



FOR IMMEDIATE FREE RELEASE

Wednesday, May 25, 2011

[PDF Copy of Article](#)

---

## Turning World No Tobacco Day Into Victory

by [John R. Polito](#)

Imagine year after year wanting to quit, while wanting that next nicotine fix even more. But what if that was reversible? What if you could become vastly more dependency recovery savvy than your addiction is strong? Tuesday, May 31 is [World No Tobacco Day](#). It's a golden opportunity to do just that. But how?

The Internet's [#1 non-government quit smoking site](#) is "[WhyQuit.com](#)." It's home to some of the most knowledgeable ex-smokers on earth. WhyQuit doesn't want your money. The site is commercial free, sells nothing, spends no money on advertising, refuses link exchanges, declines donations and is staffed entirely by volunteers. It owes its popularity almost entirely to successful quitters spreading the word.



So what do those quitters know that you don't? They know that knowledge isn't just power but a quitting method, that most quitting fears, anxieties and [symptoms](#) are self induced.

They've studied in [Joel's Library](#) where they watched Joel's [64 video quitting lessons](#) or read his highly popular free ebook, "[Never Take Another Puff](#)."



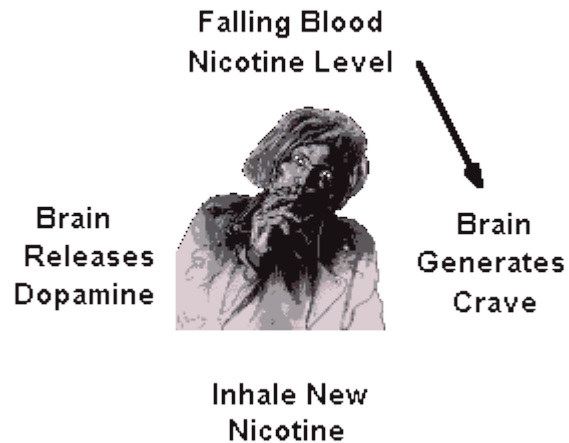
These photos of Bryan Lee Curtis were taken 67 days apart and show lung cancer's ravage.

They met a few of tobacco's millions of victims such as [Bryan age 34](#), [Susan 43](#), [Sean 19](#), [Kim 44](#), [Brandon 23](#), [Deborah 38](#), [Noni 33](#), [Quentin 23](#), and [Chris 43](#), and witnessed high quality group support at what is likely the Internet's most serious quitting forum, [Freedom from Nicotine](#).

Most importantly, they understand and have mastered the [Law of Addiction](#), that "administration of a drug to an addict will cause re-establishment of dependence upon the addictive substance." They know that just one puff and within seconds up to 50% of their brain's dopamine pathway receptors would become occupied by nicotine. They understand that [nicotine dependency](#) is every bit as real and permanent as alcoholism, that they can fully arrest their dependency but they cannot cure or kill it, that one puff will always be too many and a thousand never enough.

They've learned that nicotine addiction is a [brain wanting disorder, illness and disease](#) in which chemically captive dopamine pathways endlessly pound out the false message that that next nicotine feeding is as important as eating food.

They've discovered that nicotine addiction is about [living a lie](#). That contrary to the endless stream of wanting, that smoking nicotine did not define who they were, give them their edge, help them cope and that life here on Easy Street is wonderful not bad. They've discovered that everything they used to do while smoking nicotine can be done as well as or better without it.



If still hooked, will this World No Tobacco Day be just another day of blind obedience to recurring wanting flowing from hijacked brain dopamine pathways, or a day for learning and discovery? We invite you to visit and explore [WhyQuit.com](#) where knowledge becomes power. Yes you can!

---

---

## Have you read our free quitting e-books?



Read both and experience the **"POWER" of knowledge!**

(Click each book's image to learn more about it before downloading)

---

---

## Learn More About Stopping Smoking

- [Our 2011 World No Tobacco Day Welcome Message](#)
- [WhyQuit.com](#) - the Internet's oldest forum devoted to the art, science and psychology of cold turkey quitting, the quitting method used by 80-90% of all successful long-term ex-smokers.
- ["Never Take Another Puff"](#) - a free 149 page quit smoking book in PDF format by Joel Spitzer of Chicago, the Internet's leading authority on cold turkey quitting and nicotine dependency recovery. Joel's free book is an insightful collection of almost 100 short quitting articles on almost every cessation topic imaginable.
- ["Freedom from Nicotine - The Journey Home"](#) - this link is to the free 240 page PDF version John R. Polito's new nicotine dependency recovery book. WhyQuit's 1999 founder and a former 30-year heavy smoker, John provides a comprehensive yet easy to follow road-map to freedom from nicotine.
- [Joel's Library](#) - Joel's Library is home to more than 100 original short articles by Joel Spitzer on every quitting topic imaginable, home to 64 video quitting lessons and home to daily lesson guides that walk new quitters through the first two weeks.
- [Nicotine Addiction 101](#) - WhyQuit's guide to nicotine dependency.
- [Freedom](#) - the Internet's only 100% nicotine-free peer messageboard support forum. Explore hundreds of thousands of archived member posts.

- [Nicotine Cessation Topic Index](#) - an alphabetical subject matter index to hundreds of nicotine cessation support group discussions at [Freedom](#).
  - [50 Quitting Tips](#) - A short summary of quit smoking tips
- 



[WhyQuit.Com](#) | [Joel's Library](#) | [About Us](#) | [Contact Us](#) | [Link to Us](#) | [What's New?](#)

Written May 25, 2011 and last updated May 25, 2011 by [John R. Polito](#).