

David “the quitter” Ross is the Founder of I Finally Quit, Inc., specializing in helping people connect with others who have similar goals of quitting “bad” habits. He is an author, speaker, and coach working worldwide to help individuals and family members eliminate “bad” habits and replace them with better ones. His first book *[I Finally Quit ...And So Can You: How to Gain Everything by Quitting](#)* provides clear-cut guidance on changes you can make to improve your health and decision making right now. More than a “how to” book and more than a “self-help” guide. This book inspires change!

As a speaker to tens of thousands of people, he delivers customizable, captivating, authentic, and direct professional insights in a conversational style, surrounding a variety of personal topics about his and his IFQ community’s quitting experiences and the importance of social and personal support. His anecdotal style is sure to engage and inspire any audience from any stage.

As a coach with almost 5 years of experience, David applies a fun, albeit no-nonsense approach in working with a wide variety of clientele, including individuals from all walks of life to corporations looking to expand their wellness programs. He focuses on previous quitting attempts – what was working and what did not. All with a common goal of helping his clients find their confidence and transforming them from *inspiree* to *inspiner*.

As a quitting expert, David “the quitter” Ross contributes blogposts, creates quitting courses and has helped thousands lay the ground work for success in putting “bad” habits in their past!

David lives in San Diego, CA. For more information,



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Creator of ...

- Quit Smoking Blueprint (4 week Online Course)
- 8 Steps to Quit ...Anything
- *I Finally Quit ...And So Can You: How to Gain Everything by Quitting*
- Fun, Safe, Online Social Support Group for Quitters