

The GREAT AMERICAN SMOKEOUT: You Can Do It!

By: Tabitha Rose Caser Espina
November 30, 2006

Great is the feeling when you've

Realized you can overcome the addiction inside.

Everywhere there are people, just like you, who

Always need tobacco

To smoke or chew.

And these same people, far and wide are

Making a one-day commitment to

Expunge the urge to try.

Really, it's all about taking

Initiative to set your mind on not smoking, and believing you

Can do it.

Always remember that it *is* possible to quit,

Not smoking for one day is a step towards accomplishing it.

So for thirty years, this tradition has inspired

Many smokers to

Overcome their tobacco desire.

Kick the habit

Eventually Over time!

Understand that *you* have the power – but only if you Try.

