

The Gradual Countdown: Quit Smoking the Easy Way!



By Eric C. Sayre, PhD © 2018 www.ericssayre.com



Table of contents

Foreword

Introduction

Chapter 1. Your motivation

Chapter 2. The Gradual Countdown

Chapter 3. Your first day(s) as a non-smoker

Chapter 4. Exercise

The Ex-smoker Lifestyle

Medical Disclaimer

Foreword

The Gradual Countdown is a highly structured, methodical, easy approach to quitting (baby steps), reducing the number and portions, and how you smoke.

[The Gradual Countdown: Quit Smoking the Easy Way!](#) is a roadmap to quitting smoking that Eric used himself to successfully (and *easily*) quit smoking, after 13 years as a smoker. He had previously tried many other popular methods, but always lacked the willpower to succeed. Fortunately, The Gradual Countdown does not require willpower—yes, you read that right! The day Eric quit, he did not struggle with that huge decision, “Should today be the day?” On the contrary, Eric literally *forgot* to have a cigarette! You too can get to that lowest of levels in your addiction, with just a few very simple principles outlined in these pages.

So read this short book, my friends, and change your life.

The author, Eric C. Sayre, PhD, is a statistician and researcher currently living in Vancouver, BC. Besides being an author of multiple books, he is a well-published scientist, with over 250 publications between 1997 and 2018, including a mixture of first-authorships and coauthorships on articles published in peer-reviewed medical journals, abstracts presented at scientific meetings, research reports and invited talks. For a BIGGER SAMPLE plus links to other books and software, please visit www.ericssayre.com.

Introduction

“Quitting smoking is easy: I’ve done it hundreds of times.”

Cue laugh track. Have you quit smoking hundreds of times? I know I did. During my 13 years as a smoker, between the ages of 18 and 31, I tried many approaches, each many times: cold turkey, cutting down gradually without an organized plan, nicotine gum, regular gum, toothpicks, sunflower seeds, bags of chips. Still other methods I did not try myself but knew people who did (and failed), such as hypnosis. I don’t have a lot of willpower, as may be evidenced by one of my other books, [*The Real Junk Food Diet Book*](#). I love to eat, and believe me when I say I really loved to smoke too.

For me, quitting smoking was not about money, or how I smelled, or social stigma, but about health. Few things are so important as health, so I was highly motivated, and yet it turned out to be a monumentally difficult task—that is, until I found a secret formula. The method I literally stumbled on by accident turned out to be the easiest way to quit smoking you can imagine. Picture this friends: my first day as a non-smoker was an *accident*; I literally *forgot* to have a cigarette.

How did I get to such a low level in my mental and physical addiction levels that this could possibly happen? The approach I used to get there can best be termed a “Gradual Countdown”, and an easier way I cannot imagine. This method is so simple and easy, that this book will also be simple and easy—I’m not going to fill it with more words just to make it seem more valuable. Less is more: us statisticians call it “parsimony”. In this book, I’ll give you the easiest recipe for quitting smoking possible, in just a few thousand priceless words.

So turn the page, my dear friends, and change your life.

Chapter 1. Your motivation

Before you can quit smoking, or lose weight, or enjoy any number of other accomplishments, you have to *want* it. Few good things in life will just fall into your lap without you even asking for them. Let's talk about what is so good about smoking, then the bad, and therein we will find our motivation.

First the good. Now, you love to smoke, as did I love to smoke. Morning coffee and a smoke, beer and a smoke, smoke after food, smoke breaks at work or school. It is a crutch that smokers come to depend on; I used cigarettes to help me through some hard years in my early 20's when working a construction job, then to help me study as an undergrad when I returned to university. I took a trip to Poland to meet family there at a time when I was thinking of quitting (again), but decided to keep smoking because everyone over there smoked and it was a big social aspect of life there. Smoking (temporarily) improves mental clarity, soothes nerves, decreases appetite. Well, smoking sounds really great! Why on Earth would we ever want to quit?

Because the bad. First, that temporary improvement in mental clarity I mentioned is followed by an ever deepening *decrease* in mental abilities, until you are a bumbling, angry idiot who just must have another smoke even to function. In fact, as a non-smoker of many years now, I assure you that the sustained mental clarity of a non-smoker is far higher than the brief, elusive peaks of clarity that a smoker attains immediately after a cigarette—I should know, I did an undergraduate degree as a smoker, followed by two graduate degrees as a non-smoker, and did far better in grad school in vastly more difficult courses, not to mention theses and comprehensive exams. What else is so bad? Smoking stinks, not just the smoke in the air, but your clothes smell, your hands smell, your hair smells, your car smells, your apartment smells. Even if you only smoke outside, I guarantee that *you and your clothes and many of your possessions stink*. You might not notice it being a smoker, but ask any non-smoker for an honest answer, and you'll find out. Smoking is expensive, and getting more so. Countries around the world are jacking their tobacco taxes to help offset the added burden on their health care systems. A pack-a-day smoker can spend several hundred dollars a month on cigarettes. Smoking ruins physical performance. If you like to run, or hike, or even just go for a walk or try to walk up a flight of stairs, as a smoker you'll find yourself quickly out of breath, as your lungs try to cope with the poisonous tar coating them. Smoking ages you. Your face will become wrinkled far before your time, your voice will become rough and you will develop that prototypical (and unattractive) wheezing, smokers' cough. Is that all? Well, not quite. Smoking can of course kill you. Besides the obvious risks to lungs (e.g.,

emphysema or lung cancer), it is linked to elevated risks of pretty much every other form of cancer known.

Now I knew all of this for quite awhile before I quit, but it was not quite enough to empower me. What eventually pushed me over the edge from trying the usual methods to quit (and failing), to taking the new, measured actions that really led to quitting, was one added realization/visualization. One day I asked myself, how does the nicotine actually make it from the tobacco in the cigarette into your brain, to give you that rush you feel with each drag? The answer was quite obvious, there is really only one way this can happen: sticky, poisonous tar (which happens to contain nicotine) within the tobacco smoke coats itself onto your lungs, and as your blood passes through your lungs to become re-oxygenated, it picks up the nicotine along the way. This realization suddenly and permanently made me acutely aware, and every time I took a drag and felt that rush, I could not help but picture the sticky tar coating my lungs in ever thickening, deadly, black layers. Needless to say, this visualization dramatically reduced how much pleasure I was able to glean from the *momentary* nicotine rush resultant from that one drag, knowing that the cost was another deposit of deadly tar that would take *years* to expunge from my lungs if ever I even quit smoking. The pleasure/pain balance had been permanently shifted in my mind, and I was motivated to really take action.

But I lacked the willpower to just up and quit; I could not stand the idea of quitting and had failed so many times before! So what could I do? The solution was clear: I would have to take baby steps, a whole lot of them, and climb a mountain, one very tiny step at a time.

END OF SAMPLE