

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

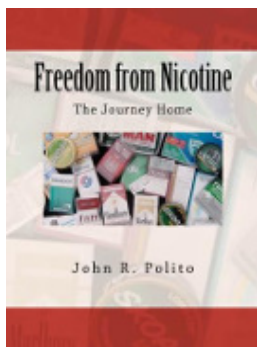
FFN-TJH would not exist if not for the insights of Joel Spitzer, the support of Patricia P. Arnold and the encouragement and inspiration of Harriet McBryde Johnson, deceased.

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Cover & Title Page	(P)	Chapter 7: The Roadmap Home	(P)
Table of Contents	(P)	Chapter 8: The First 72 Hours	(P)
Introduction	(P)	Chapter 9: Physical Recovery	(P)
Chapter 1: Nicotine Addiction 101	(P)	Chapter 10: Emotional Recovery	(P)
Chapter 2: The Law of Addiction	(P)	Chapter 11: Subconscious Recovery	(P)
Chapter 3: Quitting "You"	(P)	Chapter 12: Conscious Recovery	(P)
Chapter 4: Use Rationalizations	(P)	Chapter 13: Homecoming	(P)
Chapter 5: Packing for the Journey Home	(P)	Chapter 14: Complacency & Relapse	(P)
Chapter 6: Common Hazards & Pitfalls	(P)	Appendix: Recovery Journal/Diary	(P)

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