



Twelve Steps for Tobacco Users: For People Addicted to Nicotine

Jeanne F

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Discover a way of changing attitudes and behavior in order to enjoy a lifestyle of long-term, tobacco-free living. Offering hope and help for those addicted to nicotine, this pamphlet adapts the Twelve Step philosophy -- which has successfully helped people overcome dependencies to alcohol and other drugs -- to tobacco and nicotine. This new edition includes updated information on nicotine's addictive nature, its effect on special populations, and its impact on young people's lives, along with online resources for help.

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