

# You Are the Door

*Get out of your smoking room and claim your healthy life now.* Think of the times you wanted to quit smoking and tried those quit smoking products.

Imagine what you were thinking then, when you relied on these anti-smoking products rather than your own ingenuity and strength.

Now, imagine reversing the roles. Go up to the counter at the pharmacy and purchase your ‘own will.’

Imagine now following all the tips and wisdom shared in this book and applying “your will.” Your will is the best quit-smoking product you have ever used.

See yourself as you imagine, using ‘your will’ in a strong powerful manner, leveraging all the self motivation that you have learned and all your wisdom to succeed this time.

Imagine you will be healthy forever, free from the forces of smoking, after you have finished reading this book.

Now see yourself on a journey in which you leave behind your cigarettes forever. Watch yourself drop those lighters, ash trays and even those buddies who you used to smoke with together.

Imagine how much lighter this journey becomes without all those cumbersome needs to constantly light up cigarettes and smoke.

Feel and taste the fresh air in your nostrils. From now on, encourage clean air to enter your lungs and make it difficult for cigarette smoke to enter your lungs.

Be proud of your lungs and consider your lungs precious. They are your only pair.

*You are the door out. You can easily quit in a heartbeat!*

Book Resource Centre ([www.sciencequitsmoking.com](http://www.sciencequitsmoking.com))