

Freedom from Nicotine

The Journey Home

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by John R. Polito

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Dedication

FFN-TJH is dedicated to all still captive to nicotine's influence. May mastery of the "[Law of Addiction](#)" make freedom a keeper.

Acknowledgments

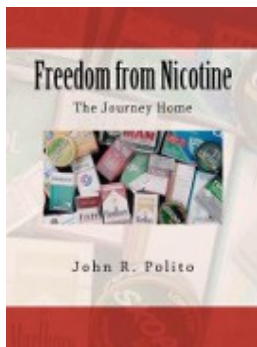
FFN-TJH would not exist if not for the insights of Joel Spitzer, the support of Patricia P. Arnold and the encouragement and inspiration of Harriet McBryde Johnson, deceased.

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