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A New Years quit smoking letter to the editor

Dear Editor:

Cigarette prices shooting through the roof, smokers standing outside in the rain and cold, yet half of adult smokers still smoking themselves to death, it evidences the truth taught by the National Institute on Drug Abuse, that nicotine dependency is a brain wanting disorder, mental illness and disease.

As real and permanent as alcoholism, hijacked brain dopamine pathways leave nicotine addicts totally convinced that that next fix is as important as eating. But nicotine addiction is about living a lie. Without food we starve. Without nicotine we gradually awaken and thrive.

If hooked, try recalling the calm and quiet, before getting hooked, of going days, weeks and months without once wanting to smoke nicotine? Being unable to do so is a hallmark of addiction. Why fear coming home? Why be afraid of again going days then weeks without wanting to smoke nicotine?

During 2011, more smokers will successfully quit smoking cold turkey than by all other quitting methods combined. Roughly half will claim that it was vastly easier than quitting product commercials had led them to believe.

Knowledge is power. Let New Years 2011 be the day that you became dependency recovery smarter than your addiction is strong. Within 72 hours you can move beyond peak withdrawal and reside inside a nicotine-free body. But just one puff and you have to start over. One is too many and a thousand never enough. One equals all. There's just one rule ... no nicotine just one hour, challenge and day at a time. Yes you can!

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Write your own New Years quit smoking letter to the editor

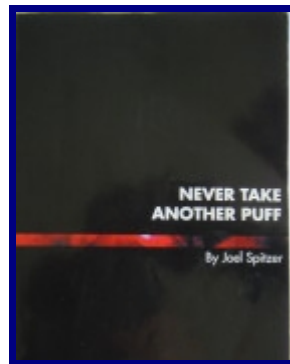
New Years is the biggest quitting day of the year. Above is the 250 word letter I sent to my local newspaper. The bigger the paper the fewer words they normally allow. It's likely that your local newspaper is online and would welcome a letter from you. Most only print letters from local area readers. It's why your voice is so important. It's a golden opportunity to reach out and share the most important lesson of all, the [Law of Addiction](#). Thanks for being part of the team. Together we can and are making a difference.

Happy New Year!

John



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

Learn More About How to Stop Smoking

- [WhyQuit.com](#) - the Internet's oldest forum devoted to the art, science and psychology of cold turkey quitting, the stop smoking method used by the vast majority 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 how to stop smoking 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 stop smoking 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 on how to quit smoking.
- [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 tips on how to stop smoking.



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