

I quit smoking 05/09/2005

Malta

"I quit smoking fourteen year's ago. I smoked 7 packets a day (140 cigarettes) for 42 years. Quitting cigarettes is a great achievement. I would not be alive today if I had not done so. I managed to stop smoking thanks to the help and support that I received from the Stop Smoking Clinic, organised by the Department for the Promotion of Good Health in Malta. The videos that were shown to us were impressive and convinced me to stop smoking. The first days were difficult but the group offered a lot of help, since I was not alone in this fight. The fact that no one smokes at home offered less temptation to smoke. Now, I do not expose my family to smoke and I don't set a bad example either."



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