

# The Cheat to Quit Smoking 2.0 By Jeremiah Say

It is time we give nicotine bully a kick

*Last updated in July 2019.*

---



Nicotine is a bully and a liar. He has been toying with our health, finances and our minds long enough.

It is time we put a stop by applying this 'dirty' cheat.

**This cheat will increase your odds of quitting exponentially.**

People are going to hate me for saying this but chances are you don't need complicated therapies or medications to aid you once you understand how this works.

---

---

My goal for sharing this is to assist you in quitting but more importantly, I share it so you could be a HAPPY non-smoker.

**Your happiness is more important than you quitting.**

*I'll explain why in a moment.*

## **The Cheat to Quit Smoking**

Knowing this will separate you from every other quitter.

The cheat is:

**To know that smoking does absolutely nothing for you!**

The reason you are smoking today is you somehow still associate cigarettes with 'pleasure.'

*If not, what was your reason to smoke just now?*

I do not mean to say being a non-smoker will outweigh the advantages of a smoker.

**I mean to say that smoking gives you ABSOLUTELY NOTHING!**

*I am not suggesting you chant positive affirmations day and night, I'm asking you to accept the fact.*

We give ourselves reasons to smoke but the fact is there's no reason.

Sometimes, we take smoking as trading for short 'pleasures.'

*but for what?*

We risk our health, freedom, finances, confidence, attractiveness, our ability to perform in sports and bed... and for what?

**FOR ABSOLUTELY NOTHING...**

We can associate smoking with 'pleasure' all we want but do you know that smoking tobacco doesn't even give us any noticeable high?

---

*This is what we believe about smoking:*



*This is the truth about smoking:*



All we do when we smoke is to satisfy our previous withdrawal and we associate that with 'pleasure.'

If you look at it closely, this is not a real pleasure, to satisfy that nicotine withdrawal is a freaking burden.

We are being a slave to it.

Non-smokers don't feel this way that's why they are infinitely calmer and more relax than us.

If smoking gives us 'pleasure' then why aren't smokers happier than non-smokers?

**Stop believing in the lies of our enemy and start accepting the fact that smoking gives you absolutely nothing.**

---

## Why is This Cheat Important

If you attempt to go cold turkey without understanding this, the chances of you relapsing will be extremely high.

When we believe cigarettes give us an intrinsic 'pleasure'... what it means is we trust that we are depriving ourselves of an 'enjoyment.'

It is no wonder why 95% failed in cold-turkey attempts.

Because our willpower isn't infinite, it will deplete.

*That is why I mention...*

**Your happiness is more important than you quitting.**

Note: If you are happy about the choice of quitting, kicking this addiction is as easy as ABC. The keyword is *happy*.

*My question is...*

When you are not happy with the choice you made then why do it at all?

*Because smoking is unhealthy?*

We all know that smoking is unhealthy but knowing isn't enough.

That's why we need to use this 'dirty' cheat.

Nicotine bully mind-fucks us, it is our turn to mind-fuck him by changing our perception of him.

Be happy with your decision... because **smoking gives you ABSOLUTELY NOTHING!**

Again, I'm not asking you to fantasize make-believe but to accept the truth as it is.

Being a non-smoker is infinitely better than being a smoker. *And no one can deny this fact. Even smokers themselves know this.*

---

You are NOT depriving yourself of anything. **You have everything to gain and nothing to lose.**

If you are interested in the benefits of quitting, read: [What Happens When You Stop Smoking](#)

Trust in your decision to quit and be happy about it.

This is a big win for you and your loved ones so don't forget to celebrate each moment of being smoke-free.

Understand this cheat not just with your head but with your heart and I can assure you that your next quit attempt will be MUCH EASIER!

*Recommended Read:*

- [Will Our Lives Be Boring or Different After We Quit Smoking?](#)
- [Nicotine Withdrawal: The True Symptoms of Quitting Smoking \(TRUTH\)](#)

## Thanks for Investing in Yourself

If you have gained some insights from this cheat, cordially invite your smoking friends or loved ones to come to take a look.

Just send them over to <https://quitwithnerd.com/subscribe/>

I appreciate your effort in investing in yourself.

Thanks so much.

A friend,



*Jeremiah Say*

Creator of [Quitwithnerd.com](https://quitwithnerd.com)