

Smokers waiting to bottom out often proves deadly

Joel Spitzer's newest stop smoking video warns smokers about the risks of waiting for arrival of their first smoking related disease before deciding to get serious.

by [John R. Polito](#)

Bryan Lee Curtis was just 34. More than five million annual smoking related deaths, nearly half in middle-age, imagine your very first warning sign of any tobacco related disease being a massive heart attack or stroke, or, like Bryan, being diagnosed with advanced small cell lung cancer. Imagine having less than two months to live.

"Waiting to bottom out" is the newest addition to Joel Spitzer's growing collection of more than 130 free video quit smoking lessons.

Can you explain how smoking causes heart attacks and strokes? Circulatory disease is smoking's leading killer yet few smokers understand why. What about cancer? The following videos will aid you in understanding why smoking is the leading cause of premature death in every developed nation on earth.

Half of adult U.S. smokers lose [14 years](#) of life expectancy due to smoking related causes.

Again, [Bryan](#) was 34 years-old when tobacco's 81 cancer causing chemicals ended his life. [Noni](#) was 33 and had just given birth to her first child. [Deborah](#) was 39.

[WhyQuit](#) has two support groups, [Freedom](#) and [Turkeyville](#). Last year Freedom lost [Neil](#), age 53, and Turkeyville lost [Helen](#), age 50, to lung cancer. Both thought that they had quit smoking in time.

If they could only have seen on the outside the destruction they'd caused within. It's too late to save Noni, Bryan, Deb, Neil or Helen. But if they could be with you now, I know that each would do their very best to awaken you to the insanity of that next destructive puff.

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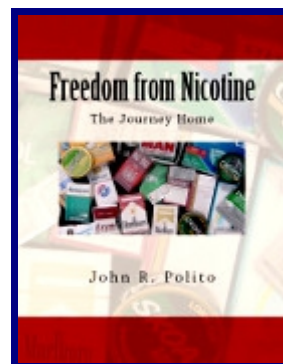
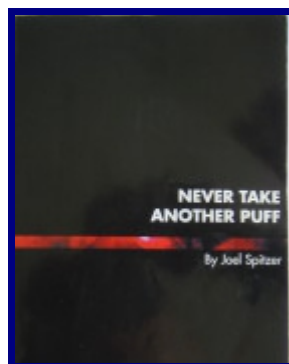
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WhyQuit's basic "how to quit smoking" video

Read our free quitting e-books



Read both and watch knowledge destroy quitting anxieties!



Learn More About Smart Turkey Quitting

- WhyQuit.com - WhyQuit is the Internet's oldest forum devoted to the art, science and psychology of cold turkey quitting, the stop smoking method used by the vast majority of all successful long-term ex-smokers. Left to right, WhyQuit is organized under three headings: (1) Motivation, (2) Education and (3) Support.
- ["Never Take Another Puff"](#) - Imagine a free 149 page stop smoking ebook that's registered more than 4 million downloads and was written by a man who has devoted 40 years, full-time to helping smokers quit. Never Take Another Puff (NTAP) was authored by Joel Spitzer, the Internet's leading authority on how to stop smoking cold turkey. It is an insightful collection of almost 100 articles on every cessation topic imaginable.
- ["Freedom from Nicotine - The Journey Home"](#) - Written by John R. Polito, a former 30-year heavy smoker and WhyQuit's 1999 founder, Freedom from Nicotine (FFN) is a free nicotine dependency recovery book that documents the science underlying nicotine dependency and successful cessation. Whether hooked on cigarettes, e-cigarettes (e-cigs), bidis, kreteks, a pipe, hookah or cigars, on dip, chew, snuff or snus, or on the nicotine gum, lozenge, spray, inhaler or patch, FFN provides a comprehensive yet easy to follow road-map to freedom from nicotine.
- [Turkeyville](#) - Visit Turkeyville, Facebook's most popular quit smoking support group. The group's primary focus is the first few days and helping new quitters get started. Yes you can!
- [Joel's Library](#) - Joel's Library is home to Joel Spitzer's "Daily Quitting Lesson Guide." The Guide walks new quitters through the first two weeks of smoking cessation, recommending daily videos to watch and articles to read. Joel's Library is also home to more than 100 original short stop smoking articles, to his free ebook Never Take Another Puff, and to his collection of more than 200 video stop smoking lessons.
- [Nicotine Addiction 101](#) - WhyQuit's guide to understanding nicotine dependency.



- [Freedom](#) - Looking for a deadly serious and highly focused education oriented support group? Home to Joel Spitzer, Freedom is the Internet's only 100% nicotine-free peer messageboard support forum. Explore Freedom's hundreds of thousands of archived member posts on how to quit smoking.
- [Nicotine Cessation Topic Index](#) - An alphabetical subject matter index to hundreds of nicotine cessation support group discussions, article and videos.
- [40 Quitting Tips](#) - Key cold turkey nicotine cessation tips on how to stop smoking, vaping, chewing or sucking nicotine into your body and bloodstream.



Knowledge is a Quitting Method!



[WhyQuit](#)

[Law of Addiction](#)

[Joel's Library](#)

[Freedom](#)

[Turkeyville](#)

[How to Quit](#)

Article written September 7, 2012 and page last updated December 28, 2013 by [John R. Polito](#)