



ExSmoker HALL of FAME

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***I have no
desire to
smoke!***

Why I quit: My mother was diagnosed with cancer and she had NEVER smoked. That's all I needed to finally stop.

My strategy: 27 years ago, I decided to quit by "brainwashing" myself. I contacted my friends and family and told them, "I don't smoke," "I never smoked," and "Don't ask me for a cigarette, don't give me a cigarette". I haven't smoked since. My friends thought I was silly and would end up smoking again.

After quitting: Today, I am a non-smoker and feel better overall. I don't get as many colds or respiratory ailments.

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For free coaching, support and medication
Call **1-800-QUIT-NOW**



LisaCabrera

Department of Behavioral Health
and Intellectual disAbility Services

27
years smoke-free

years smoked: **10**
quit attempts: **many**

Quit Now

SmokeFreePhilly.org/ExSmoker

City of Philadelphia



DBHIDS

DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disABILITY SERVICES