocks a fast-moving ball.
- Walking, after learning it at an early age, takes place subconsciously. Breathing takes place subconsciously. No one ever died because they "forgot" to take a breath.
- Erotic attraction is, to a great extent, subconscious. When I see a beautiful woman, I don't have to explain why she is beautiful in order to like her. I instantly feel attracted. The (conscious) explanations for "why I find her beautiful" always follow.
- Our dream life is ruled by our uncontrollable subconscious.

The subconscious takes up almost 95% of our thought! This is where all our life experiences are stored. It acts as a tape recorder working automatically, not only without any control, but often without even being observed by consciousness. As Freud notes, if the whole of our thinking were an iceberg, then out conscious would be its tip, and the least observable subconscious would be its biggest part under the surface.

The subconscious does not choose which information to retain. It receives and stores whatever we experience. In contrast to consciousness, subconscious thinking is much more capable of processing information. To analyze and control whatever we subconsciously do every day, conscious

thought would need tremendous effort, while subconsciously they are analyzed and controlled with ease.

Example: While driving to work every morning, we feel the cool wind coming in through the window, enjoy the music, smell a tree in bloom, marvel at a neat garden, a cute child, and a beautiful woman, and speak on the phone! Can you imagine all this being undertaken only by our conscious? We would surely have a car accident. However, with the help of our subconscious, we do all this just fine! We don't need to know how we manage; we don't need to remember what you did or felt; what counts is that everything happened the right way.

IT'S FAST. The subconscious is not simply fast; it's almost automatic! Studies have shown that it acts almost 30,000 times faster than consciousness.

IT'S RIGHT. What is remarkable about the subconscious is that, although it is uncontrollable, it is usually right! It correctly assesses when we must feel scared of something dangerous, when we should feel enchanted with something pretty, when and how we have to use our subconscious skills (walking, driving, and so on). What is particularly important is the correctness of the subconscious in an emergency.

When the subconscious is WRONG...

Here's an example: A baby crawling on a big bed is likely not to stop when he or she reaches its edge, so he may fall off. Chances are, instead of learning the right "lesson," that is *"it's dangerous to take a dive in the void,"* he will learn that *"beds are dangerous."* It is a typical example of a wrong association or recording in the subconscious.

Such mistakes are not made only by small children, but by adults, as well. As you will see later on, smoking creates such wrong subconscious recordings! Whenever we consciously decide to quit smoking, our efforts are undermined by the subconscious.

But let's leave this introductory knowledge as we are in a position to unravel the great riddle that has fooled billions of smokers. This way, for the first time in our lives, we will feel strong before smoking. The time has come to learn—for the first time in your lives—why you smoke.

B. The Nicotine Secret

At this point, I want your undivided attention. What I once noticed and piqued my curiosity when I slipped back to smoking—after an attempt to quit—was the fact that, even if I had A SINGLE cigarette after several weeks of abstinence, that was ample guarantee that I would yet again become a chain smoker.

I remember that the taste of the relapse cigarette to ranged from indifferent to unpleasant. After the last puff, I felt even more of an anti-smoker than before I took a drag on it. Why, then, did that horrible-tasting cigarette ALWAYS lead me with certainty to...hundreds of others?

At first, I believed it was its nicotine that, as some scientists claim, “offers pleasure.” As I longed for that pleasure later on, I craved more cigarettes. It looked simple. Still, WHERE did that pleasure lie?

When I relapsed to smoking once again, I wanted to go deeper into it. After quite a few days of abstinence, I decided to smoke ONLY ONE cigarette, then lead my life as a non-smoker. That single cigarette would remind me of the hideous taste of tobacco, which was supposed to help me steer clear of it.

It was really unpleasant. As soon as I stubbed it out, smoking was even more “slurred” inside of me. So, I expected to keep abstaining from it with ease.

I began to monitor my condition to check what this pleasure lies in that will tempt me to have yet another cigarette. Searching for the pleasure inherent in smoking, I began to focus, not only on the very moment of smoking, but also the hours that FOLLOWED it. I was cooped up at home for a few hours, and took to watching a great comedy on TV. Nothing else bugged me. I carefully listened to myself.

Still, not only did I fail to determine what this pleasure consisted in, but actually a small IRRITATION came up that

made me pace up and down around the house. A kind of irritation I could clearly tell wasn't due to any external cause or some dark thought of mine, but actually my own body!

But...wait a minute! What I'm doing right here is search for the pleasure of smoking! What does this irritation have to do with it? What lies behind it?

In studies conducted by the tobacco industry itself that were published somewhat belatedly, I read that, for a few hours, nicotine causes a slight sense of stimulation to the nervous system experienced as "muscle tension."¹ Could it be that my nervousness was due to an invisible, DELAYED disorder caused to my nervous system by nicotine? Gradually, after I conducted more experiments, this was plain to see.

Smoking even a single cigarette after some time of abstinence does not offer any kind of pleasure; on the contrary, it brings on a sense of discomfort a while LATER!

It was the 1st tangible evidence that one main cause of smoking is that we don't like it, although I still had a long way to go. This discomfort, I called *Delayed Nicotine Irritation*.

Delayed Nicotine Irritation

I kept thinking (and smoking) and, with time, I came to realize that we get this sense of irritation, not only when we are smoking that "relapse cigarette" but also after every single cigarette. It is the unavoidable chemical effect of the nicotine on the nervous system.

4 things are true about this irritation:

It is unpleasant, that's why I call it "irritation," not generally "effect." **It does not last forever**. Fortunately, it wears off after a few hours or days. *Duration and intensity are not the same for every cigarette.* **It is unclarified**. No one can

1. The scientific researches of the tobacco industry itself provided unhelpful assistance in understanding the "secret of nicotine." They are studies that were recently publicized due to an injunction.

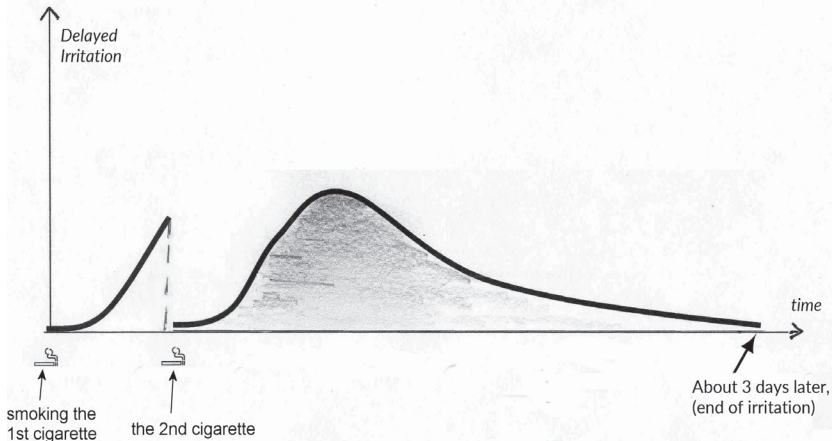
describe it with any precision, but it feels like slight stress or a sense of annoyance. I feel it like a twitch of my neck muscles, as well as a slight burning sensation in my chest that resembles hunger and hyperactivity, but still I don't think this is an accurate description. **It is mild, imperceptible**, so much so that almost no-one can sense it. We all experience it subconsciously. If you're not yet familiar with the concept of imperceptible subconscious sensation, read the following example.

THE "CRACK" EXAMPLE: Imagine it's winter, and you're inside your warm flat, while a friend of yours accidentally opens the French doors just an inch, a small crack, cooling down the room by only 2 degrees Centigrade. Of course, the room will remain warm and cosy. You won't feel the difference, unless someone in your company says, "I think it's cold in here." Just because you don't perceive it doesn't mean you don't feel it! This is pretty much how subconscious sensation works. We feel it, but we don't know it!

Everything is clear by now. Smoking a "relapse cigarette" is unpleasant in this strange way. This slight discomfort is a symptom that the organism is self-healing as it naturally gets the poison of nicotine out of its system. It's just like having a drop of washing-up liquid: we're going to experience some unpleasant symptoms for a couple of days, until our organism kicks it out.

However, nicotine does not cause any stomachache, like washing-up liquid, but it afflicts the nervous system, more specifically acetylcholine receptors. The symptoms are a sense of anxiety and muscle tension, as attested to by studies conducted by the tobacco industry itself. All this is erroneously registered by our subconscious as identical to stress! In fact, though, they are nothing but the chemical effect of nicotine on our nervous system. The real problem begins when we light the next cigarette a while later.

As is to be expected, the 2nd cigarette acts just like the first one. It forms the same irritation curve. But something remarkable occurs here. The second dose of nicotine has a strange chemical property in eliminating this sense of discomfort brought on by the previous one!



Pay attention to the steep drop in irritation, as soon as we light up the 2nd cigarette. This decrease is registered by the smoker as “pleasure” or “relaxation,” while in fact it is simply the termination of the delayed irritation caused by the previous cigarette’s nicotine.¹

Now, our subconscious is fooled twofold: 1st: Like in the first cigarette, the purely chemical irritation is construed as real stress. 2nd: The mind perceives the steep drop in irritation as “pleasure,” as soon as we light up the 2nd cigarette.

1. The irritation graph above is a tool for thought, so as to depict delayed irritation. It does not constitute scientifically proven research. After all, this kind of research could never be conducted as there is no reliable “irritation gauge,” or a safe way to tell nicotine irritation from real stress!

I think that an “irritation graph” is much more accurate than the usual “well-being graphs” I have seen in other books and videos. One of the reasons is the “current life pleasure” (that is shown to decrease, as time passes without a cigarette) is not a pure index. It constantly fluctuates due to life conditions. The same problem would face a “general discomfort” graph. However, a “nicotine irritation graph,” although it is hypothetical, and is not based on measured data, presents the essence of the topic in question.

A “gift voucher” of psychological irritation

When the nervous system is irritated by nicotine, the end result is not always stress, as I mentioned above in the story of the first cigarette. I mentioned “stress” only for reasons of brevity. It may also be ANGER, that is the opposite negative feeling of stress. It may also be a slight sense of misery or sorrow. Nicotine irritation can imitate ANY negative emotion or even sense. For example, boredom, melancholy, fear, the blues, envy, hunger, hyperactivity. Even the heat of a swelter! For instance, if we rob a smoker of their cigarettes during a swelter, they will think the heatwave is much more intense!

When, many years ago, my girlfriend dumped me, while I was trying to quit smoking, my life, under the weight of the delayed nicotine irritation, seemed to fill up with more SADNESS, since I was already sad. When I abstained from smoking just before my university exams, my life seemed to fill up with more STRESS, since I was already stressed out.

What I mean is that nicotine irritation can disguise itself as any negative thing that bothers us, thus blowing it out of proportion. In other words, it’s like receiving a “gift voucher of psychological irritation,” which we are forced to redeem, incorporating it into any negative emotion or sense that troubles us at any given time.

After a long time of smoking... 2 new mistakes!

The umpteenth cigarette has a similar effect on the nervous system as the first ones. Yet, the damage done to the subconscious takes on new dimensions. After hundreds of cigarettes, the subconscious starts to face two new serious problems.

1st mistake: Misconception of real stress

While at first smokes, we mistook the nicotine chemical irritation for real stress, now quite the reverse happens! We mistake life's real stress for the nicotine irritation! Consider how many more cigarettes smokers have when they are down in the dumps, after a quarrel, or generally after what causes them stress. Do you really believe that, when we are stressed out, a sudden magical organic change occurs in our body, making us "crave" more nicotine? Of course not! Every time we feel real stress, we THINK we want to smoke! This way, we think we're going to relax. That's what the (deceived) experience of the subconscious has taught us so far.

However, smoking can ONLY temporarily relieve us of the chemical symptoms of irritation of the previous cigarette that look like stress, not real stress! Have you ever wondered how many cigarettes you lit up, certain that they would help you chill out but they didn't? Perhaps, most of them.

2nd mistake: Misconception of real pleasure

Apart from real stress, our subconscious mistakes real pleasure for the relieving decrease in irritation offered by smoking. So, besides real stress, real happiness and life's real moments of bliss become yet another powerful motive for smoking. Most of my "smoking relapses" occurred when I was happy and carefree. I remember once, I had quit smoking for several weeks, and slipped back to it as I was enjoying myself on a wonderful Greek sandy beach. I also remember wondering:

“But I didn’t feel pressured or distressed, like in previous relapses. On the contrary, I was happy, to boot! How did I fall for it like that? Why all this craving?”

My craving was due to a lie, the cement-like connection my subconscious had made between pleasure and smoking. Every time I felt on top of the world, I recalled the “pleasure” (drop in nicotine irritation) I achieved thanks to the cigarette. Smoking somehow “hijacks” our sense of pleasure and, as a result, every time we are really happy, we have an intense memory, hence a craving for the “pleasure” (drop in irritation) offered by the cigarette.

Why the trap is invisible: The three causes that make the trap of smoking completely invisible, thus dangerous, are the following: *The time delay* of the irritation prevents the subconscious from making the right connection between cause and effect, *the similarity* between the delayed irritation and life’s real stress and *the mildness* of delayed irritation, which makes it go unnoticed by our conscious mind. This does not hold for any other heavier drug.

So, we reach the following unexpected conclusion: Could it be that smoking is purely a problem of distorted perception, that is a LIE, created and maintained by nicotine’s strange chemical properties?

The answer is YES, as you may already imagine. What smoking offers is an illusory game between zero, small, and bigger irritation. What’s more, pleasure has no place in this game. It’s like a trap with no bait, (!) but in perfect disguise. After all this, we need a good recap.

* *This is a slightly abridged version of the chapter on nicotine’s effect. I suggest that you read in the full version of the book some additional important details, interesting conclusions from other writers’ works and secret studies carried out by the tobacco industry itself regarding nicotine’s effect and the illusions it causes.*

RECAP

What mistakes does the subconscious make?

In our first cigarettes:

time ▼	what happens to us ▼	what we THINK happens to us ▼
After a while without a cigarette:	Delayed nicotine irritation. (Of a chemical origin)	<i>“Real stress, anxiety.”</i> (Gradually, it is attributed to “lack of a cigarette”)
The moment we are smoking:	The previous cigarette’s irritation wears off. (a non-smoker’s constant given!)	<i>“Real pleasure and relaxation offered by smoking, to which the non-smoker has no access”</i>

After smoking for some time: (the table above can act reversely)

what happens to us? ▼	what we THINK happens to us? ▼
Real stress Fear, anger, sadness (everyone’s life is full of them)	“I need a cigarette” <i>We say that because real stress is pretty much like nicotine irritation, which is SUCCESSFULLY (albeit temporarily) relieved by a cigarette.</i>
Real bliss (relaxation, vacations, feasts, after good news, in good company)	“I need a cigarette” We say that because real pleasure is pretty much like the relieving drop in nicotine irritation that smoking has been offering us for years. The memory of this similar “pleasure” directly induces the superficial need to smoke.

C. The second form of delayed irritation

Supposing that we go through the first days of quitting smoking, and delayed irritation is nil, while day by day the nervous system is getting stabilized towards the levels of a non-smoker. Nicotine and its metabolites have almost left the body.¹ However, one day, say the 8th or the 20th, we relapse. How can this be explained?

The main factor is always a psychological one, and is related to the illusory memories of our subconscious that come alive. Still, I always had a nagging question: Why does this happen more intensely during the 1st rather than the 2nd or the 5th month? I don't mean that it's not to be expected that relapses should occur more often during the 1st month; after all, memories of smoking are still vivid. However, I have the impression that they are much too frequent.

Why do all those experts and everyday smokers claim that the “critical period” is during the first 3-4 weeks? Why not the first 6 or 2? Why do all opinions converge towards 3-4? Is it only psychological? Is it something to do with the smoker's “vivid” memory? Could it be that there is a mysterious BODILY “BEDROCK”, like the one of delayed irritation during the first days?

The answer is YES! I called it **2nd delayed irritation of smoking**. Because of it, there are many relapses over the 2nd and 3rd week, usually among people who made it through the first “difficult” days. These relapses will be prevented by shedding light on 2nd delayed irritation.

When does it occur? How long does it last? It starts after the first days, and lasts for 3-4 weeks. It is far more delayed than the 1st delayed irritation. It contributes to the lapses that occur after the 1st week. We would say that something like an “irritation relay race” goes on. When the

1. *Nicotine Chemistry, Metabolism, Kinetics and Biomarkers*:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2953858>

nicotine irritation wears off, the 2nd one takes over. It usually reaches its peak after a week of quitting, and remains high up to the 3rd week, when it wears off for good. I called it “smoking,” not nicotine, irritation as it is not so much due to the nicotine dose as the whole recent lifestyle as a smoker.

It’s both light and imperceptible. Just like our familiar (1st) delayed irritation, it usually goes unnoticed, except for very few cases, when it is rather intense. It is so well hidden that, even if it is observed, it is underestimated, not only by the smoker himself, but also experts! There is no complete treatment of it in any therapy or book. Thus, this imperceptible discomfort is attributed to the “lack of smoking,” while in fact it is caused by smoking.

Our purpose is to bring it to the fore, like we did with the irritation of the first days, so as to easily eradicate it.

Here, I close my introduction to the 2nd delayed irritation, although I know that I have piqued your curiosity. Be patient, and I will tell you what the symptoms are, and how to easily neutralize them. For the readers of this book, the 2nd delayed irritation will not be a problem. In the chapter I have devoted to it, we will describe it, explain it, and wipe it out, thus preventing you from relapsing because of it.

For the time being, let’s forget about it, and go back to discuss the more important of the two: the (1st) delayed nicotine irritation. The one that turned us into smokers.

The phenomenon of Tolerance

The effect of nicotine on the human body is always the same, more or less. There is only one difference with the passage of time, which is called tolerance, and is found in all narcotics when they are (ab)used for a long time. As far as tolerance is concerned, there is good and bad news. Let's start with the good news.

If we smoke for a long time, there is greater tolerance of nicotine. We don't get dizzy, our heartbeats don't mount, and generally we don't feel the same discomfort that we did when we lit up our first cigarettes. Our taste is partially put to sleep, and gets used to the bitter taste of smoke in the mouth.

Let's consider the unpleasant side of tolerance now. After a few months of smoking, the cigarette can no longer fully soothe the irritation caused by the previous one! In order to feel this relief (which the mind interprets as "pleasure"), we need a more frequent intake of nicotine. Still, more nicotine causes a more intense delayed irritation...

As you can understand, if this went on without restrictions, within a few years, all smokers would smoke for as long as they are awake, that is 7 packets a day. Why is this not the case?

Because, alongside delayed irritation, there is another torture, the discomfort caused by the poisoning, not only of nicotine, but hundreds of other chemicals found in the tobacco.

Thus, most smokers stop increasing the number of the daily cigarettes when they reach about a packet a day. At this point, they feel the "balance of terror" in which delayed irritation is mitigated, and poisoning is tolerable. It is the point where you permanently feel a little deprived, but you can't smoke any more cigarettes because the discomfort caused by poisoning will be more intense.

At this stage, we begin to suspect that we are trapped, and some of us serious think of quitting. It's becoming clear that we have been fooled, although we don't know how...

We suffer on a permanent basis from a slight sense of tension, a constant worry. Increased irritation and low spirits are attributed to life's real problems or the smoker's "idiosyncrasy," while in fact nicotine stress intensifies all these feelings. You will wonder: "Where's the notion of *tolerance* in all this?"

Tolerance lies in the fact that the smoker recognizes as "normal," and TOLERATES, the increased tension he or she constantly feels. He thinks that non-smokers too feel like that, but at least he has the cigarette to fall back on, which will console and relax him! Long are the days when his body was free from daily poisoning. He doesn't remember what it feels like living without this constant irritation. He believes that the cigarette is an original pleasure that unfortunately harms the health! He thinks that, although he has harmed his health, he had some moments of pleasure and relief from stress. Truth distortion in all its grandeur.

This explains the great surprise of those who quit smoking for the first time. Although they are at times under a lot of psychological pressure, all of them marvel at the unexpected sense of well-being the relaxation, and life's joy. What non-smokers take for granted is a cause for joy for ex-smokers. This is because the latter had long forgotten about this sense of well-being

What Tolerance can teach us:

With time...

- the ACTION of the narcotic wears off...
- the REACTION of the body is getting stronger!

More specifically:

NICOTINE EFFECT > *WEARS OFF*: While in our first cigarettes it is intense (dizziness, a numbing sensation, full neutralization of the irritation caused by the previous cigarette), this effect gradually wears off. With the passage of time, we need more and more nicotine to cause the same sensation.

REACTION OF THE BODY > *INTENSIFIES*. The reaction is delayed irritation itself, which we may call “nicotine effect,” but actually it is the reaction of the body (to the nicotine). While it is imperceptible in the first cigarettes, after some time, it increases in terms of duration and intensity.

This means that delayed irritation as a **reaction** of the body *INTENSIFIES* with time, while the **action** of the external stimulus *DECREASES* in the body.

In a few words, *the body always wins!*

How to easily become happier through.. Tolerance!

On the basis of the above, the wittiest and easiest way to become happier is to achieve it as our *DELAYED REACTION* to stimuli, rather than as a *DIRECT EFFECT* of various stimuli (substances, behaviors) on us!

An example of such a pursuit of happiness is physical exercise. On the face of it, it looks like an ordeal and, indeed, this is its *ACTION*: labor, tear and wear, and discomfort. However, the (always stronger) *REACTION* of the body to the exercise is its strengthening better health, strength and a longer sense of well-being, happiness, and pleasure.

Due to Tolerance, with time, *the direct effect of exercise on the body (labor, pain) decreases, while the body's delayed reaction (euphoria, well-being, stamina) increases!* Which means that, if someone insists on exercising for a long time or throughout their lives (not all the time, respecting the rest cycles and some safety rules), then the joy offered by exercise will remain strong or become even stronger, while labor and discomfort will keep decreasing, even in heavy training sessions. Exercise is a *REAL* road to happiness.

What I said about exercise is true for other secrets of happiness, such as *work, fast, love, humility, honesty*, whose direct action may tire us out, but our delayed reaction to them is longer bliss. I will elaborate on this in a future book on how to easily attain happiness—you must not miss out on it.

Mr. Suspicious: *All this is great in theory, but why is it that we make a mess in practice?*

ANSWER: Even if you make a mess in practice, the RIGHT theory brings you back on the right track much more easily. A correct theory acts as a compass when we get lost, so that we don't waste our energy. It's important to know it, even if we don't follow it all the time.

Let's try to apply **delayed gratification**, tolerating any labor or hardship. Actually, the longer the delay (for example in labor), and the more intense the hardship (for example exercise), the bigger and more intense the reward (gratification).

Do you want more happiness? Make sure the reward you get for what you do is more and more delayed.

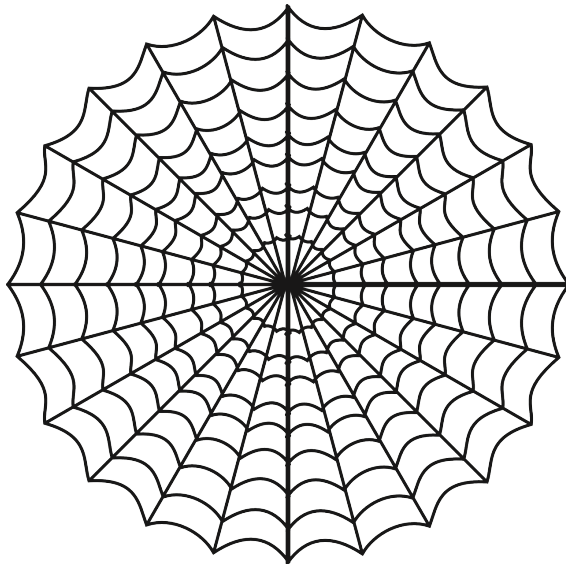
Revision—What is this secret of nicotine all about?

- *You don't need nicotine. All the discomfort you feel is DUE TO nicotine, not its lack. This discomfort gets worse as, for years, you let your subconscious make the wrong associations.*
- *No cigarette has ever given anyone any pleasure! Every sense of pleasure is an illusion created by the deceitful game of smaller and bigger irritations.*
- *When I quit, I felt a slight discomfort for a few days. As soon as I realized the secret function of nicotine, I couldn't interpret this discomfort as "lack of cigarette" anymore because I knew that it was quite the opposite: it was the result of my last cigarettes.*
- *For the first time, I realized that, all these years, **I smoked because a) I DIDN'T LIKE smoking, and b) I didn't know a).***
- *Canceling out b), now I know that I don't like smoking, and it takes strong will...to keep on smoking!*

What do YOU think of this secret? Do you find it staggering? You can't wait to see how it can help you, right? CONGRATULATIONS! YOU WIN! If you are indifferent, if you think that it's a mental trick "to make it through the quitting period," I am sorry, you LOSE. It's not a trick. It's the revelation of the truth you ignored.

In this chapter, we shed light on the invisible subconscious process that turned you into smokers. In the next one, we will round up and generalize all these observations by means of the **General Theory of Addictions**, which seeks—for the first time worldwide—to describe ALL narcotics through a definition.

General Theory of Addictions



life is beautiful

The 2 characteristics of the trap

I've always been concerned about finding the characteristics that all addictions share. Not the superficial ones we observe in drug addicts' behavior, but the deeper ones. After careful consideration, I came up with a new scientific definition of all drugs:

Drugs are traps for humans, made up of a bait and a lie.

The definition of drugs as “traps” enables us to distinguish between two CRUCIAL INGREDIENTS of these traps found in every drug:

a) The Bait. The pleasant sensation, the pleasure derived from receiving the substance (or behavior). In all drugs, this pleasure later on turns into **delayed irritation**, due to the devastating effects the substance has on our natural way of taking delight in life. Pleasure and delayed irritation are two sides of the same coin. Drug abuse without this “coin” cannot exist.

b) The Lie, the deception, the false promise the addicted believes. It is the misinterpretation of delayed irritation which is considered “lack of a drug,” while in fact it is the drug's delayed effect. The lie manifests itself and resides in various illusions and erroneous convictions. Drug abuse without lie cannot exist.

Being aware of these two fundamental INGREDIENTS, we can describe—satisfactorily, for the first time—every single drug! Consider the following interesting conclusion regarding smoking and heroin.

Smoking vs Heroin

Smoking is a drug with a minimum, almost nil, bait, but with the maximum “lie quantity”. In other words, it offers minimum pleasure (hence, minimum delayed irritation), but huge, almost absolute, deception as to what exactly happens to us. For example, even nowadays, there are smokers who think that smoking is a habit, that it helps you when you are down in dire straits, it boosts your concentration, takes the sting out of your boredom, and so on.

On the other hand, heroin has a much bigger bait, that is its use offers lots of pleasure, hence a huge, unbearable delayed irritation. Nevertheless, as a trap, it has worse disguise, which means a smaller lie quantity. We rarely come across a drug-addict who doesn’t know they’re trapped, while almost all smokers wallow in illusions and lies as to their “habit.”

To draw a picture of it, heroin can be likened to a delicious, mouth-watering cake, where you can easily see some rusty sharp hooks jutting out of it, while smoking can be compared to a humble dry piece of bread that, once you’ve tasted it, you can’t believe such a thing can trap people.

In relation to the types of traps we encounter in nature, heroin reminds me of those carnivorous plants that attract insects, using their delicious juices as bait, whereas smoking reminds me of a spider’s web that has no bait, but it is invisible as a trap and, even when it is visible, one cannot realize how sticky its material is.

Perhaps, it would be more refined (although a sweeping generalization) to define every single drug in only two words: a **False Promise**.

By the same token, heroin would be an *overtly false, huge promise*, while smoking a *covertly false, small promise*.

It seems that humankind doesn't easily swallow the bait of huge promise given by heroin or other heavy substances, for it is obviously false and nightmarish, but is easily and massively trapped in the negligible promise of a cigarette, simply because it looks absolutely true and easy to quit.

General differentiations from established views

If a scientist researching drugs and addictions were to read what I've written above, they would probably find it annoying for one particular reason. Science detests terms like "lie" and "trap." It holds that these terms are emotionally charged, not objective, not measurable, and scientifically inadmissible.

Still, I think that these terms are a one-way street for the purpose of explaining addictions. They are not emotionally charged; they are the objective, unvarnished truth right in front of our eyes. Just as a scientist notes without hesitation that "*a spider traps small insects in its web*," so too must he or she define drugs as special traps for intelligent people (human traps), which have two characteristics: BAIT and LIE (disguise).

One of the things that made me suspect that scientific research hasn't explained the phenomenon of addiction in a satisfactory way is the fact that it hasn't managed to offer sufficient help to those trapped in them.

I believe that knowledge alone of the scientific explanation of drugs (in its simple form) should offer a cure. Yet, instead of that, the explanation gets bogged down in biochemical details or observations of behavior and symptoms, which fall wide of the mark, which is the essence of the phenomenon. That's why it's no wonder it cannot help.

An extreme manifestation of the wrong path research has taken so far is the attempt to find a solution to the plague of drugs through the discovery of “magical medicines.” Of course, big pharmaceuticals have an ax to grind here. Useless medicines worth billions of dollars have been sold worldwide. Success rates of such chemical methods are pathetic.

There are eminent researchers who try to discover medicines that block the receptors of nicotine and other substances in the brain’s “pleasure centers.” Yet, discovering a “magic pill” is useless as what leads a drug addict to permanently give up drugs (especially smoking) is to wipe the LIE off his or her mind. There can’t be a pill that will have you UN-believe what you believe about smoking. As you will see in the next chapter, it is in the false convictions that the secret of easy escape from the lethal trap lies.

It is evident that, despite the thorough research conducted so far on the biological description of the phenomenon, this is not the right path towards its deep understanding. As far as drugs are concerned, if the terms “lie” and “trap” have no place in biological and psychological research, then it’s like we don’t even touch on the issue. It may also take a little bit of (subjective) philosophy or theology to explain addictions completely.

The example of gambling

Gambling is a special addiction that, once you study it, you can gain a deep understanding of drugs, in general. The lack of any substance confirms what I have already mentioned—that what all drugs share is not the external chemical intervention in the brain, but the lie and the bait, which can come from within as well, from our very thoughts. That’s why there are immaterial drugs, such as gambling, extreme erotic passion, and so forth.

The absence of a chemical substance in gambling led the science of psychiatry to the pathetic feat of acknowledging gambling as an addiction as recently as 2013!

“In the 80s, the American Psychiatric Association (APA) officially classified pathological gambling as an impulse-control disorder—a fuzzy label for a group of somewhat related illnesses that, at the time, included kleptomania, pyromania, and trichotillomania (hair-pulling).” (source: Scientific American Magazine)

With the ineffective biological approaches and inadequate definitions used, all this scandalous delay doesn’t come as a surprise. What would be a sufficient characterization of gambling as an addiction and drug is the General Theory of Addictions.

Enough with gambling, since it is not our main concern. I close with a quiz: *Can you find out what the bait and lie are in gambling?*

The answer is in my new book, **WINNER**, which helps those addicted to gambling to escape the trap easily. If you are systematic players of lucky games, I wholeheartedly recommend that you obtain it. This book can easily turn you into real Winners.

General Theory of Addictions (2nd part)

— *What is the purpose of drugs?*

Answer: To convince us that life is not beautiful.

— *What is the ultimate goal of drugs?*

Answer: To lead us to commit suicide, hate life, and willingly denounce it. I also believe that, supposing that drugs represent some malicious force, then they are the medium (this force is allowed to use in the world of trial we live in), so as to make us believe *life is not beautiful*.

Usual Process:

- Offer of a bait, a promise for a better life. Instead of enjoying a better life through our decisions, thoughts, actions, and work, we get a promise for direct access to a better life, cut off from the broader natural circle that involves effort, labor, pain, and boredom.
- In the case of heroin, the bait is huge and enticing, which is what makes the trap visible, and the prospective victims suspicious. In the case of smoking, the bait is almost null, but the trap completely invisible.
- After a little while, life is not any better, and the promise turns out to be a phony one. Still, we are already trapped, so that life is really much worse without the substance.
- After a long time, life is miserable with the substance, and HELL without it. The trapped one starts to believe that life, in general, is pathetic, which is an absolute illusion among the ones brought on by drugs.
- Hard drugs (if they manage to snare us) can more easily get us to absolute, constant despair, which has as a result animosity towards life, and suicidal thoughts as the only way out. Smoking, can trigger and boost animosity towards life, as well as suicidal thoughts, only if they already exist.

It seems that all kinds of drugs are traps for free people, and their ultimate goal is willing denial of life. That's why there is no anti-drug mentality greater than saying and feeling that "*life is beautiful!*" of and in itself, without the crutches of substances, gambling, or passionate love. There is only one emotion that automatically puts this wonderful mentality into practice. It is the feeling of **gratitude** to which we will refer at another opportunity.

I think that every drug is a representative of the devil we all hide deep inside. I don't mean we are possessed or something. I only mean our propensity towards evil, the urge to deviate lying in all human beings, and leading to lesser or greater harm.

Philosophical Overtones. The source of my inspiration to come up with the idea of the two components found in every narcotic was the myth of Genesis. Mind you I said "myth," not "lie." A myth may never have occurred, but it teaches truth in an elegant and direct way. I believe that our world looks like a beautiful garden that, for some reason, apart from the precious trees, also has some that mislead us, having as a bait a tasty fruit that is accompanied with a fake promise of self-deification. It seems that we live in a world that is neither perfect nor bad. It is certainly a world of trial. Our life is nothing but a drop of time in eternity. A drop that is so decisive in claiming eternal life.

Still, I think I've gone too deep into this, and I will start losing my readers! That's why I will go back to things that we can all agree on, after I make the following clarification:

Clarification for atheists. You don't need to believe in God in order to follow my train of thought. Instead of "God," you can use "nature" or "the universe." Instead of "devil" or "evil," you can use the term "deviation from the norm." I make these clarifications as I hold the atheist point of view in high regard. You see, I was a devout atheist, until I had a dream experience that changed me completely (in a painful way).

After this clarification, I carry on where I left off.

The most wondrous common characteristic of narcotics:

Every narcotic steals away EXACTLY what it promises to offer.

Not quite; EXACTLY. Consider the examples:

- Heroin and other heavy substances, after a while, destroy our natural ability to feel joy.
- Anabolics (narcotics, as well) ruin our ability to feel confidence, masculinity, and strength.
- Gambling promises wealth without labor, but it finally steals away the wealth gained...through hard work!
- Smoking is a more complex case, but every “advantage” it has is easily demystified, and ends up being what it steals away from us.

Based on what you have read so far, you have learned how exactly you were trapped, and you have seen what still holds you captive. Sweet freedom is closer than ever. You could easily quit it once and for all, but I want to ask for a favor

Keep smoking!

We are going to make quitting even easier. Or rather...

Why should it just be easy? We’ll make it fascinating!

However, before the final blow to smoking, allow me to make a short digression, so that we will get rid of the “trash solutions” that fooled millions of smokers in the past, perhaps you too.

5

The Most Failed “Solutions”



Light smoking is a “solution” recommended by the tobacco industry. Realizing the devastating consequences for the health, many people choose to smoke lightly as a way to find solution to the problem. This way, they allay:

- their fear of the health consequences.
- their fear of parting with smoking for good.

Although this idea sounds reasonable, we will prove that it is yet another devious trap of the tobacco industry in which countless smokers have fallen. Below, we will consider light smoking in all its versions.

Light cigarettes

The rationale is that, by smoking cigarettes with low amounts of tar and nicotine, you reduce the harmful effects. However, no one smokes out of “habit” or because of the movement of the hands, but due to the nicotine. If someone is addicted to an X amount of nicotine on a daily basis, they will have it, no matter what! For this reason, it does not come as a surprise that the results of studies on “lights” say briefly: *“Those who chose lights to replace heavier brands unwittingly drew more heavily on them. Besides, there was the tendency to increase the number of cigarettes daily.”*

The end result was that they kept receiving the same or, sometimes, even greater amounts of the harmful substances.

Predicted and actual nicotine intake per cigarette

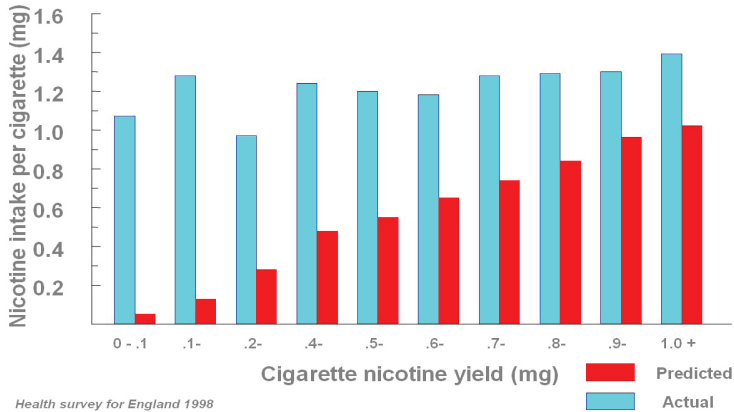


Image: The above graph has come out of the scientific research on “lights.” You can draw your own conclusions!

Because of lights, many smokers wasted a lot of time and effort, instead of trying to escape this trap. For the tobacco industry, it was the PERFECT DEFENSE against the pressure they received in the 70s, when the devastating consequences of their product began to make the rounds. It is a case of deceit. They have been made to fool the cigarette testing machines. These machines do not draw lightly or heavily on the cigarettes, when trying lights. That’s why they show reduced amounts of tar and nicotine.



One of the most extreme ruses used by the tobacco industry in the past is the “ventilation holes” in the stubs that reduce the amount of smoke that ends up inside the spout of the cigarette testing device. Yet, when someone smokes these cigarettes, these holes are closed by their fingers!

* **Clarification:** Just because I say all this doesn’t mean I’m against light cigarettes. It’s better if you prefer them. What I’m saying is that they do not have as few consequences as you think and, of course, they cannot be “a transitional stage” in quitting smoking. They are probably good choices for those who want to keep smoking, not for those who intend to quit.

Gradual decrease

It is a “solution” many people resort to when they are torn between the fear of quitting, and the fear of the health consequences. However, studies have proven that those who smoke a few cigarettes a day do not enjoy any substantial decrease in these harmful consequences in relation to heavy smokers. To put it more simply: he who smokes 5 cigarettes a day, in relation to the one who smoke (4X5=) 20 a day does not get 1/4 of health damage! He is subjected to fewer consequences, in relation to the heavy smoker, but certainly more than we all might think.



Do not forget that even the “lightest” smokers, passive ones, are wiped out in hordes every year due to cigarettes they didn’t even smoke! But let’s consider the issue in relation to what we have learned so far.

It is foolish of someone to endure the nicotine irritation all day, just for the sake of the “joy” that will relieve it at night (or another time) with their few cigarettes. It is a nightmare. The end result is that they constantly live with the chemical stress of nicotine.

Of course, a small number of cigarettes amplify the illusion that they are pleasurable. Very few people can endure the insanity of “5 cigarettes a day.” We go through this transitional stage only when we start smoking. In order to have a constant intake of nicotine in the bloodstream, it takes about 20 cigarettes a day, that’s why most smokers end up smoking this number of cigarettes.

I could work for the tobacco industry, offering them the most irresistible recipe for making their products more “lovable.” It’s simple:

Dear tobacco industrialists, advertise the graduate decrease

in cigarettes smoked by the client on a daily basis (purportedly for his / her own good). This way, bodily addiction to nicotine would slightly drop, which is a PETTY obstacle to quitting, and the illusion that “the smoker is deprived of something valuable” would be amplified, which is the HUGE, obstacle. I would suggest that tobacco industrialists should launch an advertising campaign with a generous subsidy that would have the main slogan (full of lies):

*“Quit smoking **to save your health**. Those of you who cannot kick this bad **habit** can, at least, **quit gradually** by vaping or by reducing the number of cigarettes you have every day, or the nicotine they contain.”*

I am not being ironic. I mean it. Such a campaign would bring about a significant increase in smoking rates and the respective profits “sensitized” tobacco industrialists rake in.

Occasional smoking

We have envied them; we have dreamed of becoming like them. We all wonder how it is that some people can smoke only 5-6 cigarettes a week or a month, only on special occasions (bank holidays, feasts etc.). It would be great if we could be like them...or wouldn't it?

He who has been smoking on and off for years, without ever becoming a systematic smoker, does avoid many of tobacco's harmful consequences. However, he is also pitiable for the following reasons:

First, he does not derive any particular pleasure from these few cigarettes he smokes on and off as the first cigarettes do not taste good, nor do they alleviate delayed irritation. Failing to relieve any sense of deprivation, these cigarettes serve no purpose. Someone simply smokes them to “keep them company,” or because they think that they give some meaning to the moment. Still, they simply make the moment unhealthy.

Actually, they bring on—for the following hours or days—a slight irritation that, although it goes unnoticed, is real. The 5 cigarettes a month taste the same as the 1st cigarette in one’s life. People who have kept their habit “in check” for many years, without becoming systematic smokers, are a rarity. We don’t know if their unusual resistance is due to a biological or psychological factor.

The existence of these very few occasional smokers is very harmful to the mind of the vast majority, who labor under the misconception that they “can do the same.” They seek (in vain) to become occasional smokers, and waste energy they would normally spend, seriously attempting to quit. As we said, what they envy is something foolish.

If you wish to mimic those few people who smoke only on special occasions, you will soon see that these “special occasions” will multiply, and realize that you wasted your time.

IGNORE all those few people who go about touting proudly that they smoke only occasionally. After all, many of them are in a transitional stage (which sometimes lasts for years), until they become systematic slaves.

Electronic cigarette



It offers nothing in the way of quitting. You keep being trapped. Most of those who try them don't like them, and go back to their normal cigarettes. It's yet another deception on the part of the tobacco industry. Those who buy electronic cigarettes are divided into 2 categories:

Those who have decided to keep smoking for the rest of their lives—and that's a wise decision, since it contains fewer harmful substances. Of course, I wouldn't characterize this as particularly clever to have decided to smoke over the following years, but still, no matter how naive, it's a smart transition to electronic cigarettes.

The 2nd category is comprised of even more naive people, the losers of the electronic cigarette. It's those who want to quit smoking, and use the electronic cigarette as a means of achieving this goal. This way, though, they sacrifice all their anti-smoking impetus and pent-up indignation at the harmful effects of smoking to go to something that 80% of smokers leave to slide back to normal cigarettes, according to recent statistics...

Every smoker, sooner or later, realizes that electronic cigarettes does not offer the same sensation as normal ones. When someone goes back to normal cigarettes, they realize that they are far worse off than they were before, plus the fact that they have sacrificed their determination, and wasted their time.

Time and again, I have tried electronic cigarettes, and know for sure that it CANNOT be a way of quitting smoking. But I needn't have tried it. Two simple questions reveal everything.

1) If what we seek is nicotine, why not receive it through a gum or a small patch? It would be the same thing. However, apart from their low success rates in relation to QS, nicotine gums and patches are lousy substitutes for smoking. Of course, Mr. Suspicious would say: *“Yes, but the thing is the movement of the hands, the image of the cigarette, the smoke coming out of the mouth, the whole ritual of smoking...”* And I answer:

2) If what we seek is the “ritual” of smoking, then *Herbal cigarettes*, which have been around for decades, and are normal “burning” cigarettes, with various nicotine-free herbs, would be selling like hot cakes! They are cigarettes scented with lots of tastes and flavors that produce loads of smoke, and they are not plastic, like the electronic ones, but identical to normal cigarettes. Still, no one goes for them. When they too were once touted as a “solution” for those who wanted to quit smoking, sooner or later, they were abandoned by every smoker who tried them! *Why?*

There is a simple reason for this. If there is no nicotine to relieve the delayed irritation of the previous dose of nicotine, then every herbal cigarette has a taste similar to that of the first cigarette someone smokes in their life, that is a foul one.

The electronic cigarette has developed into a temporary solution to help someone deal with their feelings of guilt

over the fact they are committing suicide in slow motion. A “solution” that, in relation to herbal cigarettes, lasts a bit longer, because it contains nicotine.

However, nicotine, apart from the fact that it does not offer any real pleasure, has another problem. It has been proven to cause cancer, and lead to hair loss. It’s not just one of the 4,000 poisons of cigarette (most of them are just traces), but rather one of its main ones. A new research suggests that vaping with devices turned to a “high voltage” can actually produce more of one harmful chemical—formaldehyde—than is found in normal cigarettes.¹

Medicine

It’s not the tobacco industry that recommends “solutions,” like light smoking. The pharmaceutical industry too has its own “solution.” It is **nicotine replacement therapy** (patches, gums, and so on). Success rates are very low, and often make the situation even worse, due to their side effects. Even the whole idea that you will wean yourself from nicotine if you take it in the form of a patch or gum, instead of inhaling it, is naive and preposterous.

It is also a bad idea to take other medicines that do not contain any nicotine as they too have side effects, they are expensive, and guarantee no success in the long run.

Medicines seek to do one thing: Fight the nicotine’s delayed irritation, so that there will be no bodily symptoms. I will repeat, though, that this is the most trivial problem the smoker has to deal with. They are also based on the idea that smoking is a habit, visual and kinetic (the movement of the hands, the packet, the image of the cigarettes). The rationale goes like that: *“If I quit for some time through the use*

1. Source: <https://qz.com/331412/new-research-has-found-that-e-cigarettes-could-release-15-times-more-formaldehyde-than-tobacco/>

of medicines, I will kick the habit.” Of course, this is a fallacy because, smoking is not a bad habit, but a human trap.¹

The truth is, I made a digression to show you some “trash solutions” recommended to the desperate smoker by various conmen or naive people. Before I provide you with the real solution, I wanted to get rid of all these phony solutions.

After the following chapter, nothing will be the same for you.

1. In the full version of the book, read an additional section of this chapter entitled: “The 3 bedfellows of the cigarette,” which was omitted in this digital book for the sake of brevity.

Afterword

About the Effortless Way

This is the end of the first part of the book, “The Effortless Way to Stop Smoking.” If what you have read so far was a description of the prison of smoking, the next part will show you how to easily escape, more easily than you can imagine.

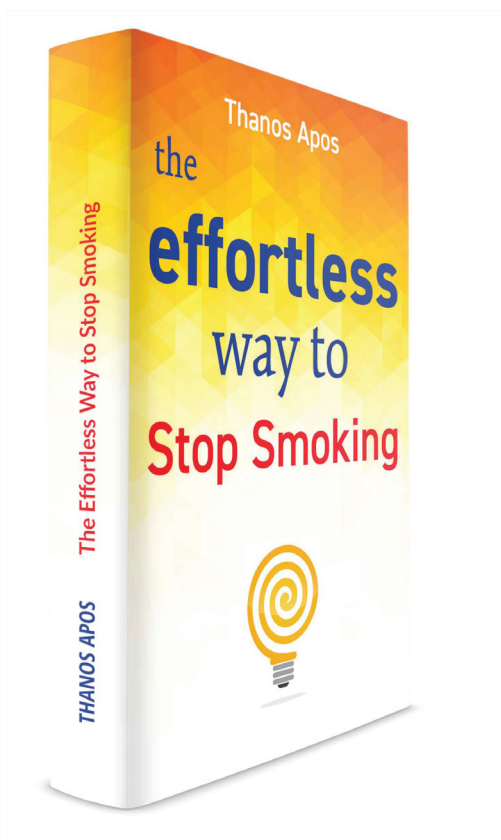
What you have read so far is a small part of the assistance you will get from the full edition of the book. I haven’t yet told you the more staggering secrets to the easy and, mainly, permanent quitting of smoking. If you are smokers, the full book will probably be the best investment you have made in your lives.

Although I highly recommend that you get hold of the full edition, what you are already holding is complete. I didn’t just want to provide you with a few pages full of promises but no content, like I see in other “samples” of books. Before this book found a place in your library, I would like to prove it’s worth it beyond a shadow of a doubt.

Those of you who will give a try only with the help of this book bear in mind that: *Even one cigarette is enough to make you smokers again.* There is no such thing as “an hour’s smoking” or “a night’s smoking” as for every dose of nicotine there follows a short irritation, which ALWAYS makes us smokers, and cancels out our efforts.

You have my blessings for good luck!

I am glad to have received thousands of messages from former smokers, who told me that they easily quit just by reading this first part. However, if you want to shield yourselves against the big enemy that lurks—relapse—, I wholeheartedly urge you to read the second part, as well, as it contains all the necessary information in order to escape for good.



[Buy the Full Book!](#)

Other ways you can help:

I will offer everybody the whole book for free in the future, after I manage to fund its expensive translations and, the anti-smoking campaign based on it. In poor Greece where I live, finding funds is top priority right now, so that its message will spread to as many people as possible.

Since there is no advertisement or commercial, **satisfied readers** are the ONLY tool this book has of making the rounds. Smoking is going to claim 1 billion lives in the 21st century. I can't do anything about this scandal of human sacrifice alone.

Together, we can do a lot.

That's why I ask you to devote a few minutes to sending this free ebook to those friends you believe to be interested, and speak about it on forums and social networks. For every minute you devote, I express my gratitude.

Towards publishers and translators: Are you interested to publish or translate the book into your own language? Go to this [link](#).

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* **skeftomai** (is pronounced *skeftome*) in Greek means “I am thinking”

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