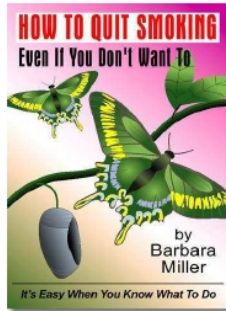


The Top 5 Mistakes Smokers Make When Trying To Quit...

Author of "How To Quit Smoking Even If You Don't Want To" Tells your audience:

- How can you really help a smoker who doesn't want to quit
- One thing a smoker should not do when trying to quit
- Is quitting smoking as difficult as heroin
- Is it really possible to quit without all the suffering
- Is there a test to take to find out if a smoker is ready to quit
- What 3 things are needed to understand eliminating this problem
- How is this different than other quit smoking programs
- Should this be implemented as an employee health benefit or should it be covered under healthcare
- What is the first thing a smoker should do to get ready to quit
- One question every smoker needs to answer....
..... And much more



Additional health costs include annual expenditures for health and developmental problems of infants and children caused by smoking. Children exposed to second hand smoke, mothers smoking during pregnancy or by kids being exposed to parents smoking after birth cost at least \$1.4 to 4 billion. Also not included: costs from productivity losses caused by smoking each year: \$97 billion

- **Pharmaceutical companies are only promoting the need for medication to confirm that quitting is so hard we need more drugs**

Tobacco companies also spend enormous amounts to influence political decision makers. When threatened by the federal McCain tobacco control bill in 1998, spent more than \$125 million in direct and grassroots lobbying to defeat it. Since 1998, Altria (Philip Morris) has spent more on lobbying Congress than any other business.

Campaign for Tobacco-Free Kids Jan 26th 2010/ Eric Lindblom

- Taxpayers yearly fed/state tax burden from smoking-caused government spending: \$70.7 billion

A former smoker of 1.5 packs a day for over 13 year period, Barbara finally cracked the code. Many people find it hard to believe that there could be another way to quit smoking. One of the keys to her clients success is that she shows how to eliminate the suffering that smokers often experience.



Barbara says, "I don't make people quit smoking, I show them exactly what they need to do in order to succeed."

Since writing the book Barbara has turned her work into a one day intensive workshop that gives smokers a real map to quitting once and for all. Future goals include having the workshop available on DVD.

Offering this to the private sectors, corporations as a health benefit, and Barbara would also like to challenge celebrities to go smoke free.

- Quoted in the local newspaper as the quit smoking Guru
- Appearing on the local news
- "A" Channel Morning Show
- C-Fax1070 Murray Langdon show

A long term goal is to include speaking to children about not starting to smoke. With cutting edge concepts that clearly makes smoking un-cool.

"How to Quit Smoking: Even If You Don't Want To" is available for \$19.99 by calling 1-888- SOS NEW LIFE
Or visit www.quitsmokingbmp.com