

The SURGE of the URGE!

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**The SURGE of the URGE!**

**By Stanley J. Leffew**

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Have you ever heard the expression, "The Urge to Merge"?

It is a term relating to sexuality and marriage. The "URGE" symbolizes sexual interest, and the "MERGE" symbolizes marriage union.

We see it all around us!

Late night TV bombards us with sexual images and sensual content. Commercials that have nothing to do with sex use a sensual foundation to market to the masses. More than ever in history our minds seem to be more interested in the sex-drive channel than in channeling the sex-drive.

We call this, "The SURGE of the URGE".

Let's travel back in time about sixty years before we became so technologically advanced and started opening up the bedroom door for anyone with an appetite and "prying eyes". Many of the older generation know of what time I speak! Back when some things were still considered sacred and "The SURGE of the URGE" was yet in the future.

It used to be that life was about marriage and family principles. It used to be that faith and family were the criteria for determining life success. In other words, it was about the "MERGE". Family and relationship building principles for living was the norm.

Then came The Beatles, Elvis, Rock-and-Roll and yes, Hugh Hefner and Playboy.

Gradually our society began to shift its thinking and embrace a mindset for the "URGE" itself. The sexual revolution stepped onto the horizon, and "The SURGE of the URGE" was born and became the focus.

## The SURGE of the URGE!

Sadly, and to our demise I might add, the "MERGE" has been placed on the shelf and in many cases mocked and ridiculed.

For over fifty years now we have been a world dominated with a fascination for the "URGE".

Playboy, Penthouse, Hustler, Strip Clubs, Porn Movies, Girls Gone Wild, Spring Break, Wild On, etc. The Music Industry lyrics display this same "URGE" mentality and, of course, let's not forget the recent Halftime Super Bowl antics.

We even went through a time in recent history where the "URGE" became the main topic of conversation surrounding the Presidency of the United States.

Maybe, instead of just enacting and enforcing laws and high-dollar fines...maybe, instead of just issues

of censorship...maybe, instead of just battling it out in the boardroom and courtroom...maybe we should do something so foreign as to go back to the shelf, dust off the idea that marriage and family life is where it's really at and get our focus back on the importance of the "MERGE".

Being wanted for a "Night of a Lifetime" can never fully satisfy, fulfill or replace the greatest longing of our hearts for being wanted for a "Lifetime of Nights".

Let's all consider taking the "MERGE" down from the shelf. Marriage and family life will always play the greatest role in our civilization.

The greatest gift we will ever give the world is a stable home.

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by Stanley J. Leffew

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Stanley J. Leffew is the Author of, "How To Be Wanted For a Lifetime of Nights and Not Just a Night of a Lifetime". His website is based on this same theme. His site's intriguing Newsletter, "Sugar For My Coffee", takes its readers into a make-believe Coffee Shop for life and relationship empowerment. The Coffee Shop is OPEN at

## **7 Proven Ways to Resist the Urge to Smoke**

**By Arina Nikitina**

When you decide to stop smoking the most difficult part is to resist the urges. It doesn't matter that

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each craving lasts only 3–5 minutes. It's still the whole 5 minutes to battle with your willpower! These 7 tips will help you to resist the urge to smoke one urge at a time.

### 1. Remind Yourself Why You Quit

Every time you experience a craving remind yourself why you quit. It's the excellent idea to take a blank index card and list all the reasons why you decided to quit smoking. List as many as you can, the more the better. If necessary, take the second index card. Carry them with you all the time. Every time you feel the urge to smoke take the index card and slowly read all your reasons why you decided to stop. After you finish reading your urge will pass! (If not, read them one more time or come up with more reasons.)

### 2. Reward Yourself.

Make it a habit to reward yourself at the end of each nonsmoking week. Think of something you want (it doesn't have to be something expensive, a nice home made meal or hot bath will work). Take the index card and write down what would you give yourself at the end of the week. When the urge comes take a look at the index card with your reward. Isn't it worth coping for 3 minutes? :)

### 3. Be prepared for your urges!

Get yourself prepared for the urge to smoke in advance. In most cases something triggers the craving (certain feelings, people, or places). You have to know what triggers the urge.

Lets do a really quick exercise. Take a blank piece of paper and divide it into 2 columns. On the one side list your triggers (like "stuck in traffic", "drinking morning coffee", "arguing with colleague"... ) and in the second column write down the alternative course of action.

For example, instead of smoking while drinking your morning coffee you could read a newspaper. Instead of smoking after the hot argument with your colleague you can take a walk around a block or write down everything you think about this person, then tier this piece of paper in shreds and throw it away. Don't be lazy, write it down! This exercise really works!

### 4. Call your friend.

This method works great. Call someone who can support you, who can talk with you for a couple of minutes. You can call your nonsmoking friend, or someone who's trying to quit smoking too.

### 5. Distract yourself with a quick task.

Think of a small task you have to do, something what would take you 5–10 minutes. Make a call, send a fax, make yourself a cup of coffee, water the plant in your office. Anything! Your task is to distract yourself until the urge will pass. (Hint: Try to find activity that makes smoking impossible!)

### 6. Drink a Glass of Water.

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Take a glass of water and drink it with a straw. First of all having something in your mouth to chew on will help, second it will take you a couple of minutes to drink the whole glass and the urge will pass. Plus, don't forget that you're supposed to drink 8 glasses of water every day!

### 7. Power Tip.

That's the disgusting one, but it often works. Print a small picture of smoker's lungs (you can find one here:

) and put it somewhere in your wallet. I

know the view is not pretty, but something like this can stop you dead on your track from lighting up. Take a look! Really! THIS could be your lungs! You love yourself, and you respect your body. Why harm yourself?

Arina is the owner of

– the website where you can learn how to Quit

Smoking - for life – without patches, pills and gums! Fully guaranteed by one of the most trusted entrepreneurs on the Internet (and a former 39–year smoker who quit by using this very program)!

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