

to quit smoking but I can control you. I can make you smoke!

**You don't want to hear that -You don't need to hear that!! Notice how you can erase that pack of cigarettes ---YOU ARE IN CONTROL!! Erase those feet -erase those legs-those arms and hands—NOW erase that head and notice as you do that the package shrinks---It just gets smaller and smaller till it's hardly visible to the naked eye---Barely visible now---but you want to make sure this pack of cigarettes never comes back to tempt you or any one you love again—SO you stamp it into the ground with your feet—so deep Into the ground that it can no longer tempt you or anyone close to you!
You are truly a winner---You are completely in control!!**

And you find that in the hours, days, and weeks ahead that the color RED RED RED will be just a little bit sharper, that little bit brighter. Just think of that color red. That color red will be a little bit brighter a little bit sharper—be it a taillight, a STOP light or sign be as big as a billboard or as small as the nail polish on a ladies finger. Could be someone's clothes or even a car.each time your mind encounters that sharper brighter more vivid red ,consciously or subconsciously YOUR DESIRE—YOUR DETERMINATION—YOUR INNER DRIVE to be and remain a non smoker just gets stronger and stronger. You won't have to look for the color red ---you'll just notice it automatically—just sharper and more vivid and brighter than ever. You are truly in control of your own life—in control of your own destiny .