

The BravoBee Program

II. Overcome the Ostrich Effect



Just like an “ostrich burying its head in the sand, hoping the lion won’t eat it” people tend to avoid information they don’t like. It goes so far as investors checking the stock less often when the market goes down. By facing the truth and learning about the consequences of smoking, you’ll be on your path to quitting smoking for good aka “getting your head out of the sand and running to safety”.



1

Make Your Commitment

So, let’s get started. You need to commit to facing the truth and watching daily 3 clips with testimonials of people who faced the effects of smoking.

2

Watch Your First Clip

Let’s pick your first clip. On the next page you have a starting table, so you get the idea of how such a testimonial looks like. Just pick one and start watching it.



You’ll find many impactful testimonials, especially from reputable sources like the CDC (Centers for Disease Control and Prevention) YouTube channel.

3

Now write down what the clip was all about.

How did it motivate you to become a non-smoker for the rest of your life?

Keep watching 3 clips a day and tracking your progress.

You can use the tracking table provided in our free Quit Smoking Kit. Just remember, daily consistency build momentum, and momentum will get you smokefree for life.

Dan McLaughlin -
(Extended) Smoking **Tobacco and Life with Buerger's Disease**

[Click here to watch](#) ▶



Or Scan the QR Code

Skateboarder Buddy Elias Loses Leg Due To Smoking & Buerger's Disease - Rise Above

[Click here to watch](#) ▶



Or Scan the QR Code

Mick Roberts – At 49, I Was Gasping for Life: Emphysema COPD Crushed Me

[Click here to watch](#) ▶



Or Scan the QR Code

Tommy Cook – Cowboy Who Lost **His Voice to Tobacco - Laryngectomy**

[Click here to watch](#) ▶



Or Scan the QR Code

Terrie Hall 1 – **A Life Cut Short by Tobacco: Cancer, Laryngectomy, and Early Death**

[Click here to watch](#) ▶



Or Scan the QR Code

Terrie Hall 2 – **From Cheerleader to Silence: A Voice Lost to Smoking Laryngectomy**

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Or Scan the QR Code

Geri M. – I Got **emphysema COPD at 44**. Smoking Bound Me to a Breathing Machine for Life

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Or Scan the QR Code

Sharon A. – I Smoked Since I Was 13. **At 37, Throat Cancer Took My Voice Forever**

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Or Scan the QR Code

Christine B. – **Started as a Teen**. Cigarettes Gave Me Oral Cancer and Took Half My Face

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Or Scan the QR Code

Kristy M. – **Truck Driver at 36: A Collapsed Lung Made Me Think I Was Going to Die**

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Or Scan the QR Code

Brandon H. – Started smoking during mid-teens, **diagnosed at 18. Buerger's Disease Took Legs and Fingertips**

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Jamason C. - **18 years old: "I Didn't Know Why I Couldn't Breathe"**

[Click here to watch](#) ▶



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