



INTRODUCTION OF DAVID “THE QUITTER” ROSS

David “the quitter” Ross is the author of *I Finally Quit ...And So Can You: How to Gain Everything by Quitting* (Creative Force Press, 2016).

1. David IS a “quitter” ... but not in any negative connotation.

He has cheated Death several times with his strong determination to be a “better” person. David is a former drinker (25+ years) and smoker (20+ years) who is now helping others quit their “bad” habits. David helps people understand the difference between quitting and giving up or losing faith in themselves.

2. David has created an 8 Step Quitting Plan and Online Support System.

- His blog, ifinallyquit.com, is encouraging and informative, with thousands of unique visitors per month
- His 8 Step Action Plan to Quit Smoking has helped over 10,000 prepare their mind for success, when leaving cigarettes in their past.
- He is the founder of the Facebook Quit Smoking Group, an online community designed to give people the inspiration, coaching, and resources they need to put smoking in their past.

3. In addition to helping people break-free from “bad” habits, David enjoys:

- Staying physically active – yoga, running and weight-training
- Travelling the country; trying to take in the beauty this world has around every corner.
- He makes his home in San Diego, CA.
- He is here [this morning/this afternoon/this evening] to speak to us on the topic of [speech title]. Please join me in welcoming David “the quitter” Ross.