



ExSmoker HALL of FAME

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***I am grateful
to be an
ex-smoker.***

Why I quit: I simply got tired of everything smelling like cigarettes such as my hair, my car, my house, and even my dogs. When I looked at the astronomical costs, I realized smoking was no longer enjoyable.

My strategy: I imagined myself as a non-smoker again. I made slight changes in my routine, and consciously avoided smoking at some of the usual times and places. One morning I awoke thinking “I do not want to smoke anymore,” and the driving force was gone! Then, I switched to chewing sugar-free gum or eating citrus fruit when I wanted a cigarette.

After quitting: I sleep better and did not gain weight. Neither me, my house nor my dogs, smell of cigarettes anymore.

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

PeggyWilliams

Admission, Discharge and
Planning Team

21
years smoke-free

years smoked: **34**
quit attempts: **2**

Quit Now

SmokeFreePhilly.org/ExSmoker

City of Philadelphia



DBHIDS

DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disABILITY SERVICES