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REASONABLE RATES

One participant isn't smoking, but she's eating more chocolate

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but this time he'll attempt the cold turkey method. He said he felt side effects from Zyban that were too troublesome. He said, for him, they included an increase in stress and anxiety as well as sleeplessness, which prompted him to smoke even more.

"I think withdrawal would be easier (to manage)," he said.

Colleen Gorman

Ms Gorman's smile says it all.

At this point last month, Ms Gorman wasn't smoking most days, but cheated every now and then. Now, she said she doesn't even crave cigarettes.

"I'm happy with myself," Ms Gorman said.

She admitted there was still one emergency cigarette under her couch, but promised to throw it out.

Since she was never a heavy smoker and most of her smoking friends had already quit, Ms Gorman said smoking had become more of a nuisance than anything else. That and her strong willpower gave her the strength to quit cold turkey, she said.

Far from being a temptation, the smell of cigarette smoke is now

a turn-off, Ms Gorman said.

She added readers have constantly been asking how she's doing and have encouraged her to stay smoke-free.

Now that she's kicked one habit, Ms Gorman said she feels ready to conquer the world — or at least shed a few pounds.

Diane Wolstenholme

The only cigarettes Diane Wolstenholme now smokes are in her dreams.

"When I wake up, I feel like I've had a cigarette," Ms Wolstenholme said, emphasizing how real the dreams seem.

As she was last month, Ms Wolstenholme has continued to be smoke-free with no cravings. Also the same as last month is her increasing desire for chocolate.

"There have been no cravings because I've had a lot of chocolate," she said. "Now, I have to try to be more strict with my chocolate. I've traded in one for the other!"

She said it's amazing how many people she's come across who are encouraging her.

Since she's quit smoking before, Ms Wolstenholme said she's cautious about calling herself "smoke-free". One of her previous attempts lasted two years before she started smoking again.

"I'm not an ex-smoker, I'm a smoker who's chosen not to smoke."



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