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I've been smoking for over 25 years. I started when I was a teenager. My battle against tobacco has been long and painful. Inside of me, I hated cigarettes, but I couldn't find the strength to stop smoking.

I then decided to call the LILT's (Italian League for the Fight Against Tumours) freefone number because it became obvious that I needed outside help to see things more clearly, to understand what I really wanted (to stop smoking), and thus realize how great my desire was. I've been given help to understand who I've always been: a non-smoker hiding behind a thick, nauseating cloud of smoke. Today the cloud has drifted away, and I'm finally free to be myself.



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