

# THE MANUAL FOR LETTING GO

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### EXCERPT

My first attempts to quit smoking were not right, and it was not logical that I suddenly stopped smoking due to a prompt decision, regardless of how right that decision was. It was not smart to ruin all my cigarettes and just leave. How could I do that having no idea what will be waiting for me? And how could I defeat it? I was failing in these attempts even before they started.

With imagination, the successful experience began. The imagination was and still is the first weapon that enabled me to fight this deadly habit. Thousands of failed attempts made by other people kept me thinking about what I would do if I decided to quit but lost my patience and how I would succeed after an enormous amount of failure. I used to think about what my reaction would be if one of my dear friends offered me a cigarette. How could I say no? In my imagination, I was shy many times and I couldn't say no to such an offer. I couldn't refuse their generosity! But also with imagination, I succeeded until I reached the realistic attempt without exposing myself to real failed experiences that could possibly break me psychologically and bring me back into the addiction trap.

If this were the case, and most of our problems were solved with imagination, then why do people still lack it? Why don't people get used to integrating it into their life? Perhaps we are afraid of imagination... Perhaps because we are afraid to dream!