

Iwona Schymalla: To know more means it easier for you to quit
01/07/2005

Poland

I started smoking when I was in high school. It was customary for all kids to smoke during breaks, so I also reached for a cigarette. With my smoking I went through practically all possible stages: getting accustomed, group smoking, social smoking, quitting for the benefit of the child, then impulsively reaching out for a cigarette again. I tried breaking the habit several times, so I know how difficult it is. Finally, I did it. I decided that smoking was stupid and I don't need it at all. Moreover, I felt there it was hypocritical of me to anchor health programs and keep on smoking.

I think that the fact of my knowing so much about the harmful health effects of smoking contributed a lot to my parting with cigarettes. It is now hard for me to imagine myself lighting a cigarette. Smoking is simply out of fashion.



Une initiative de l'Union Européenne

