



CHANGE
YOUR LIFE IN
JUST 3 HOURS!

ESCAPE FROM SMOKING

LOOK YOUNGER
FEEL YOUNGER
MAKE MONEY
& LOVE YOUR LIFE!

TIM WILLIAMSON

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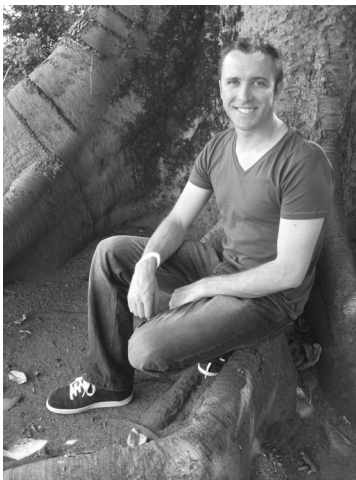
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About the author



Tim has flown as a commercial pilot in three countries. He's an experienced business owner, fitness coach, martial arts instructor and masseur with a passion for health, fitness and teaching.

A car accident in 2002 saw him grounded from flying and unable to continue fitness coaching so he has since studied many different areas of business and personal development.

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I would like to acknowledge the following people:

My Dad—thanks for believing in me and in yourself.

My Mum—thanks for your fantastic support.

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Joe—thanks for your insights into the human body and eating properly.

Sandy—thanks for your guidance and help over the years.

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Nicole—many thanks for your wonderful support—
even during the midnight torch-lit note-writing sessions
under the quilt.

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Let's get started

Congratulations on making the choice to start this program. You're about to help yourself look younger, feel younger, gain financial success and improve your life exponentially. More importantly, you're going to be able to help others and the world around you.

I'll take you on a journey through the human psyche and physical body for you to learn the effects and implications of smoking. You will understand and defeat smoking—you have been a slave to it for too long. By the end of this book you will have the knowledge, reasoning, beliefs, strategies and tools to help you stop smoking.

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We will follow a structured format which will allow you to absorb and utilise the information in the most effective way. I'll take you through some familiar territory and explore some options you may not have considered. This is an interactive program so there's space for you to pen your responses to any questions I pose throughout this book. After you have completed the program once from cover to cover you may re-visit any section you wish to clarify or reinforce any points.

How it will work for you will depend upon how you apply yourself to the next few hours—you'll need to give it your all to see the benefits.

You need to enter this program with:

- a relaxed, refreshed mind
- a view to gaining a new lease of life and enjoying yourself more
- the prospect of gaining more time and energy to achieve the things you want and desire
- no preconceived ideas about stopping smoking
- a willingness to participate fully and follow all of the instructions given.

After I finished writing *Escape from Debt* my father came to me with some research material and one request: to write a book that would help him to stop smoking. It is his belief in my ability to teach (I have taught martial arts and fitness successfully since the age of 16) that has

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helped me to complete this program. The fact that I care about him and have seen the troubles he has gone through in his particular journey has made this book a true labour of love. Not only the trust and belief in yourself but also your trust in me and belief in my abilities will allow you to successfully enter this new phase of your life.

I'm going to show you how to free your mind from a program that has had you in its clutches for too long. I will teach you to be able to shift your focus and energy to more worthwhile pursuits—your family, friends, self-improvement, health and weight loss to name a few. I'll show you how the brain works and how the links to substances that make you 'feel good' are created. By understanding how links are created and how they work you can consciously be aware of their power to switch you into automatic mode. This new level of awareness will give you the strength to make the changes you require.

You will be able to begin and complete the transition without spending another cent of your hard-earned money. I'm going to show you how you can get the most out of your life and have as much as you desire.

It is my belief you will find the trigger today that will detonate the old program and create a new and empowered life.

This will be a completely natural solution with the only side effects listed as:

- a sense of inner strength
- a heightened feeling of self-belief

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- a feeling of complete resolution
- more time for you to enjoy your life and the people around you.

Today it will be you who wins.

Instructions

It's time now to get prepared. Here is what you will need:

- 1 A pen, preferably red, green or blue so that it contrasts against the black ink on these pages.
- 2 A box of white tissues (you'll see why later, and no, I'm not going to upset you!).
- 3 Your cigarettes and your lighter/matches.
- 4 A waste basket.
- 5 A tennis ball or soft rubber ball.
- 6 A glass of cold, filtered or spring water (no ice—squeeze of lemon juice is optional). Coffee, tea, juice, alcohol and carbonated or sugary drinks are not going to help you to concentrate as they all contain stimulants.
- 7 A 'Do Not Disturb' sign. You do not wish to be disturbed for a few hours.
- 8 A few hours. Did the previous point give this one away? I know you are busy so I have designed this program to be as quick (yet effective) as possible.

There are just a few things I will ask you to do as you work with me on this program.

Empty your mind of any preconceived ideas

Watching a child learn a new skill is incredible. They have no preconceived ideas or failures to draw upon so they proceed without doubt or prejudice. It's time for you to remember when you had no fear or doubts. Use the power of that memory to focus on all that you can gain in the near future.

Reflect regularly

I really encourage you to not just read but to stop regularly and reflect upon what you have experienced. By drawing comparisons or by telling your own story in your mind (or to someone you care about, and who cares about you) it is my belief that you will be able to escape from smoking with very little physical and mental effort.

Be actively involved

A number of questions and exercises have been included in this book. By following the instructions the connection you will make with the material will be far greater than if you were to just read through the text and skim over the top. This book will have its desired effect if you immerse yourself completely rather than just sit on top like a mosquito does on a pond of water.

Have a clear objective

When you are clear about where you want to go or what you want to achieve it will be easier to make it happen.

What do you really want to achieve by reading this book? Write your answer here.

.....
.....

Don't be distracted

You'll need to sit in a quiet area with absolutely no distractions. Turn off your phone and anything in the background that may disturb you. Hang a 'Do Not Disturb' sign on your door. You're going to need to completely involve yourself for the next three to four hours.

Write your answers down

Write your answers in pen so that you cannot change them. This isn't an exam and there is no right or wrong answer to any question. Be honest and open with your answers.

Writing your answers and notes in this book will play an important part in:

- creating a personal history and remembering your journey
- removing ambiguity

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- charting your progress and seeing the positive changes you have made
- providing an insight into how you are processing the information
- combining your senses and creating a bridge between your subconscious and conscious mind
- connecting the physical with the mental abilities
- improving your memory retention by up to 80 per cent.

Approach with an open mind

I am going to present to you some questions that will ask you to look deep inside yourself for an answer. You may not normally actively seek to confront yourself and your behaviour on purpose but I can tell you the rewards for doing so over the next few hours will be great.

What have you got to lose? Write your answer here.

.....
.....

Ask someone to work with you and be your support

When changing your patterns of behaviour and beliefs you will need to talk to someone who can help you through times of confusion. The human mind likes to feel safe and