



# **SICK AND TIRED**

## OF FIGHTING A LOSING BATTLE WITH TOBACCO?

You *can* quit smoking, vaping or chewing ... no matter how long you've used tobacco or how many times you've tried to quit.

Make a clean break now.

Without feeling deprived or irritable, without a struggle.

*"It's like mental jiu jitsu for gnarly habits!"*

**- COLIN B.**

Online Lifestyle Interventions



# The LivingFree® Tobacco Cessation Program

Quitting tobacco may seem impossible, but it's not. It's simple when you know how. LivingFree is unlike anything you've seen before. We've been helping people quit tobacco for over 3 decades. We can help you too.

Imagine breathing easy, feeling vibrant and alive. Imagine absolute freedom. You can do it.

## How it works

As a tobacco user, certain beliefs and thought patterns have kept you from quitting.

LivingFree is an online video-based coaching course designed to:



### EXPOSE FALSE BELIEFS

Discover why you really use tobacco (hint: it's not what you think), and learn how your subconscious mind tricks you into experiencing the urge to smoke, vape or chew.



### DESTROY SELF-DEFEATING THOUGHTS

Master a simple technique that instantly neutralizes the thought patterns that create your tobacco cravings.



### FLAT-LINE YOUR URGE TO SMOKE

Rewire your brain so you no longer care about smoking or chewing. Imagine the freedom of being around your favorite smokes without even wanting one!

Here's the main point: once you complete LivingFree, you will no longer feel the need to use tobacco.

## The Details

LivingFree consists of 12 online video-based sessions, each split into short segments. Log on privately and conveniently, 24/7, via Internet-enabled PC, tablet or smart-phone. The first time you log on you will watch a brief tutorial and set up your course calendar. After that, just follow along as our smart system guides you through the short coaching videos, interactive quizzes and easy assignments. It's that simple.

To register, visit your wellness portal