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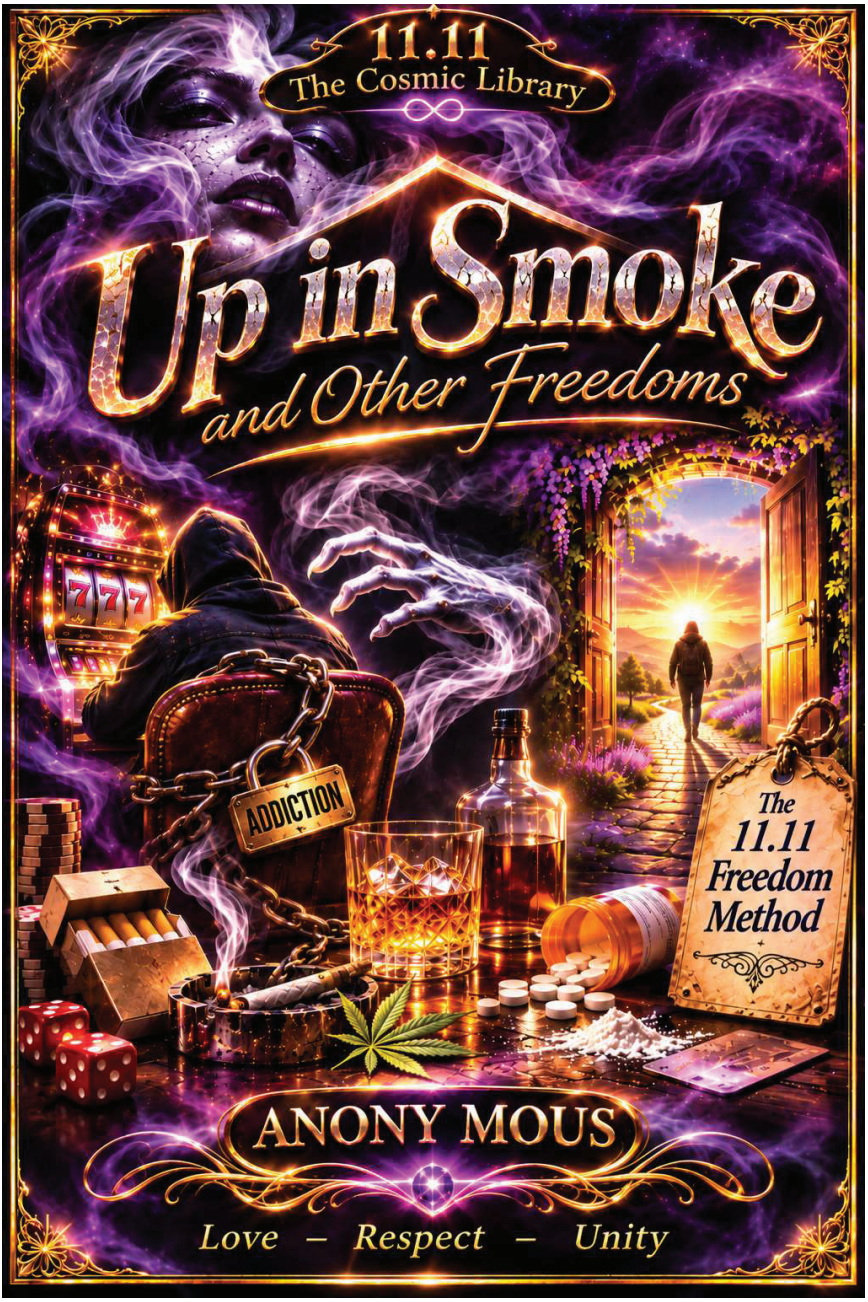
UP IN SMOKE

and other freedoms

THE 11.11 FREEDOM METHOD

ANONY MOUS

Love. Respect. Unity.


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Up in Smoke
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ADDICTION
The
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Love – Respect – Unity

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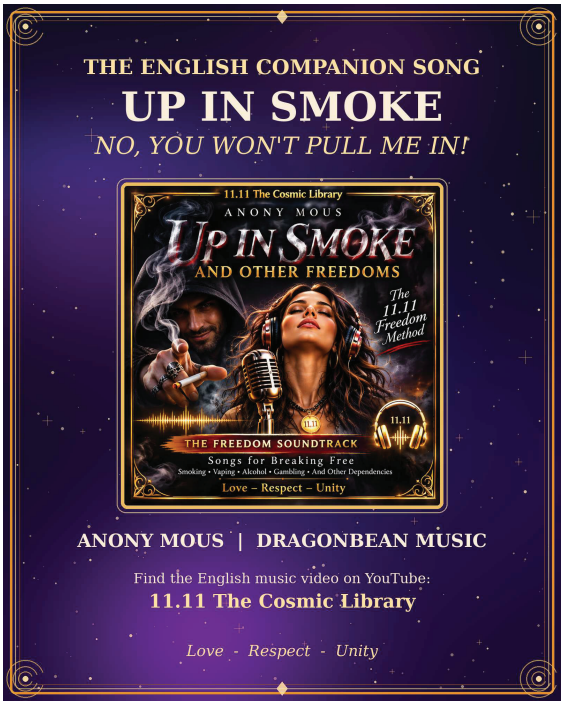
This book contains satire. Mr Just One More is fictional; his statements are not genuine advertisements by businesses or governments.

The 11.11 Freedom Method is a creative framework for reflection, not a scientifically validated treatment for addiction.

This publication does not provide an individual medical diagnosis. If withdrawal could be dangerous, seek medical guidance first.

Discover the English companion song and music video on YouTube.

Up in Smoke - No, You Won't Pull Me In!



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THE COSMIC LIBRARY



STORIES. MUSIC. DISCOVERY.

Created by DragonBean

Love - Respect - Unity

WELCOME TO 11.11 THE COSMIC LIBRARY

Some questions will never fit inside a single book. What connects us to one another, to nature, and to the greater whole of which we are a part? And what changes when you look at the world from another angle?

Our Library is a living universe of stories, knowledge, music, and wonder. Authors, families, places, symbols, and events converge in unexpected ways. Each book tells its own story; readers who venture further will discover new connections.

We place insights, research, and experiences from different traditions alongside one another, while distinguishing what we know, what we believe, and what we imagine. You do not have to accept anything without question. You are free to ask, doubt, believe, laugh, and be moved.

The golden thread is simple and immense at once: Love. Respect. Unity. Not because we are all the same, but because our differences belong to one world.

Perhaps this book will open a door you had not noticed before.

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SOURCES AND NOTES — AS OF 5 NOVEMBER 2026

ABOUT THE AUTHOR

BEFORE YOU BEGIN — READ THIS BEFORE PROMISING YOURSELF A MIRACLE

This book is not laughing at you. It is laughing at an arrangement that once seemed reasonable and has become rather expensive: the idea that a habit gets to decide when you can take a break, when you deserve peace, or when you are allowed to feel 'normal' again.

A person and a pattern are not the same thing. You deserve respect; the pattern deserves some pointed questions. So we will meet Mr Just One More, a fictional salesman with an extraordinarily big mouth. He sells anything that will bring you back tomorrow. Except freedom. He cannot make money from that.

The exercises are not medical treatment. The 11.11 Freedom Method is not a scientifically validated therapy. Quitting smoking is often more successful with evidence-based support, such as counselling and, in some cases, nicotine replacement or medication. Do you drink heavily over a long period, or are you dependent on GHB or benzodiazepines? Do not stop abruptly without medical supervision: withdrawal can be dangerous. Professional support is also sensible when opioids are involved. This is not a footnote. It is your first choice for freedom: taking good care of yourself.

We use the word 'addiction' with care. Not every difficult habit is a disorder, and not every form of dependence works in the same way. Smoking, drinking, and gambling each have their own chapters. The other examples are invitations to think, not a universal prescription for quitting.

This is not a willpower contest. Anyone who seeks support is not a bad student. They have understood what this exploration is about.

PROLOGUE — SMOKED MEAT LASTS LONGER

Smoked meat lasts longer. A wonderful statement. Provided you happen to be a ham.

Are you a ham? Probably not. Yet we treat certain habits as though they make our lives calmer or happier. As if an umbrella could start the rain, then expect a grateful tip for offering shelter.

Take your time. We are not going to snatch anything out of your hands or throw anything away. With certain substances, stopping abruptly can even be dangerous. We will begin with something else: reading the terms and conditions of your habit.

Imagine a stranger offering you a subscription that costs money every day, interrupts your routine, and may make you restless the moment you cancel. You would politely decline and close the door. Yet sometimes that contract is already in place.

Perhaps it began with curiosity, at a party, or as a way to fit in. At one point you made a choice. After that, the habit sometimes began booking its own appointments in your diary.

And look: there is the representative in your doorway. Immaculate suit. A smile like a billboard. A beautifully glossy brochure in his hand.

'Good evening,' he says. 'Mr Just One More. From the Just For Today Department. I am here to renew your contract.'



CHAPTER 1 — CONGRATULATIONS, YOU HAVE A SUBSCRIPTION

'What contract?'

'The one you sign every time you make your next choice.'

'And what if I refuse to sign?'

He looks startled. For the first time, his smile does not seem entirely confident.

'Could we perhaps not make this difficult straight away?'

Which is precisely what we are going to do.

The friendly salesman at your kitchen table

There are bad subscriptions, and there are subscriptions so brilliantly disguised that you call them habits. Forgetting to cancel a streaming service is annoying. A pattern that repeatedly costs you attention, money, or health is a more complicated story.

Mr Just One More sets a folder on the table. Across the top it reads: PREMIUM CUSTOMER — REPEAT PURCHASES GUARANTEED. He has only filled in today's date. The rest seems to happen by itself.

'Why isn't there an end date?' you ask.

'Because I believe in you,' he says. 'For life, if I have anything to say about it.'

You laugh. It sounds like a terrible romantic film. Yet the phrasing tells you something: a business wants customers to return; an addictive product can help organise that desire. It says nothing about your intelligence. The nervous system learns through repetition, reward, and expectation. It can establish habits long before you have found the words to explain them.

Think of an ordinary morning. You walk into the kitchen, feel for your pocket, search for the packet, slide the door open. More of this can happen automatically than you realise. Sometimes the ritual begins before you consciously think, I want a cigarette. At other times,

thinking about the ritual itself strengthens the craving. Coffee, rain, that particular chair outside: all can become part of the route.

Mr Just One More calls it 'customer convenience'. You might call it learned behaviour. Less romantic, perhaps, but it gives something back to you: what has been learned can also be changed. Not instantly, not without discomfort, but step by step.

The first hidden question