

Jesus came that we might have life, and have it abundantly. American Baptist Home Mission Societies is proud to partner with Faiths United Against Tobacco in support of the Centers for Disease Control's "Tips from Former Smokers" campaign. Through this effort, we hope smokers will find the help and encouragement they need to quit smoking and so more fully enjoy the abundant life that is possible in Christ.

How can you help your friends and family quit smoking and live longer, healthier lives?

- **Be understanding.** Be patient, supportive and loving—especially during the first 48 hours. This period is when most smokers experience withdrawal symptoms.
- **Success won't happen overnight.** Quitting an addiction such as smoking is a process. Smokers can relapse. The good news is that the more times a person tries, the more likely he or she is to succeed. Keep encouraging them!
- **Spread the word about resources,** including the "Tips from Former Smokers" website at www.CDC.gov > Tips and the National QuitLine at 1-800-QUIT-NOW.
- **Encourage the smokers you know to talk with a doctor, nurse or pharmacist.** Medications are available to help smokers quit.
- **There is power in prayer.** Offer to pray with and for a person who is trying to quit smoking. It can truly make a difference!

Quit today and encourage friends, family and co-workers to do the same.



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How can I quit smoking for good and have a longer, healthier life?

- **Set a quit date.** Tell your friends and family. Quitting smoking is easier when the people in your life support you.
- **Be ready for the challenges while quitting.** The first few weeks may be uncomfortable, and you may crave a cigarette. It is important to know your smoking triggers so you can learn to deal with them.
- **Get rid of your cigarettes** from your home, your car and from work. And don't use other tobacco products—they all contain harmful chemicals.
- **Talk to your doctor, nurse or pharmacist.** Quitting "cold turkey" is not your only choice. Visit the "Tips from Former Smokers" website for help at www.CDC.gov > Tips.
- **Call the National QuitLine** at 1-800-QUIT-NOW. Trained counselors are available, and it's free!
- **Use the power of prayer.** Ask your pastor to pray with and for you.

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