

From Layman Fletcher

April 5, 2007

Atlantic Smokers Concept
725 South Federal Highway
Boynton Beach, Florida 33435

Re: My ONE YEAR ANNIVERSARY SMOKE FREE!!!!

Hello ASC!

Boy, have I been waiting for the right moment to send you my success story. There were many stages along the way when I thought it was the right time, but for some reason or other I didn't. Well this morning I looked at the date and thought OH MY GOODNESS!!! It's been a WHOLE YEAR!!

Well, what I would like to convey most to those who are looking to be relieved of the terrible addiction to nicotine is the following:

For years I had wanted to quit smoking. I had tried a few years ago and was smoke-free for two weeks. Every second of every minute of every day of those two weeks I SUFFERED. Finally, my boyfriend at the time (who didn't smoke and wanted me to quit also) ordered me to go buy cigarettes so he (and everyone else around me) could have some peace. I not only felt like a failure, I felt that everyday I was teaching my then pre-teen daughter how to live a disgusting, unhealthy life with no regard for self or the miracle of life. I was a role model for low self-esteem and self-destructive habits. And she was so sad that I couldn't stop this thing. I was responsible for putting the burden of my health on a child who cared more for me than I did. And although I love my daughter more than anything in the world, my smoking did not reflect that.

One day, my friend (who at the time smoked also) instant messaged me that she knew people who had successfully quit smoking by getting laser treatment from Atlantic Smokers Concept, and she sent me the number. Now, as a side note, I had done a few weeks of acupuncture to quit smoking. While the acupuncture was indeed VERY relaxing and soothing, I would leave and hit the nearest 7-11 or gas station (if I had thrown away my cigs prior) to buy cigarettes and smoke.

Well, with a predisposition of failure I called up ASC and made an appointment for 04.04.06 at 5pm. Later that afternoon, we became overwhelmed at work and I had to stay at the office late (I'm sure I was relieved that I could smoke another day!). However, they had an appointment the next morning (04.05.06~I'll never forget that date!) at

10am. If I couldn't make that time, I would have to wait for two weeks. Something inside me put the proverbial foot down, and I accepted the early morning appointment, even though it fell only an hour after I would be first getting to work.

The next morning I had to buy a new pack of cigarettes since I'd run out the night before. I smoked as many as I could on my drive from Fort Lauderdale to Boca Raton. Took a couple of cigarette breaks at work (between 9am and 9:45am-I know, pathetic), and then smoked a few more during my short drive to Boynton Beach, puffing on my last one as I parked my car. I threw away the few remaining cigarettes (no worries, there was a gas station right around the corner). As you can see, I was less than inspired although deep down I really did want to be rid of this monkey.

All I knew was:

1. I wanted to be a positive role model for my daughter.
2. I wanted to be a more appealing partner for new non-smoking fiance.
3. I wanted to have more children and did not want smoking to be in our lives ever again, and

what I REALLLLLY wanted more than anything else (selfish smoker that I was) was

4. to NOT WANT TO SMOKE.

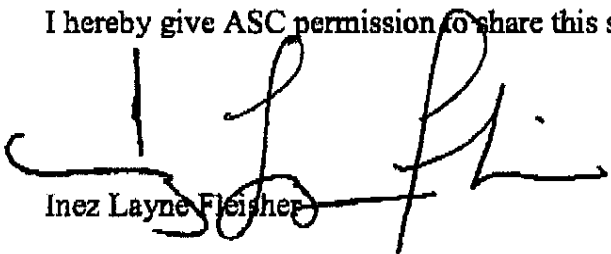
I can't even say truthfully that "I wanted to quit for me" or any other cliches out there about addictions. I just wanted the DESIRE to smoke to be lifted from me. Not too much to ask, right?

Well, to wrap up this already long story...I left my 10am appointment at ASC and decided I didn't need a cigarette just then, so I went straight to work. After work, as weird as it was, I still did not feel like smoking so I went home. When I told my fiance about it, I was very careful not to sound excited because I just knew the next morning I'd want to smoke. The next morning, I decided not to have coffee as advised by the technician at ACS and drove to work, waiting for the moment that I would get a craving and turn my car towards a gas station. It didn't happen. And it didn't happen that night either. And it didn't happen that Friday when my fiance and I went to dinner and sat on the outside patio of the restaurant where other people were smoking (the smell actually really turning me off). And it hasn't happened since. I now avoid cigarette smoke whenever possible, not because it tempts me, because it NAUSEATES me!

If anyone wanting to quit smoking reads this, please know that I didn't really really want to quit smoking, I wanted to be able to control smoking; not smoke when my daughter was around, or only smoke when I was drinking alcohol, because I enjoyed it. What I got was way better than any of that. What I got is priceless..my life, my health and my self-confidence and self-esteem (and I smell pretty too!).

Thank you Atlantic Smokers Concept.

I hereby give ASC permission to share this success story with others.



Inez Layne Fleisher