



BOB QUILTS SMOKING: DAY 12

**Had some drinks
after work without smoking.**

**Do they make
a "beer patch," too?**

I had two beers.
I worried about wanting
a cigarette but as long as
I don't drink enough to
lower my defenses and
stay conscious of what
I'm doing, one or two beers
won't do that.



Because he had planned ahead, Bob knew that alcohol increased his urge for a cigarette. So when he drank, he had his tools ready: nicotine gum, toothpicks and candy. For a quit plan of your own, call the Quitline at 1-866-NY QUILTS (1-866-697-8487) and ask if you are eligible for a free 2-week starter kit of nicotine patches. And for more information about how Bob quit smoking, visit bobquits.com.

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