

After 42 years you can quit

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**After 42 years you can quit**

**By J Shipper**

Why and how you should quit smoking

53 years ago I had a friend and she was a girl.(not an official Girlfriend).

Her mom smoked and worked during the day so daughter used to pinch her smokes and shared them with me. Both my parents smoked as well.

So off and on I got used to smoking; my smoking got a real boost when I became a sailor at the age of 17, because you could buy cigarettes tax-free when you were outside territorial waters.

Over time I started smoking more and more cigarettes and had to get up a couple of times a night to have another nicotine fix.

Life without cigarettes was just not imaginable.

Going on an airline trip was sheer torture because I could not smoke for a couple of hours.

We flew to Singapore once and I had a couple of smokes in the washroom in spite of the fact that airplanes were already putting people in jail for smoking.

Over the years half of my mom's family died of lung cancer.

My dad's only sibling died of lung cancer.

My mom died of a brain tumor-she used to be a heavy smoker.

My dad got lung cancer.

After he got lung cancer he visited me; he was a pathetic skin over bones man now, wearing a corduroy suit, BUT STILL SMOKING IN MY GARAGE.

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My brother's wife has breast cancer; my brother still smokes cigars.

I started having coughing spells at night and the vision in my left eye was deteriorating.

Me quitting smoking? Impossible– I have no willpower.

Because I knew I could not quit I never even bothered to buy Nicorette or any other stuff.

So after a whole lifetime of smoking I was going to die of lung cancer too.

BUT WAIT: the story is not finished yet.

On September 4, 2002 I was in Calgary browsing in a bookstore called Brown and Noble and a book jumped out at me.

The book was called "How to stop smoking" and had 385 pages in it.

I glanced at the first couple of pages where the author boasted that this book was the only way to quit smoking without any withdrawal symptoms or without the Patch.

I bought the book because I was curious as to what you could write 385 pages about how to quit smoking.

It took me 9 days to read the book.

On September 13, 2002 at 3 PM I took my last drag and exhaled it through a Kleenex.

That was my last cigarette. I have never even thought about smoking. People can smoke around me and I don't give it a thought.

The book changes your Mindset.

The book is called "How to stop smoking" by Allan Carr, a British Accountant and is not available in the United States.

I no longer cough at night and the vision in my left eye is fine now.

J Shipper

<http://www.youwillquit.com>

<http://www.life-extension-now.com>

**How Two Powerful Words Can Guarantee You Success**

**By Al Martinovic**

How Two Powerful Words Can Guarantee You Success By Al Martinovic

I see it happen all too often on the internet including the programs I am involved with. It's a disease called quit-itis.

You know what I'm talking about. It's when you join a program and if you don't make any money within the first couple of weeks you say this program is crap!

Then you quit and join another program hoping this will be the one to make you the quick millions only to find that this program is crap too. And the process keeps repeating itself over and over again.

Quit-itis... it's an epidemic on the internet. Are you guilty of it?

Winners never quit. Quitters never win.

I am going to share with you a powerful secret that most marketing gurus won't reveal to you!

Did you know that there are only two words you need to know to make you money on the internet?

Never quit!

That's right.... Read those two words to yourself over and over again. After you're done... read those two words again! It's that important!

But some people just don't get it.

Geez... I am not making any money after one month so I am quitting this program.

One month?!? Is that all you give it?

Would you buy a McDonald's franchise and then quit because it didn't make you money after one month?

When you learned how to ride a bicycle... did you quit?

When you learned how to drive a car.... did you quit?

When you learned how to use a computer... did you quit?

You kept working at it until you knew at least the basics of how to do it.

Why can't people do the same with their internet business?

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Are you starting to understand now? How ridiculous it is to quit?

Once you get this basic concept embedded into your brain, you are half way home.

Winners never quit. Quitters never win.

You have to give any program you are associated with at minimum one year and at maximum 3–5 years to make any sizeable money.

If you jump from program to program, you will never see any money.

Quit–itis... it's a disease that needs to be stamped out on the internet.

There is just way too much hype out there and everyone expects to make money over night and I am here to tell you it just won't happen like that.

You will make money... but it will take time and it will take some work. Those that put in the time and the work necessary will be rewarded.

Those that don't will not. That's the true secret of internet marketing.

Winners never quit. Quitters never win.

Al Martinovic is the publisher of the Millenium Marketers Newsletter which helps ordinary people like yourself achieve extraordinary things. Subscribe Today and get 2 FR^E bonuses.

<http://www.milleniummarketers.com>

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