



I also recommend Allen Carr's "Quit Smoking the Easy Way," but it is not available for free and may be out of reach.

1-800-QUIT-NOW  
(1-800-487-8699)

This number will let you obtain resources and advice on quitting. It is available 24 hours a day, 7 days a week, at no cost.

i'm glad to have quit smoking, and i hope you will too.

as the weeks and months dragged by, i made myself acknowledge my easier breathing, better sense of taste/smell, the extra money in my wallet, and the time i had previously spent smoking that i now had for hobbies.

time made this powerful.

symptoms only lessen over

knowing that withdrawal

want to quit again?"

to smoke by asking "do i

smoker, i fought my urge

that i was no longer a

once i had acknowledged

would have.

i don't think it ever

did not work for me, and

- weaning off cigarettes

i had to quit cold turkey

the way to become a non-smoker is obvious, and every smoker already knows it:

just don't smoke.

it's simple, but every smoker i've ever met knows that doesn't make it easy.

myself, i attempted to quit at least ten times before finding success.

**preface:**  
no amount of failed attempts means you can't successfully quit smoking.

few ex-smokers successfully quit on their first try (but that doesn't mean you can't!)

the end of the book has more resources.

FUCK

PHILIP

MORRIS

HOW I QUIT  
SMOKING

Made By People  
Who Fucking Hate  
Cigarettes

[www.handcuilt.com/cigs](http://www.handcuilt.com/cigs)

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