

Josh Quit. Now He Can Help You.

When you call the Quit For Life® Program, you'll talk with a highly trained Quit Coach®, many a former tobacco user like Josh Walker. He overcame some of the same struggles you will face, and he understands what it takes to quit for good.

Name: Josh Walker **Hometown:** Colorado Springs, CO

What trick was most helpful in your quit?

I smoked socially as a stress reducer. I had to do something else for stress, so I'd still go outside for breaks and read or do deep breathing.

How can other smokers cope with stress?

For the majority of people, it's the idea of getting a break. It's really not the cigarette itself. It's the whole routine. People in general need to find something to reward themselves.

It's FREE. It's Confidential. It works.

1.866.QUIT.4.LIFE | www.quitnow.net
(1.866.784.8454)



The Quit For Life® Program is brought to you by the American Cancer Society® and Free & Clear®. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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