

# Living Tobacco Free

## Quit Smoking, Vaping, Chewing



### BREAK FREE OF TOBACCO FOR GOOD.

The reason a tobacco habit is so hard to break is that it goes way beyond physical nicotine dependency.

This uniquely effective course was designed by experts for one specific purpose: To help you demolish the psychological barriers that give tobacco its power over you, so you can finally quit for good.

### WHAT'S INSIDE

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A scientific solution  
from trusted  
behavior-change  
experts.



## The issue at the root of nicotine addiction is also emotional, not just physical.

LivingFree addresses the tobacco addiction issue head-on, going beneath the surface to expose and transform the core beliefs, thoughts, and emotional response mechanisms that cause a person to smoke, chew, or vape.

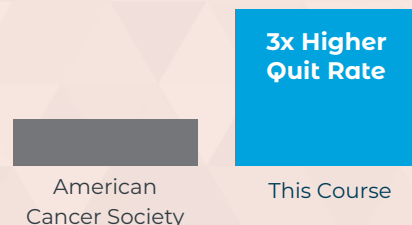
Our evidence-based training provides the knowledge, cognitive skills, and tools needed to:

- A. Retrain the brain to end physical and emotional dependence**  
on tobacco in a little as three weeks
- B. Sustain a tobacco-free life** for the long run

The result is improved resiliency, genuine, lasting behavioral change, and a higher quality of life.

*"I honestly had not decided to quit when I started the program but it was required by my employer for insurance purposes. After the second session, I was all in! How could I not do this? It made perfect sense. I smoked for 43 years and am now in to my 3rd week smoke free!! Thank You!!" – Course Participant*

**In a university study, the 6-month post-course quit rate was *triple the quit rate* for the American Cancer Society's self-help intervention**



# We make it simple to participate and stay on course.

Our proprietary evidence-based training process transforms your mindset at the subconscious level to break your emotionally driven bonds with tobacco. The mindset training is paired with practical content and activities to eliminate tobacco cravings so you can enjoy a vibrant, tobacco-free life.

The course features highly engaging pre-recorded video instruction from one of the foremost behavioral change experts. The training sessions simulate a live coaching experience and are private, convenient, and effective.



- ▶ Mobile access and companion app
- ▶ Video instruction from experts
- ▶ Interactive tools and support content
- ▶ Reminders and push notifications
- ▶ On-demand participant support



*"I smoked for over 40 years and now I don't. I have attempted to stop smoking literally hundreds of times. Sometimes I lasted an hour and sometimes a day. I have always known all the reasons to quit but you showed me a different way. Which set me FREE."*

– Course Participant

## Trusted by leading organizations.

20+ years' experience creating cognitive-based programs leveraged by some of the world's top health and wellness providers.



# Course Overview and Instructor

12

Sessions

3-12

Weeks based on  
participant  
preference

2-4

Hours  
per week

## Session Listing

### **Introduction: A Whole new Way**

You've never tried to quit smoking this way before.

### **Orientation: What is the Real Choice?**

Make choices about tobacco in a way that empowers you.

### **Session 1. Do You Hear Yourself?**

Understand the power of the words you say and the way they make you feel.

### **Session 2. The ONE Reason You Smoke**

Get ready for an a-ha moment as you finally realize the one reason you still smoke.

### **Session 3. Prepare for Your Breakthrough**

Get excited! Today is the day you move from smoker to ex-smoker.

### **Session 4. Tell. The. Truth.**

Get real about the "agony" of withdrawal and put misconceptions to rest.

### **Session 5. Being the Boss**

Learn how to show tobacco who is really in charge.

### **Session 6. There's Only One Place You Have Control**

Discover the only place you ever need to be.

### **Session 7. Celebrate Your Success**

Celebrate the beginning of a new chapter! You have done the work to retrain your mind and begin healing your body.

### **Session 8. The Difference Between 99% and 100% ...**

Learn about mastery and how to achieve it.

### **Session 9. A Future Full of Possibility**

Envision how far you can go on the path to naturally living free of tobacco.

### **Session 10. Commitment Takes Character...**

Realize you've got what it takes to reinvent your future.

## Course Instructor



### **Lou Ryan**

is a personal coach and cognitive training expert with over 30 years of experience helping people create healthy behaviors. Lou has helped thousands of people gain control over unhealthy eating habits and many other lifestyle issues so they can transition to a more calm, peaceful, and empowered life.

# How Does The Course Impact People Like You?



*"This course is the best program to quit smoking and to improve your life, period! Just purely outstanding!"*

- Course Participant

## How dangerous is tobacco?

- ▶ Nearly **half a million Americans die prematurely** each year from smoking or exposure to secondhand smoke
- ▶ Another **16 million live with a serious illness** caused by smoking



## The numbers tell a story of healthier outcome

### We wanted to know: How does the course impact participants?

We surveyed over 2,000 participants over 6 months, and the results show real, measurable change.



88%

of participants said the course helped them **meet their tobacco-related objectives**

52%

believe the course had **a positive impact on their future health**

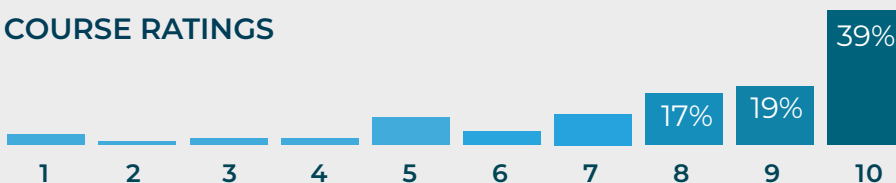
46%

gave the course the highest possible rating when asked how much the course made them **feel in control of smoking**

93%

felt motivated to **improve their health**

### COURSE RATINGS



92%

would recommend this course to friends & family

Learn more at: <https://www.avidonhealth.com>