

## Who is in control –cigarettes or me? 17/08/2005

Poland

I had been mulling over the idea of quitting cigarettes for six years. It was irritating to know that cigarettes were controlling me. I had already started to lose self-respect and then it so happened that I was offered to lead an event "The World Day Without Tobacco Smoke". During the event a TV reporter asked me whether I intended to quit smoking. I was not sure what to say: If I said, "yes" there would be no going back. Such an official declaration is something to be respected –I announced my decision on TV. That sealed it. For me, a man from the mountains, such a promise means a lifelong obligation. I haven't smoked for nineteen months now.



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