

Table of contents

- Acknowledgments
- Legal & technical information
- Photo credits
- References
- Introduction
- For whom is this publication intended?
- Risks & consequences of tobacco addiction
- Facts & figures about tobacco addiction
- Addiction & addiction...
- “The air bubble under the ice”
- Some pointers to succeed
- Prerequisites for the practical method
- The method strictly speaking
- In parallel
- Recurring question
- Personal experience regarding cigarettes
- My own journey in a few words
- Instead of ending...

Addiction & addiction...

The concept of addiction is in fact very simple to assess: “If I am unable not to do something, except for the healthy natural functions: breathe, drink (water!), eat, etc., then I am in a dependency/addictive relationship in regards to the activity or substance in question here.”.

Of course, all addictions are not deadly and some may even take part in maintaining and/or improving quality of life, health and happiness (passion for animals, creative process, athletics, etc.).

My purpose here is not to perform an analysis or to explain the psycho-emotional mechanisms and processes involved in addiction, nor even in my method. Several reasons explain this decision:

- As indicated before, the primary objective of this guide is not to reiterate, with a lower quality, what other talented authors have already perfectly formulated.
- Furthermore, it would be presumptuous to attempt to distill in a few pages the complexity of the multidimensional phenomena involved here. To this day, they are still a long way from yielding all their secrets, implications and consequences in every sphere of human activity.

- Lastly, the ambition of this short manual is only to offer a clear and practical method and is by no means a theoretical construct with speculations.

At the end of this reading, which should not take much time, you will have all the needed tools and information you need to implement immediately the proposed approach and, I hope, to succeed in getting rid of your tobacco addiction!

I will simply say this: destructive addiction is a true psycho-emotional pathology. Like all others of this type it is, in fact, a defense mechanism against the anxiety of death. Surprisingly, like other defense mechanisms, it is a creative adjustment in reality! In addition, there is a related issue regarding control/power in the case of tobacco addiction (with the smoke flow from the outside to the inside of the smoker and vice versa), but I choose not to address this here.

Indeed, even though a smoker is literally killing himself, poisoning his close relatives and the environment, as surprising as this may seem, it is by no means a suicide attempt nor a death wish in most cases. It is in fact the only way, some people have to bear/transcend anxiety of everyday life, to keep going and thus not to die!

One needs to keep in mind this apparent contradiction in order to implement the weaning and freeing of this addiction. As a matter of fact, quitting this substance without “reinvesting” the anxiety, sublimated in creative energy, is a guarantee of failure and the recurrence or even worsening of the addiction.