



## **“QUITTING SMOKING IS NOT EASY - IT'S EFFORTLESS”**

By: Gary Cifra Date: July 20, 2012

Quitting smoking is not easy - it's effortless. I know I lost a lot of readers with this sentence, especially smokers. That may make things a little easier. Trying to quit smoking is not easy. It is so difficult that it almost always ends in failure.

My advice? Don't even try it.

There are certain things that I just do not do.

I do not cheat on my wife.

I do not steal from people.

I do not eat the flesh of any dead animals - cows, pigs, dogs or birds. I do not share any aspect of my sexuality with children or teenagers. No off-color jokes, innuendos, double-entendres.

I do not smoke cigarettes.

I do not wake up in the morning struggling with any of these things. I never have urges to do any of these things. What is the point of having urges to do things that you cannot do that are off-limits? You may have and probably have a different list of things you do not do. Figure out your list and put it in a mental garbage can.

I used to be an actual garbage man for a private sanitation company. My wife gets grossed out when I speak about my memories of the putrid scents that emanated from some of the worst garbage cans ever on my old job. The horror of those garbage can memories pale when opening the lid of my mental garbage can. Yuck! If your can is as nasty as mine, keep the lid on it and stay away from it. A carton of my favorite cigarettes has been rotting away in that can for the last 20 years.

In my mental garbage can are the things I never do under any circumstances. I do not wake up in the morning and struggle with any of them. It IS absolutely effortless. I'm sure you have your own list of things that you never, ever do. Put cigarette smoking into this garbage can of activities you never do under ANY circumstances. My stepfather quit smoking this way back in 1952 and he told me it was absolutely effortless. I explained this method to a friend who quit smoking with the same results...absolutely effortless.

I guarantee if you do this the way I've described you will not smoke again and you'll never feel the urge to smoke or experience any of the difficulty you have in your head about smoking. I look forward to hearing about your success with this program. Actually, I sort of look forward to someone coming up to me and saying, "I tried it but it

didn't work." Well of course it didn't work. TRYING to do something has a default failure option. If you try really, really, really hard you then have three options for failure. In Star Wars Episode 2 "The Empire Strikes Back" there is a line in which Yoda says: "Do or do not. There is no try."

In 1972 I had been smoking for five years. I started smoking in high school. Every morning my mother would give me 25 cents for lunch. I stopped in a small liquor store on the way to school and bought a pack of Camels for 25 cents. It had really cool artwork, and I figured when people saw me smoking non-filter cigarettes, they would think "boy, that kid seems very mature for his age". Good thinking, Gary! Now at age 63, when I see a youngster smoking, I think back on myself as a 17-year old smoker and a Bugs Bunny cartoon comes to mind: "boy, what a maroon".

When I was a teenager, I asked my dad why he smoked. He said, "it calms my nerves". As a youth, I just accepted this and forgot about it. Looking back, I think, "what nerves"? He wasn't a cop, or a fireman, he was a maintenance worker. In 1970, my dad died of a heart attack at age 55. I put much of the blame on the cigarettes he smoked.

Recently, a law was proposed that would have added an additional \$1 tax to a pack of cigarettes to raise funds for cancer research. Research?! You've got to be kidding! Are people still buying the fallacy of a "cancer cure around the corner"? When the "cure" is available, will they go back to smoking again safely? I voted against the tax. I have no problem with adding \$1 to a pack, but I believe the funds should be used to raise public awareness by increasing the rotation of those powerful public service announcements which show former smokers with permanent holes in their throats. Better yet, use the public funds generated by the tobacco tax to recruit young amateur filmmakers to produce anti-smoking campaigns for TV and social media (YouTube, FaceBook, etc.), aimed at the youth market, designed to make young smokers feel ashamed and embarrassed by what they're doing. Call it brainwashing or propaganda if you will, with the goal of a healthier society.

After writing this, I've been told by many people, "well, Gary, you're so strong – it's easier for you". I guess I'm strong because I used to be a rock climber and iron worker, and have survived over 20 years of progressive Multiple Sclerosis. Another response from this article has been, "everybody is not the same – we're all different".

Well, whether you're strong, weak or in-between, the main thing is, you have to WANT to quit smoking. If you don't want to, it probably won't work. My cousin Jimmy, after smoking for over 20 years, quit cold turkey. Even though he didn't read this blog, he had the same results that I guarantee here. He says the notion that quitting smoking is difficult is a big lie. I was recently in the hospital, and one of the nurses told me her husband had quit cold turkey, and had the same positive results. He said it was easy. I believe that it doesn't have much to do with your discipline or your strength, it mostly has to do with your commitment.

In the late 1970's I'd become severely addicted to cocaine. In 1978 I only missed 2 days without using cocaine, because I didn't have any. For at least a year or so, I vowed to myself every night that I wouldn't use cocaine the next day, or at least hold off using it until noon. I failed to quit everyday. It never occurred to me to say "I'm going to quit forever", though. Then, one day, I was arrested and put in jail. I spent 45 days there, and not once did I think "I wish I had some cocaine". It wasn't an option, because they don't have cocaine in jail.

In 1972 I had been reading a book by Carlos Castaneda about the Mexican mystic Don Juan. It was the second book of the series. After reading it, I thought about all the reasons I like to smoke and the reasons why I wanted to quit. I even took a cigarette apart and ate part of it. I made the decision that I would move it to the garbage can and no longer smoke. No options for failure. None! It's over. To paraphrase the great Indian leader, Sitting Bull: "I will smoke no more forever". I set a half a pack of cigarettes on the shelf and made up my mind not to smoke one or even have a puff, even though my wife still smoked. And I never did. Nor did I ever want to.. I think many people are afraid of this. They think if they quit they'll be beset by powerful urges luring you back to this horrible disgusting habit. I think it's mental chicanery thickets ascender this smelly practice. If you quit with absolutely no options for failure, the trickery they keep you smoking goes away.

Remember – to quit smoking with no option for failure, just quit smoking forever. Don't try to do it – there is no try. Just do it. This method is 100% guaranteed...painless...works in minutes...works every time...cannot fail.

Congratulations. Your smoking days are over. Period. End of story. Go about your business and smoke no more forever!