

# Freedom from Nicotine

## The Journey Home

John R. Polito



# Freedom from Nicotine The Journey Home

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.

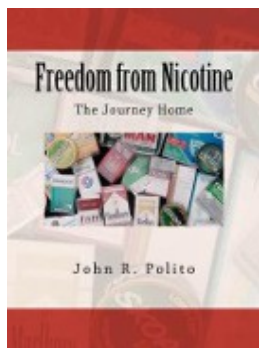


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