

# Is the **Quit-for-LIFE** program right for you?

Take this quick quiz to find out.

- Have you tried to quit smoking before and failed?
- Did you try the patch or gum, only to realize you were still mentally addicted?
- Do you have mood swings and cravings every time you try to stop?
- Do you have a hard time seeing yourself as a non-smoker?
- When you tried to quit in the past, did you still feel like a smoker?
- Do you want to be free from your habit for good?
- Is it about time you did something for YOU?

**If you answered yes to any of these questions, please ask the doctor about the Quit-for-LIFE program today!**

## What makes **Quit-for-LIFE** different?

Most stop smoking methods focus on nicotine—and depriving you of it—when, in reality, the most important element in quitting smoking is your *internal view of yourself*. **Self-Mastery Technology** makes sure you focus on thinking and acting like a nonsmoker, which will keep you tobacco-free for life. That's why Self-Mastery Technology is the missing link in nearly every other stop smoking method.

By picking up this brochure, you've taken your first step on an astounding journey of self-discovery. If you haven't already read through all the information here, we encourage you to do so now and then ask the doctor if Quit-for-LIFE is right for you.

# Quit for **LIFE!**



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