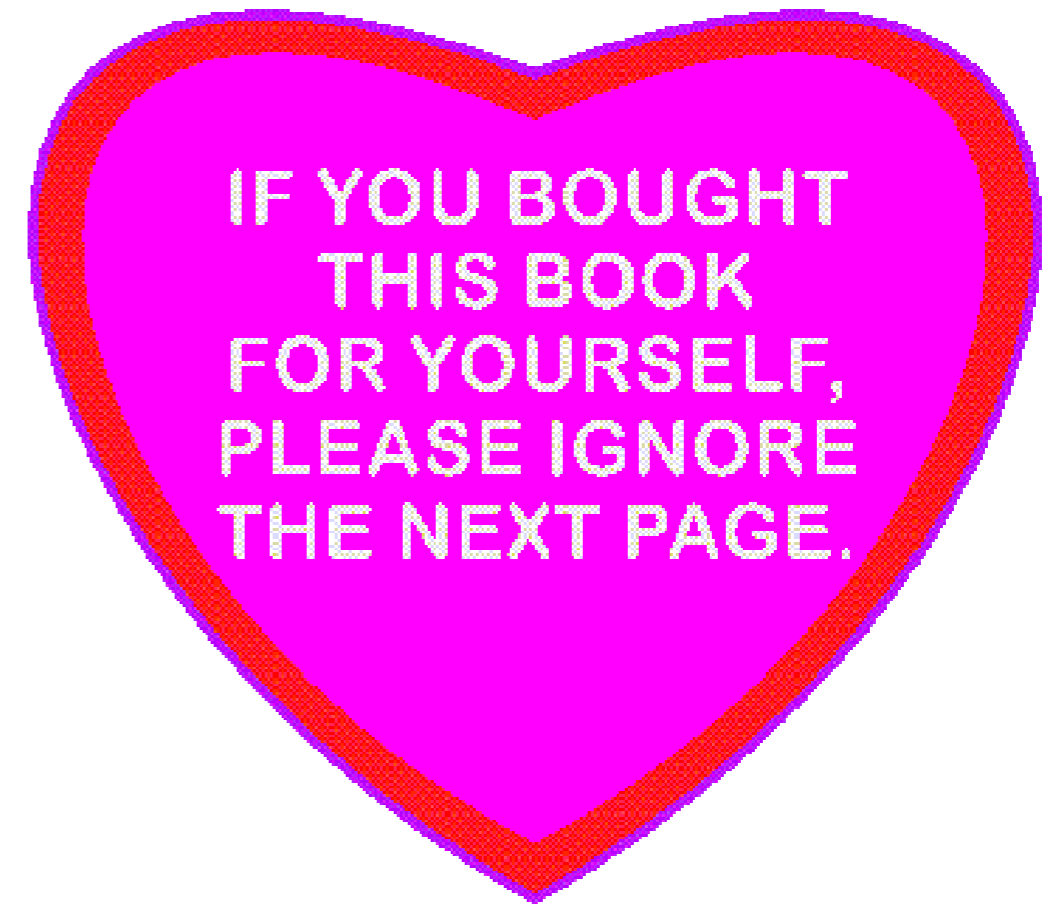


**THANKS  
TO  
SMOKING**

**DEAR \_\_\_\_\_**

**YOU REALLY NEED THIS  
BREATH OF FRESH AIR  
FROM A FRIEND**

**OR AN ENEMY OR BOSS OR SWEETHEART  
OR SON OR DAUGHTER OR GRANDPARENT  
OR PARENT OR DOCTOR OR A NEIGHBOR  
OR THE MAILMAN OR MAYBE AN ANGEL**



**If this book has been sent to you as a gift, or sent ANONYMOUSLY, the next page is an endearing way of enabling the sender to express their sentiments.**

Enjoy —ed

**WE BOTH KNOW HOW MUCH WE WOULD REALLY LIKE TO QUIT SMOKING.**

I know that we don't want to continue being like some of the people in this book. But I just don't seem to be able to do it all by myself. I need a good friend, or several good friends to quit with me. We can help each other.

I'll call you in a few days, after you've had time to read this book and give the idea some serious thought.

**— OR —**

**I'm a nonsmoker who really cares about our health and happiness.**

**— OR —**

**I'm a nonsmoker who is annoyed by your inconsiderate intrusion into my airspace, and hope you die quickly and painfully.**

**PS: JUST KIDDING. REALLY. But then again . . .**

**THIS BOOK IS NOT SPONSORED BY ANY OF THE MAJOR TOBACCO COMPANIES**

**DUH . . .**



**THANKS TO SMOKING...  
A BREATH OF FRESH AIR**

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**THIS INFORMATIONAL BOOK IS AN HONEST, CHARITABLE, SYMPATHETIC PUBLIC SERVICE MESSAGE ON BEHALF OF THE LOVING TOBACCO COMPANIES THAT ARE HAVING SUCH A HARD TIME CONVINCING THE PUBLIC THAT THEIR PRODUCTS ARE TOTALLY HARMLESS.**

**(They really are, you know, provided that their products aren't smoked, chewed, or touched to bare skin.)**

**Unfortunately, politics and prejudicial notions have prohibited the tobacco companies from supplying the necessary funds to print and distribute this book for free.**

My loving family, several loyal friends, hundreds of lucky acquaintances, two grateful bosses, and utterly millions of envious strangers all have something interesting to discuss about me. It gives them special pleasure to point out their favorite reasons why I should be encouraged to continue my favorite pastime. Some rave about how it enhances my image, while others revel at my improving health, stamina, and vigor. But most just say how they are simply ecstatic to be near me.

God bless them for enjoying my humble presence. They couldn't know a better, more loving and considerate soul than me.

In response to their devotion and respect, I have become *obsessed* with a desperate need to give reverence for having developed my special attraction.

Thanks to smoking, I've had these marvelously perceptive revelations. I hope that sharing them with you, will stifle that nagging obsession I have to do something useful.

*Alfred Puffer Esq.*

**THANKS TO SMOKING . . .**  
**A BREATH OF FRESH AIR**

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This document is displayed two pages at a time, in order to simulate an open book.

There are 80 pages in the actual book.

**THIS IS A SHORTENED PREVIEW**

For larger view read in "Full Screen."

A special thanks to Alfred Puffer Esq. for supplying most of the material for this book.

Without his insight and wisdom, I'd have a dozen reasons why I'd still be a smoker. But after writing this book I not only quit, I can't imagine ever dreaming up enough silly reasons to start doing such a ridiculous thing again.

**A cigarette is the perfect type  
of a perfect pleasure.  
It is exquisite, and  
it leaves one unsatisfied.  
What more can you want?**

— Oscar Wilde

**How little they knew back then, and  
How little some seem to care today.**

## HOW THIS BOOK WILL HELP A SMOKER

This book consists of an assortment of observations about smokers. Some seem silly, some serious, and some will be misunderstood at first reading, but they all will plant potent seeds in your mind and work for you in surprising ways.

**Try to picture a person that you know, or someone you've seen, that fits these various observations.** Don't ignore yourself. You will be unpleasantly surprised at how many of them fit you to some degree.

What you will be doing is programming your subconscious mind to be more aware of the many negative aspects of smoking.

As you do things that fit one of these situations, or see others doing them, **you will automatically strengthen your case against smoking.** It becomes automatic. You don't even have to think about it

**You will begin feeling self-conscious when you light a cigarette in public.**

**You will begin sliding the cigarette back into the pack and waiting until later.**

**You will begin spending more time with people that don't smoke and finding that you can actually forget about smoking, and really enjoy it.**

**When you finally light a cigarette, it will taste nasty. You will wish that you hadn't lit it.**

**Heavy smokers will try to fight the urge to cough, and fail, especially when they laugh.**

Remember, your mind knows that smoking will eventually kill your body. Your mind wants to live, but when your body dies, it also dies. It will show you how willing it is to help you quit. It will even help make quitting almost enjoyable. All you have to do is help a little, pay attention to those around you, and be willing to accept help from people that want to help you.

In a few weeks you will find yourself openly talking to nonsmokers about how nasty smoking really is. You will begin making promises to them and yourself that you are seriously going to quit.

**AND REALLY MEANING IT FOR A CHANGE.**

I

Imagine my  
**SELF ESTEEM**

Thanks to Smoking . . .

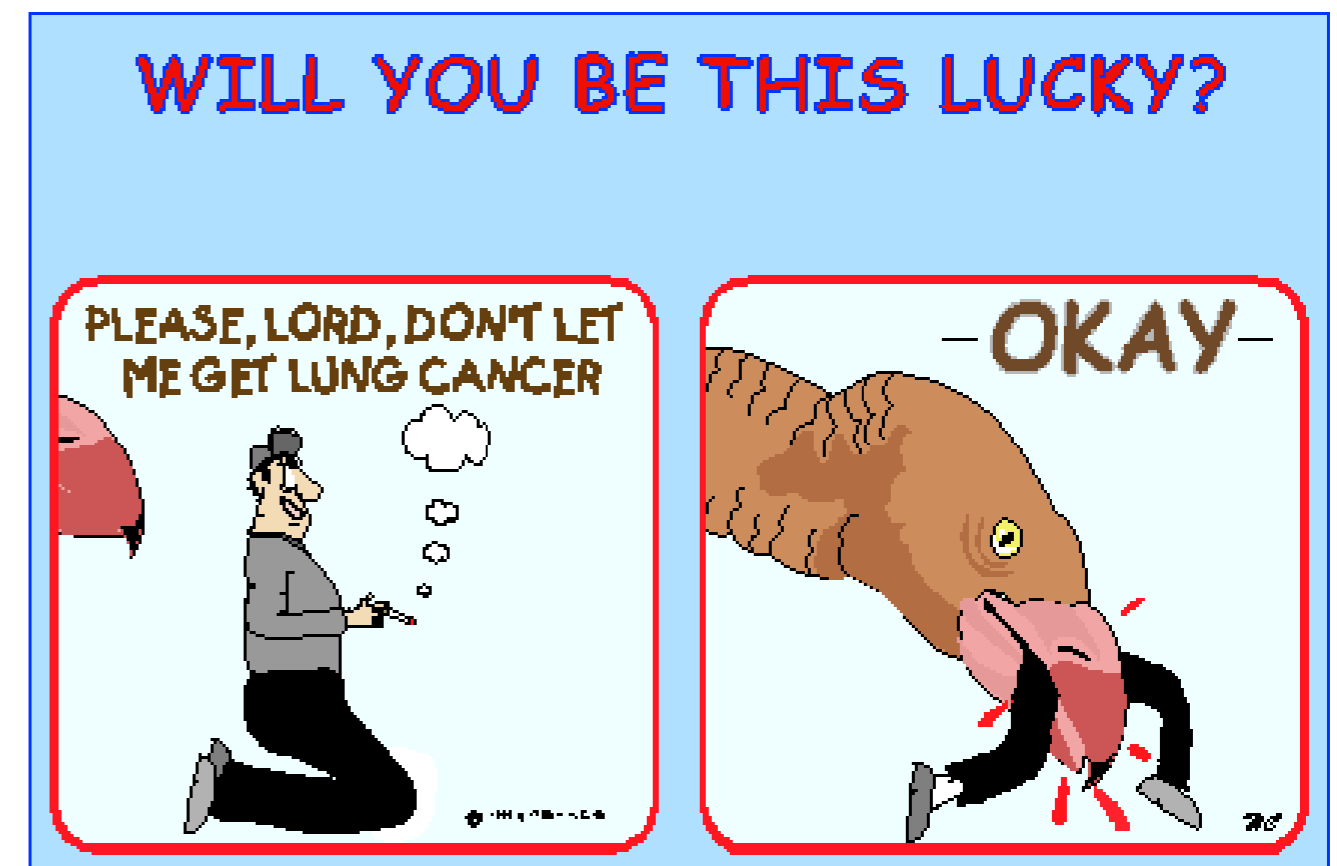
My darling children stopped asking me to blow up their balloons. The sweet, caring, little tykes understand that those nasty old balloons can cause most healthy smokers to have horrible coughing fits. If they follow in my footsteps, they'll learn to hate those damned balloons, too.

I tire as easily as a much older person.

My house and car don't have that antiseptic, springtime smell.

I end all good laughs with a humorous coughing fit, making me the life of the party.

Even pigeons hate having me around.



I only had to buy 300 packs of smokes to get enough coupons for this neat wristwatch which is guaranteed for life, or 90 DAYS, whichever comes first.

I've learned that dropped ashes don't always burn holes in clothing. And the ash smudges are easily washed out, if anybody cares.

We poor people have something to do. Of course, smoking helps make us a little poorer, but what do we care. It's just a question of having a better car OR cigarettes, a bigger house OR cigarettes, having more money to spend having fun, OR . . . or . . . or . . .

The white flakes liberally sprinkled on my clothes is really dandruff, NOT ashes as some fools might think.



**About half of the people can boss around the other half, and aren't they loving it.**

**My fingers also sport a matching yellowish brown tint, which I subtly use as a tool to attract attention.**



## **II**

### **For my LOVE LIFE**

**Thanks to Smoking . . .**

**Having my loved ones tote around my oxygen bottle will help keep them in shape.**

**My breath comes in shorter, quicker gasps making me sound like I'm much more aroused.**

**We aren't troubled by having too much stamina, which gives us an excuse to limit the amount of time we waste making love.**

**I can barely taste earwax**

**I don't have to be bothered by the smell of flowers, or perfume, or a nonsmoker's breath. Only really OBNOXIOUS odors like a skunk, or those filthy CAMELS or hot, fresh poop tend to annoy me.**

Having a cigarette during foreplay helps both of us cool down before we reach an over-excited state.

There is a much better chance that I'll fall in love with someone if they smoke my brand. With the money I'll save by mooching theirs, I'll be able to run around more and, if I'm lucky, find someone better, or with a better car, or a real house, or a credit card, or with all their own teeth, or . . .



I've learned to be proud of myself, even when I pick my nose, and hack up that gooey, slimy, black stuff, and, and cough in someone's face, and...

We cherish the "after lovemaking ritual" of smoking, instead of the boring kissing and caressing many people claim to enjoy.

Many single people are more apt to stay that way. It's a real bonanza for the dating services and single's bars.





# III

## Enhancements to my Business, Occupation, & Career

### Thanks to Smoking . . .

I've scratched the idea of becoming an astronaut off the list of my most desirable career choices after I found out about the shockingly imbecilic attitude prevalent in NASA's hierarchy concerning smoking.

**My new advertising idea is to use a stinky, filthy camel as the perfect animal to represent today's smokers in cigarette advertisements. A maggot first came to mind, but their lips are too small to hold a cigarette and smile at the same time. Besides, who'd believe that a maggot is dumb enough to smoke?**

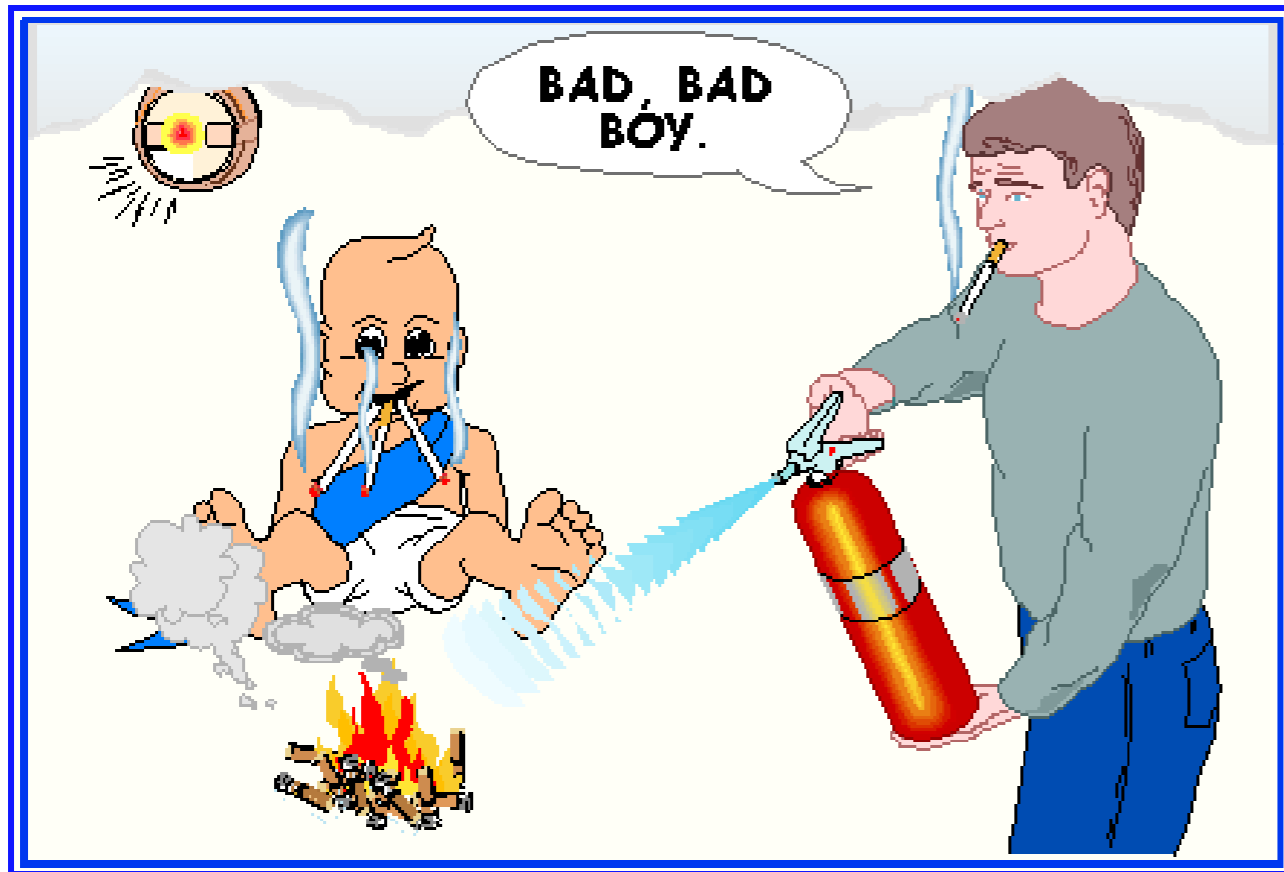
I've trained for years to become a professional cigarette taster, and now that I'm finally ready, nobody will hire me. They say that the oxygen bottle I lug around with me, somehow detracts from the image they're trying to portray of a healthy smoker. I almost feel like suing for some kind of discrimination, or for mental cruelty, or sexual something, or . . .



**We also help keep the tobacco farmers in business. What else would they do? Grow food???**



I always have a good excuse to get out of the house at almost any hour to have some real fun, by simply claiming to be out of smokes.



Parents don't have as much money to waste on toys for their overly spoiled children.

Why don't they make trading cards about cigars and cigarettes? I hate to see my son getting overly emotional and putting so much value on those silly, useless baseball cards.

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y

V

To my  
**HEALTH**

Thanks to Smoking . . .

I am totally immune to second-hand smoke and underarm odor.

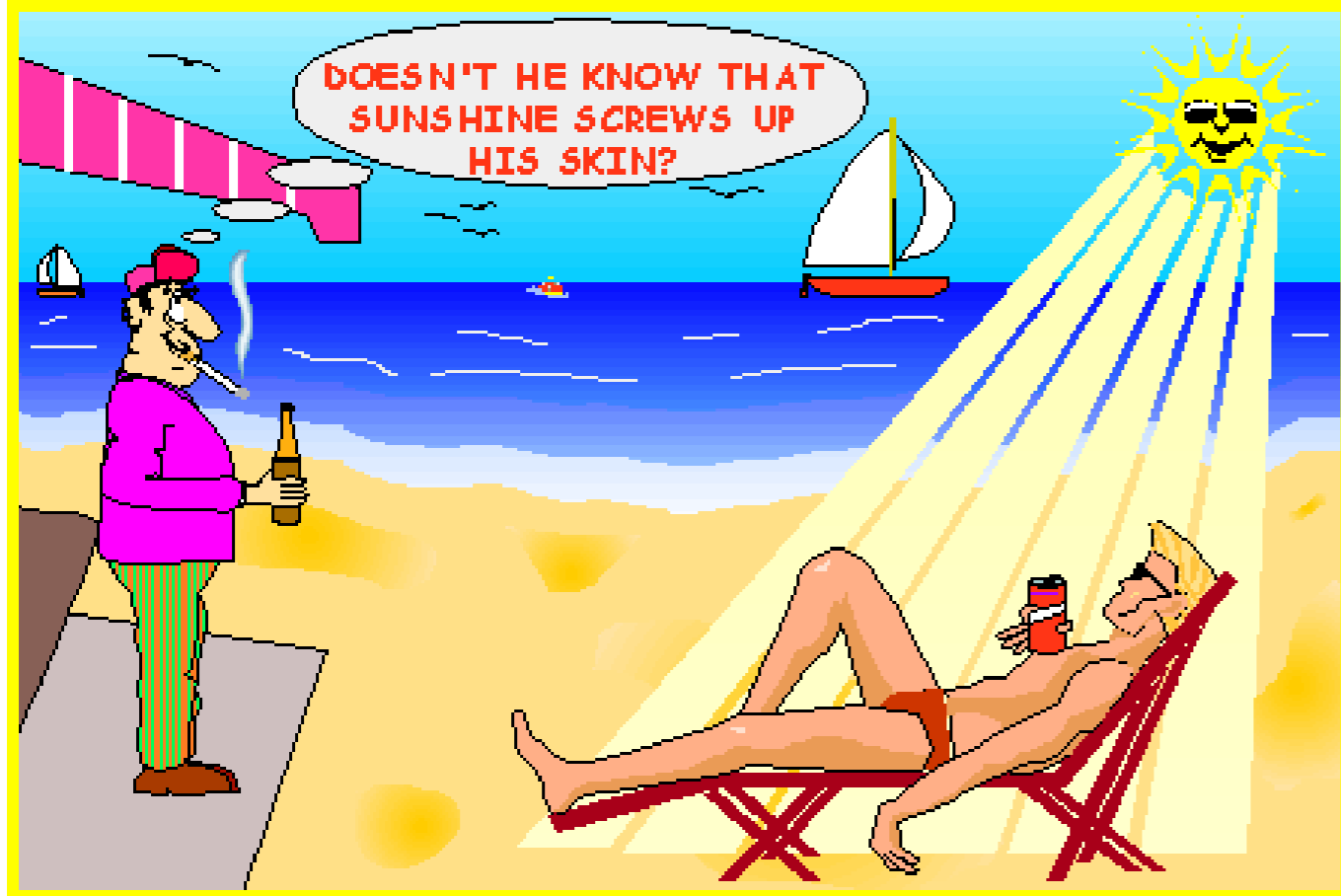
I've proven that smoking doesn't cause nearly as many warts as pimples. And the warts are usually much smaller than the pimples.

I pant and gasp and cough much healthier than most of those with full-blown emphysema or terminal lung cancer. I'll bet that their envy will kill them long before their petty diseases.

I get to prove to all of those silly, cancer-phobic freaks what a snow-job they've fallen for. **ALL** smokers don't get cancer. It just happens to the unlucky ones that **CAN'T EVEN WIN THE LOTTERY.**

## Coroners get plenty of overtime.

Some of the most annoying people won't be around all that long.



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y

## VI

### Other often Overlooked Advantages

Thanks to Smoking . . .

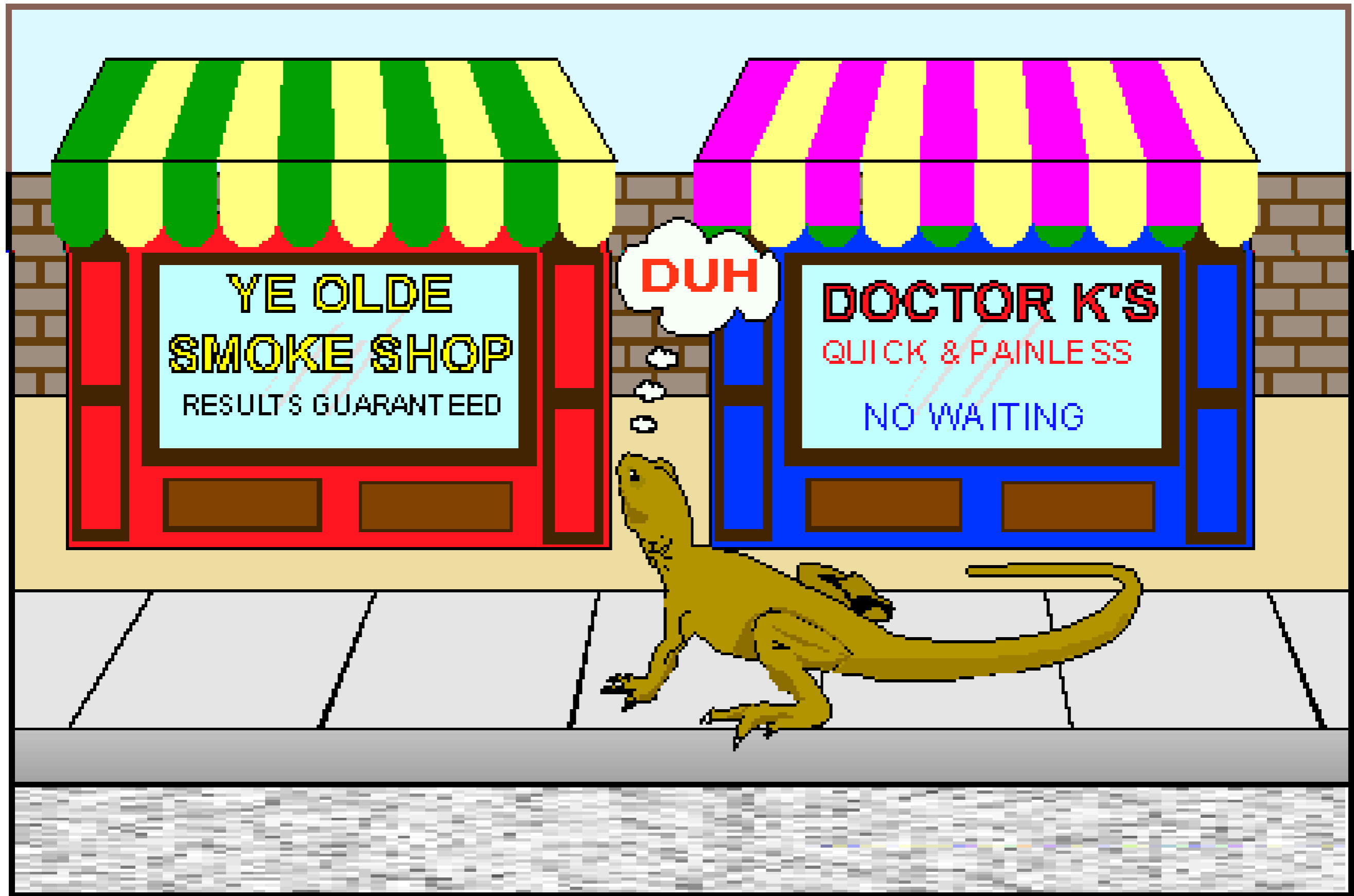
If I'm ever executed by firing squad, the traditional "last cigarette" gives me a couple more glorious minutes of life to wish I'd smoked more and drank less, and not ran over that damned kid.

I've noticed TWO good things about most smokers; they love booze, and they booze a lot.

The thought of me ending up in one of those nonsmoking jails, just for buying smokes for minors, really scares the hell out of my kids.

**I finally understand the mental deficiency common to all nonsmokers. They love the hell out of me and think they know what's best for me. But unfortunately, they don't like me as much as I do.**





[For the kids out there, doctor K helped people commit suicide, sort of like the tobacco companies, except that he didn't pay the politicians enough to stay out of jail, like the tobacco guys do.]

# VII

## Thinking about **QUITTING**

To quit smoking, you only have to want to quit **MORE** than you want to smoke. To make it **EASIER** to quit, you only have to want to quit **MUCH, MUCH MORE** than you want to smoke. Think about it.

For example, if you suddenly became deathly allergic to tobacco smoke and just one drag would cause hours of violent, excruciatingly painful convulsions, or weeks of total paralysis, or months of blindness and a continuously throbbing migraine headache, or huge warts growing rampantly on your tongue and genitals, only Alfred or that filthy camel would take another drag.

**You, like most sane people,** would simply quit smoking, no matter how difficult.

Quitting is really that simple, **WHEN** you store up **ENOUGH** valid reasons to quit, and weigh them against the fact that there is not **ONE** logical, sane reason to smoke, **YOU WILL QUIT**, sooner than you think.

We are flooded daily with enough reasons to make it easier to quit, but we tend to ignore them. We tend to accept as fact that quitting is just too hard for us to do. Or for some reason, now is not a good time. Forget those notions.

Begin seriously storing up reasons to quit, and you will be pleasantly surprised at how soon you will really **WANT** to quit.

### **To help build up the reasons:**

Spend about a month becoming more aware of the negative aspects of smoking. When you see or hear something about smoking, pay attention. Stop and think about it for a moment. Then file it away in your mind as a good, useful tool for future use, not as something to be scorned and discarded as smokers invariably do with anything negative concerning smoking.



**Pay more attention to OTHER smokers.**

**Imagine what a nonsmoker might think when you light up.**

Watch the cloud of smoke you are creating. Who's breathing it? What's it sticking to? How long will the smell linger? Are others really disgusted with me? Am I disgusted with myself? etc.

Appreciate the fact that you experienced what it **WAS** like to have **BEEN** addicted to a disgusting drug. It was a learning experience. You've learned all you need to know about smoking. Put it in your past and get on with your life.

**Remember, realizing how stupid we were yesterday, can really help us tomorrow.**

Every time you put out a cigarette, wish that it was your last. Begin looking forward with an optimistic attitude to the day when you will kick this disgusting drug habit and put it behind you, forever.

Tell your family and friends, especially the smokers, what you plan to do, and **WHEN**.

**Set the date. Talk about it.** Maybe some of them will join you. There **IS** strength in numbers.

When your date arrives, begin setting an example for them. Show them that it isn't too hard for you. Tell them how much better you feel, how good it feels to take a deep breath of fresh air, and all of the other pluses as you realize them. **Make notes.**

After you quit, begin enjoying **HELPING** others to quit, not bragging about yourself for quitting. You will like yourself much better for doing so.

**And others will definitely like you much better.**

**"Here's to many more breaths of fresh air."**

We would love to hear from you.

**Your friends at CPC**

email: [wc\\_tts@ttebooks.com](mailto:wc_tts@ttebooks.com)

# PERSONAL CONTRACT

I, \_\_\_\_\_  
WILL QUIT SMOKING ON \_\_\_\_\_  
and I am beginning to prepare myself.

I WILL ALWAYS REMEMBER THESE THREE THINGS:

1. I started smoking because the idiots I associated with thought it was cool.
2. Living the latter part of my life with diseased lungs won't be any fun.
3. I hate for people to think that I'm still as stupid as I was when I started smoking.

I will always keep this book as a reminder of this special accomplishment, and I will reread it if I begin to weaken.

\_\_\_\_\_

signed

\_\_\_\_\_

date

\_\_\_\_\_

witness

PS: Thank you, whoever you are,  
whether you really care or not.

