

# **YOU CAN! Make Up Your Mind Now**

*By Gayle North*

If you are still smoking chewing tobacco, you probably do plan to stop in the future. Most people do stop – sooner – or later.

Maybe you are waiting for a vague “something” to help you make up your mind. I hope this article will assist you to do just that – make up your mind. Because you can use your foresight and stop now before you burn up any more of your money and before the tobacco poisons do any more damage to your body, - or you can wait for hindsight.

Ray Price waited until he could use his hindsight. You may have seen his picture on the front page of the Daily Interlake recently. His portrait now includes an oxygen tube in his nose. He wears it all the time. Ray waited until his lungs were irreversibly damaged by emphysema to stop smoking. He says at one point he was using a nebulizer and puffing away at the same time! His “friend the cigarette” cost him his beloved golf game, his breath, even the ability to shower himself, -- and then he made up his mind.

It’s too late for Ray to recover his health but he stopped the poisoning and feels the benefit. His passion now is to influence kids so they never start using tobacco. Appearing at schools wherever he can, his health permitting, he shows kids what smoking did to him.

Johnny Carson’s death has been in the news, too, with a lot of commentary about his smoking habit. Even fame and money couldn’t provide an escape from the ravages of the habit. He had everything a person could want in life – except the health to enjoy it. His “friend the cigarette” slowly took it all away.

Smokers in denial about the dangers of their habit may point to elders who have used tobacco their entire life with, seemingly, no ill effect. But people who smoke into old age and die a natural death are extremely rare. The general consensus from 20 years of studies and research is that cigarettes are killers.

More Americans will die prematurely this year from smoking than all the Americans killed in 24 years of battle deaths from World War I, World War II, the Korean War, and the Viet Nam War combined! Talk chemical weapons of mass destruction!

The Center for Disease Control now says that on average, adult men and women shorten their lives by 13.2 and 14.5 years of life, respectively, by smoking.

The CDC also says that each pack of cigarettes results in \$3.45 in medical costs down the road and another \$3.73 in lost productivity. If we combine these costs with the \$5.45 you pay at the local store, the cost for a pack of cigarettes is actually a whopping \$12.63! And you already know about the other hidden costs of increased insurance premiums, damage to clothing, furnishings, and risk of fire.

If you smoke one pack a day for another month, you’ll be another month older, you will have wasted another \$215 of your money, and you will have poisoned yourself with 600 more cigarettes - and your excuses will probably still be there. In a year that’s \$2,400 and another 7,200 doses of cigarette poison.

If you smoke two packs a day, you can double those figures. Why not make candles out of your dollar bills and burn 10 of them each night? You could have some fun - and you won't be poisoning yourself or suffering the high hidden costs.

Or you can wait until you earn the right to say "I wish I could have a second chance - I wish I would have known what I know now." The cost of smoking can be computed financially, physically and emotionally, and your costs grow with each passing day.

Whatever your reasons for waiting - you know they are just excuses. Your loved ones who are increasingly concerned about you wish they could make up your mind for you - but they can't. Only you can do this for yourself. Why not make up your mind and stop now?! Help is available. There are lots of ways to go about it - as we will explore in the next issue.

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Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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