

**QUIT SMOKING
WITHOUT GAINING
WEIGHT
USING VISUALIZATION,
HYPNOSIS
AND OTHER COOL
TRICKS**

KATHY LINDERT
YOUR FAVORITE STOP SMOKING SPECIALIST

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DEDICATION

This book is dedicated to all the people who have taught me the art of hypnosis and shown me that there is no stopping a person who is ready to achieve a goal!
To my past clients who allowed me to be a part of their successes and their trials with stopping smoking. This allowed me to grow and help them and others to stop smoking for good.
A special thanks to my husband who has supported me and my dreams. Thank you and I love you!

THE LEGAL STUFF

BEFORE STARTING ANY TYPE OF STOP SMOKING PROGRAM, ALWAYS CHECK WITH YOUR PHYSICIAN. THIS BOOK IS TO HELP YOU TO STOP SMOKING. THIS BOOK DOES NOT GUARANTEE THAT YOU WILL STOP SMOKING; YOU HAVE TO DO WORK THE PROGRAM AND KNOW THAT YOU ARE THE ONE TO MAKE IT HAPPEN.

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DO NOT USE ANY FORM OF HYPNOSIS WHILE DRIVING AND ON OTHERS UNLESS YOU HAVE THEIR CONSENT.

ALL CLIENTS' NAMES HAVE BEEN CHANGED.

RESULTS WILL VARY.

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Are cigarettes are your friends?

When you think of your cigarette, do you think of a thing that has helped you through the good times and the bad times, just like a good friend?

- My real friends do not make me smell badly.**
- My real friends do not make me leave a party to go outside to be with them in the rain, the cold, on windy days or even snowy days.**
- My real friends do not make me run out in the middle of the night to get them.**
- My real friends do not make me use the last ten dollars I have to buy them cigarettes.**
- My real friends do not burn my clothes or make my car and house smell badly.**
- My real friends do not make me miss work either. In fact, my friends don't do any of this.**
- And my real friends do not make me sick. They do not give me cancer, or emphysema, or COPD. That is not a real friend to me.**
- No – my real friends treat me with love and care and kindness. They help me to stay healthy because they want me around.**
- So why do you consider a cigarette a real friend? Let's go make some new true friends.**

Here's to your freedom from cigarettes!

CHAPTER 1

MY STORY, HOW I QUIT SMOKING

IF I CAN DO IT, YOU CAN TOO! KATHY LINDERT

Congratulations on your decision to be a non-smoker for life. By picking up this book or doing the online program with this book, you have chosen to be in charge of your life and your future health. That is a great gift to give yourself and your family. You will thank yourself in years to come. I know this from personal experience; my decision to stop smoking was not something I took lightly. Like most people, I thought to myself, how will I survive without my cigarettes? I will let you know that not only will you not only survive, but you will also be so much happier, healthier and richer too! You will discover that you will be able to handle stress, tension, anger, sadness, and happy events, even coffee and alcoholic beverages without a cigarette and feel great. The things that would have triggered an automatic reaction to reach for a cigarette will be gone. You will be able to live life without a cigarette and be grateful that you are done with cigarettes and wonder why you did not quit sooner.

I was engaged to my now husband in 1987. He hated that I smoked, his father had passed away from cancer and every time we were together he would crush my cigarettes, one time he threw them into a toll booth, he refused to kiss me because I tasted like stale cigarettes, and it was one of those issues that neither of us was going to budge. One day he came to me and said that unless I quit he was not going to marry me. That he did not want to lose me like he did his father. I was crushed, I was angry, and I knew he was right but I was scared, how could I not smoke? In 1987 it cool to smoke, most people smoked. You smoked in bars and restaurants. You smoked at your desk, you did not even have to think about where to smoke, you just lite up your cigarette and smoked. I was in the banking industry at the time and everyone was smoking. What would it be like for me to walk into my office, smell the smoke and not have a cigarette? What about with a cup of coffee? Driving?

On Wednesday and Thursday nights we went to Bennigan's to drink and eat, would I be able to join my friends ever again? What about when I was stressed and overworked? What was I to do? I ended up going to Border's bookstore (now out of business) and I purchased a cassette (yes, I am old) and I listened to it at night, just like the instructions told me to. By the third day, I no longer wanted a cigarette; in fact, I did not even miss having a cigarette. There were times when I was having my coffee, I thought to myself, I should have a cigarette, and then I thought, why? I am good, and I am enjoying my coffee much better than I did when I was smoking. The change happened so quickly, but at the same time, it was not a big effort on my part. I listened to the recording and the next thing I knew, I was not smoking. I wanted to stop because I had chosen my husband, and I knew I needed help, so the cassette was the trick that I needed. I did not even realize that it was hypnosis. It was so relaxing and I had never slept so soundly that I loved it. Even after stopping smoking, I listened to the recording just because it was so very relaxing.

The point of my story is, if I could stop smoking during a time when smoking was acceptable, you can stop smoking when it is so very unacceptable. I have been exactly where you are, looking to stop smoking and needing help. Let me help you. Read the book, learn some of the quick and easy techniques, listen to the recording or recording your own recording, and allow yourself to stop smoking. It is all up to you to choose to stop smoking, let me be your guide.

CHAPTER 2

THE BENEFITS OF SMOKING

Absolutely Nothing!

CHAPTER 3

YOUR LOVE, HATE RELATIONSHIP WITH CIGARETTES

“YOU ARE STRONGER THAN YOUR CIGARETTES” KATHY LINDERT

I have helped thousands of people just like you overcome bad habits with the use of hypnosis. I have helped thousands of people just like you to stop smoking in one session, occasionally some needed more than one session, but the end result is that most of my clients stopped smoking. The most important reason that they stopped smoking is that THEY wanted to stop smoking. If you do not want to stop smoking but are saying you will under the pressure of your family or friends or even your place of business, it will not work. You have to want to stop smoking and no pill, patch, gum or even this book will get you to stop smoking without your approval. That is just a fact. No one can make you quit; only you have the power. Just like Dorothy had the power all along to go home, you have the power to stop smoking and to do it in a day.

Once you make the decision to stop smoking, you realize that you might be scared, or really happy, sometimes even both. That life will be different and you are good with that. You hate your cigarettes and yet love them at the same time. You ignore the amount of money that you have literally wasted away and you start to think about the things you will be able to do because you will have a few thousand dollars in your pocket now that you don't smoke. You might even think that you have no idea what is going to happen and that you might miss those rituals you have with your cigarettes until you think about how your cigarettes are not only killing you, they are taking you away from your family and friends every day. Maybe you are not leaving your family and friends when they are around, you are just leaving them in future time each time you smoke. Every cigarette takes away 15 minutes of your life, it does not give you life or extra time, everything about cigarettes is selfish and mean.

The way it takes your money, time, health and life, there is nothing good about a cigarette. NOTHING!

I want you to be successful. That is why I give you so many ways to

succeed. I not only use hypnosis (you will have access to a recording); I also use NLP (Neuro-linguistic-programming) and other fun things to show you that you do have the power to be a non-smoker.

When you read the words or hear them on the recording, own them, see yourself feeling great, looking great, having more time, money and being so proud of your accomplishments that you feel it in every cell. When you own these new ways of thinking and reacting, changes happen faster.

Don't believe me; just think about how you felt so relaxed as soon as you took a drag of your cigarette, you had to train your body to do that. I know that the first few times you smoked a cigarette, you choked on the smoke, you coughed and thought your lungs were going to be coughed out of your body, felt sick to your stomach or even worse, you threw up. You kept at smoking as if your life depended on those cigarettes because you so badly wanted to fit in. You now can retrain your mind and body and trust me; your body is going to be jumping for joy! Your lungs will breathe so much better, your body will start to repair the damage YOU DID and make it as healthy as it can be. You are going to keep at this as if your life depends on it because it does and you now want to fit it with the rest of the population. You are no longer cool being a smoker; you are looked at with disdain. People walk by and say nasty things to you and about your cigarettes, your friends and family think you're a fool, and so do you.

Trust that you can accept and own these new ways of thinking, acting and reacting. They are not only good for you, but they are also easy to do. Everything here has been tested and retested, tweaked and proven to help thousands of people just like you to stop smoking. Now it's your turn to believe you can be a non-smoker and own it!

Read each chapter of the book. It is a quick and easy read. I have tricks and tips for you in almost every type of situation and most of these techniques can change your mind in less than one minute. You read that correctly, you can change your thoughts, cravings, and reactions in less than one minute!

If you do not want me to hypnotize you with the link to my recordings, record your own session. With so many people having smartphones with the ability to record their voices, it is easy for you to make the recording, to do a self-hypnosis session, so you can quit smoking and not gain weight.

I have started to have some of my clients record their own changes. They are now giving the message to themselves and becoming their own best friend. Some have experienced changes faster now that they are in control, talking to the subconscious mind positively, calmly and with authority. Sometimes people do not like the way they sound, in that case, there are free recordings with the free link in the book. (I am not going to tell you where they are; you have to read the book to find them!)

In this book you are going to read personal stories, the first book I did not write any and some people wanted to know if I handled a person just like them, so this time you will have stories of my past clients that names have been changed so you can see that yes, I have worked with people just like you.

What you are going to get with this book are tried and true plain and simple information for your use to meet and exceed your goals.

The scripts that are included in this book have been used to help people free themselves from their old habits. They are now living happier, healthier lives. You will be able to choose what works for you. Everything in this book from the scripts and suggested techniques are here to help you achieve the happiness and health that you desire.

Test each technique, see what feels right, own it and make it yours. Read the scripts, close your eyes, and see yourself succeeding, free, happier, healthier and richer! Remember, this is a gift to yourself for your future. Make it feel great and when it does, it will feel right, and when it feels right it becomes a part of you!

Take a deep breath, let go of the fear, turn the page and as Nike says “JUST DO IT!”

Success story – If they can do it, you can do it too!

Case #1 – Gene C.

Two years ago, 59-year-old Gene C. came to see me to stop smoking. At the time, he was smoking 12-15 cigarettes a day---before work, driving to and from work, on breaks and at mealtimes, and again when he was home at night before bed. He would often smoke when drinking coffee or beer, or if he was in the backyard letting the dog out. In public, he considered himself a “polite smoker” who didn’t want to infringe on non-smokers’ space. He didn’t have any health issues related to smoking but wanted to stop before he developed any, and his family was pleading with him to stop. He had tried nicotine gum, the patch, cold turkey and easing off methods, he always wound up smoking again. His immediate goal: to be smoke-free by his son’s graduation later that month.

Using some of the techniques described below and hypnosis, I was able to help Gene to enjoy things other than a cigarette while driving to work, like listening to the banter on talk radio and savoring the taste of a hot cup of coffee. When he got to work, instead of smoking at breaks or at lunch, he would walk a few laps around the building and feel better, calmer, clear-headed and ready to return to work. On the car ride home, he would listen to music and unwind.

When he got home, he would enjoy the taste and feel of a light beer as he was drinking it, really getting a refreshing feeling from it, and feeling calmer as a result. We also planned evening activities that did not include smoking. He had more time with his children and especially his son that would be leaving for college in a few months. After two hours, he was changed. He knew he was a non-smoker and could institute the new behaviors into his life and he did. Two years later he is still a non-smoker and loves it. He is happier and feels much healthier, plus he has more money to offset some of the costs of college. Gene had incorporated walking into his life and was able to not gain any weight, he was able to get rid of the extra pounds he had and his heart and lung health improved as well. He is a true believer that hypnosis works.

***Results will vary**

Case #2 – Greg D.

Fifty-year-old Greg D. came to see me last year because he was smoking at least a pack and a half a pack of Marlboros a day, sometimes up to two packs. I always ask clients when and where they smoke so we can work on those habits. Greg smoked in the basement, outside, in the car, outside the office, in the bathroom, after meals, with snacks, first thing in the morning with his coffee. He smoked MORE when he was bored or if he went out to a Happy Hour. If he drank alcohol, he had to smoke, and probably eat as well. In his words, “the smoke demon was always calling”.

What he most wanted was to be in control, and to get healthier. He wanted to start a business. He had made attempts to quit smoking and eat some fresher foods, but he always regressed to his unhealthy behaviors. He had even done hypnosis before but he knew that it would only work if he was committed to it. Now he was ready to change. When he quit smoking, he was joining the gym and seeing a dietitian.

Through hypnotic suggestion and breathing techniques, we worked on new behaviors for Greg. He would no longer eat after 8 pm, and more specifically, he would not go into his snack drawer for food.

Instead, he would drink water or green tea, knowing that those drinks would help cleanse his body of toxins and fats. It would also help him to release stress and tension from the day and feel calmer and more relaxed.

Every day, he would fill his body with nutritious foods and think of food as fuel for his body. He would now feel better, look better and notice how much better his mind and body acted when filling up on the right foods.

He always had plenty of things at work to keep him occupied. He would feel more productive and proud of his added accomplishments.

Four days a week, he would go to the gym to work out. We were specific with the machines he would use and talked about how he would work up to more repetitions and more time spent on certain exercises. He would feel stronger, fitter and more confident. Exercise would also release tension from his body. If he felt stressed at work, he would get some fresh air or take a short walk---without a cigarette. He would feel re-energized and able to continue the tasks he needed to accomplish.

When I followed up with Greg four weeks later, he had not smoked at all in that time. He had joined the gym, and was generally feeling great, happy and in control! I followed up with him a year after, he had no desire to ever smoke again. Greg was doing great, feeling better, stronger and was breathing much better. He was in control and he felt great.

***Results will vary**

CHAPTER 4

ARE YOU REALLY READY? TAKE THE TEST TO CONFIRM IT.

“EVERY TIME YOU LITE UP A CIGARETTE, YOU ARE TELLING THOSE THAT LOVE YOU THAT YOUR LIFE, NOR THEIRS IS WORTH YOU LIVING” KATHY LINDERT

ARE YOU REALLY READY? LET’S FIND OUT HOW SERIOUS YOU ARE, TAKE THIS STOP SMOKING QUIZ TO MAKE SURE YOU ARE READY TO BE A NON-SMOKER FOR LIFE.

PLEASE ANSWER THE QUESTIONS BY CIRCLING YES OR NO.

1. DO I WANT TO QUIT SMOKING FOR MYSELF?

YES NO

2. IS QUITTING SMOKING A #1 PRIORITY FOR ME?

YES NO

3. HAVE I TRIED TO QUIT SMOKING BEFORE?

YES NO

4. DO I FEEL IT IS DIFFERENT THIS TIME?

YES NO

5. DO I BELIEVE THAT SMOKING IS DAMAGING MY HEALTH?

YES NO

6. AM I COMMITTED TO QUITTING EVEN THOUGH THERE MIGHT BE SOMETIMES I MIGHT WANT TO GIVE IN?

YES NO

7. ARE MY FAMILY, FRIENDS, AND CO-WORKERS WILLING TO SUPPORT ME AND HOLD ME ACCOUNTABLE?

YES NO

8. AM I READY TO HOLD MYSELF ACCOUNTABLE AND CHANGE MY REACTIONS?

YES NO

9. BESIDES HEALTH, DO I HAVE OTHER PERSONAL REASONS FOR QUITTING?

YES NO

10. WILL I BE PATIENT WITH MYSELF AND KNOW THAT A CRAVING IS ONLY A MOMENTARY THING?

YES NO

11. AM I READY TO DO WHAT IT TAKES TO STAY A NON-SMOKER?

YES NO

12. AM I READY TO LOOK AT ALL THE POSITIVE THINGS THAT WILL HAPPEN IN MY LIFE AND GIVE UP THE EXCUSES?

YES NO

IF YOU ANSWERED "YES" TO 8 OR MORE OF THESE QUESTIONS, YOU ARE READY TO QUIT SMOKING.

IF YOU DID NOT, ASK YOURSELF WHY NOT? WRITE YOURSELF A LETTER, FIGURE IT OUT. THEN COME BACK AND TAKE THE TEST AGAIN.

CHAPTER 5

HOW TO USE THIS BOOK.

“QUITTING IS REALLY QUITE EASY WHEN YOU HAVE THE TOOLS TO HELP YOU SUCCEED.” KATHY LINDERT

It’s really very simple.

The first step is to acknowledge that you want to stop smoking.

You might want to write down all the reasons why you do not want to smoke any longer.

Starting off the list could be “I will die a slow and painful death because I can’t breathe”. Perhaps you have the smoker’s cough, or your health is starting to go downhill and you just are not feeling well. Or you want to be around for the future, to see your children or grandchildren or nieces and nephews grow, to be a part of their lives, weddings, births. Possibly you’re scared, scared that you do not know what to do without your cigarettes.

Whatever your reason or reasons are, you are ready to quit! To be free! No more going outside and missing the fun because you have to smoke. No more smoking in the rain, snow, sleet – or hiding that you smoke. Smoking used to be cool - I know, I am an ex-smoker - but now you’re not cool. People look at you like you’re dirty, plus you smell. No matter how many lotions or sprays or how much gum you chew, you still smell like smoke. So now you are ready to be a non-smoker!

How great is that!

So here is how you are going to quit:

1. Read the different opening scripts and choose the one that you like best. This is going to help you to begin the process of relaxing. The more relaxed and calm you are, the easier it is to change. So choose one that makes you feel good while you are reading it. My most popular one is the first opening script

2.	<p>Next, choose 3 to 4 new behaviors that will be replacing your old behaviors. These new behaviors are what you want to start doing with your life now. There are plenty to choose from. If you do not like the wording, change it, make it yours. Use positive words. You are not allowed to use the words in Chapter Four, Words You Are Not Allowed to Use. Instead, choose words that inspire you. You will find those words in Chapter Eight, Your New Language. These words will give you the inspiration you will need to see this through.</p>
3.	<p>Choose a closing script to help you put together your hypnosis session.</p>
4.	<p>Choose calming music to play as you record your own session. Music has a wonderful effect on the mind and body. One of the things I recommend to my clients is to play music that is uplifting and makes you feel good or relaxed. Piano or guitar music is usually the best. I would recommend George Winston, Jim Brickman, Kenny G, music that helps you relax.</p>
5.	<p>Get it all together – even if you rip out the pages or copy them down – so that everything is together and ready to record.</p>
6.	<p>Record your session. You can use your cell phone or even a computer that has a recording device in it. Speak to yourself like you would a best friend or your loved ones. It might sound strange to you at first, hearing your own voice, but go with it.</p>

See how it feels to tell yourself to make the changes, to live free from the old habits that were dragging you down! Have fun with it. Or if you want, have someone record it for you---maybe your kids, your spouse or someone that means a lot to you. This way you hear them cheering you on and letting you know that they love you and believe in you! Do it! Pick a day and time to do it – do not wait.

You have already wasted so much of your time smoking and killing yourself slowly – why wait? Even if you make today the day – do it. Pick a quiet room and record the scripts in a nice soothing voice and then listen to it that day and that night.

7. I want you to listen to the recording at least 10 days in a row, preferably right before you go to bed. The reason why: the last thing you think about, read, hear, see or do is what your mind works on. Let it be that you are a non-smoker for life!

Either way – DO IT!

8. Listen to your recording in a nice quiet place or before you go to bed. Your subconscious mind will do the rest.

9. DO NOT LISTEN WHILE DRIVING!!!!

You will see and start to feel the changes happen - sometimes immediately, or over a few days. Do not give up! Own it, believe it and visualize you making the changes, and they will come.

Occasionally, there will be times when you feel like you are out of control. In this book, there are some tools and techniques that will make you feel better, clear thinking and put you in control. Use these tools and record them so you will have them with you at all times!

Trust me, they work.

Now, let's get to the good stuff! Remember, this is your life to create and to make it what you want. You are the author; this is your blank page. How are you going to write your future? Make your story a healthy and fun life! You only have one life, there are no exchanges and sometimes there are no do-overs. You have the chance to do something great for your body and your family. Let's do it!