

WHY YOU STILL CAN'T QUIT WEED!

WHY WILLPOWER ALONE IS A
LIE, AND HOW YOU FINALLY
MAKE IT THIS TIME!

QUIT-SMOKING-WEED.COM

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“I finally want to quit! But I just can’t do it.” That is exactly how it used to be for me. In the evening, smoking what I called my “last joint”, I was convinced: this time I am going through with it.

During the day it even went well. And then in the evening that voice came back: “Come on, one last time today. Tomorrow it starts for real.”

The next day was always so frustrating! Every single time I asked myself: why can’t I do this? Do I just have no willpower?

That is what everyone tells you, but today I know better: It is a lie! The problem was not that I did not want it badly enough. I was trying to solve something with willpower alone that had been settling into my head, my body and my daily life for over 10 years.

Cannabis had long been more than just a bad habit. It was part of my routines, my reward and the way I dealt with stress and emotions.

So if you really want to quit, you first have to understand why your mind, and even your body, keep pulling you back. That is exactly what this e-book is about.

If cannabis were “just a plant”, you would probably have quit a long time ago. For me and for you, cannabis was not only the problem for a long time. It was your damn solution! Not a good one and not a lasting one, but one that worked instantly.

Stress? Weed!

Boredom? Weed!

Trouble sleeping? Weed!

Restlessness or uncomfortable thoughts? Weed!

And my mind learned something from that:
uncomfortable state, cannabis, relief.

That is exactly why quitting is so hard. You are not only taking away a substance. At the same time you are taking away something that has given you calm, distance, reward or numbness.

If you only remove the smoking but never understand what you were using it for, a hole is left in its place. And sooner or later your mind will try to close that hole again.

Cannabis did not become this important to you without a reason. It was your fastest way to change your state within seconds. The problem: that short-term relief costs you everything in the long run, your energy, your motivation, your goals.

A vague "I really should quit" will not protect you from cravings in the evening. Because when you are stressed, when you have slept badly or when you simply want to switch off, reason loses to craving fast.

Then your mind starts negotiating: "Just today."

"Tomorrow for real." "Once won't hurt."

That is exactly why you need a why that sits deeper than "weed is unhealthy". You have to get honest with yourself about what your use is really costing you. Your energy? Your goals? Your relationship? Your fitness? Your self-respect?

Or even harder: maybe you have known for a long time that you are wasting the best years of your life right now. Years you will never get back. You only have this one life! Your why does not have to sound good to anyone else. It has to be so honest for you that in the decisive moment you remember why you wanted to quit in the first place.

Because a relapse often does not start with the joint. It starts the moment you talk your decision down again and begin negotiating with yourself. That is when you do not need a motivational quote. You need a reason that is stronger than the next excuse.

Preparation does not mean just throwing away your grinder. It means understanding withdrawal. The moment THC is missing, your body switches over: your nervous system ramps up, your thoughts start spinning, suppressed emotions come up.

Anyone who only starts working out what to do in moments like these almost always makes the wrong decision.

Real, lasting success happens deeper down. It is about building yourself a life you no longer want to escape from.

You have to understand the roots of your addiction: is it unmet emotional needs, unprocessed experiences, biological patterns or constant pressure in your life? Once you understand which deep wounds cannabis had to numb, you can take on the addiction at its real root.

Learn to regulate your emotions and to see through your own thoughts, so that in stressful moments you do not react automatically but decide consciously and clearly for yourself.

That is why you need to understand in advance what can come at you in the three phases of cannabis withdrawal, know your personal high-risk situations and have several solutions ready for exactly those moments that you can use straight away.

When you quit, it is not only your habit that changes. Your body adjusts as well. Regular smoking acts on your endocannabinoid system.

When THC suddenly disappears, your body has to find its balance again. That is why sleep problems, sweating, intense dreams, less appetite, restlessness, irritability, strong cravings or 20+ further symptoms can occur.

Back when I did not understand that, I quickly thought: “I am actually better off with cannabis.” But that very adjustment was part of the healing process. And that process often changes. In the beginning, physical symptoms tend to dominate.

Later, for many people, the strong emotions and thoughts that cannabis used to suppress get louder.

I like to call it the waiting room: whatever you pushed aside or numbed over a long time has not disappeared. It is sitting there, waiting. When cannabis falls away, the door suddenly opens and all those feelings, thoughts and unresolved issues want to come in at once.

That is the moment when it is about not pushing them away again, but working through them step by step and learning to deal with them differently from now on.

Cravings feel enormous in the first moment, far bigger than they really are. Your brain makes you believe there is only one solution and that this shitty state will only stop once you smoke again. That is exactly one of the most dangerous lies your addiction memory tells.

Cravings always come in waves: they build up, they reach a peak and they get weaker again as long as you do not keep feeding them.

Studies on cravings show that such waves often last a relatively short time and can already fade after 20 minutes.

That is exactly why it is so important not to make a decision at the peak of that wave. You have to learn to sit through that moment and to understand that it passes.

But it is just as important that you know what you can actively do about cravings and the other withdrawal symptoms. For that you need concrete solutions for different situations.

And for the moments when the pressure gets particularly strong, you need a clear emergency plan with aids and over-the-counter supplements, before a strong urge actually turns into a relapse.

Quitting weed is only the beginning. If everything else stays the same afterwards, so do many of the reasons why you wanted to escape in the first place.

That is why, in the long run, it comes down to five areas for me:

your body and your health,
your relationships and your social circle,
work and finances,
your personal and mental development as well as
goals, joy of life and meaning.

If several of these areas stay empty or chaotic for a long time, the need to distract or numb yourself comes back quickly. Some people simply replace cannabis with alcohol, gaming, food or endless scrolling. The substance is gone, but the pattern stays.

So at some point my goal was no longer just: I do not want to smoke anymore.

I wanted to build myself a life I no longer constantly want to escape from, without any numbing at all.

For me, that is the real way out. Not just away from cannabis, but towards a life you actually feel good in!

I hope you now understand better why you have not managed to quit so far, and why the story of “pure willpower” that we all keep hearing is not the key.

What you have read in this e-book is a first overview of what has been missing. But this here is only the beginning.

If you are really serious about it, if you want to stop smoking weed for good and you are ready to change your life, then our Cannabis Detox Program was built for exactly that.

Inside you get a step-by-step system from A to Z and access to a community of 3,000+ people who are in exactly your situation or have been.

You can try the entire program completely risk-free for two weeks.

If you are ready to walk this path consistently and to invest in your own change, then the life you have always dreamed of is waiting for you here. You will find all the information here:

START NOW!