



**BOB QUILTS SMOKING: DAY 8**

**I didn't try just anything to quit smoking.**

**I tried everything.**

I've been eating cinnamon sticks, I've been sucking on the nicotine ~~in~~ inhaler. I have a bottle of water, three lollipops and two pieces of cinnamon gum. And the carrots are really good. Plus, I'm working out. I'm even trying Tai Chi.



In addition to proven methods like nicotine replacements, counseling and the support of friends and family, Bob's quit plan helped him identify other things that worked for him – and he tried them all. 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](http://bobquits.com).

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