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From Nicotine The  
**Freedom**  
Journey Home  
**From**  
**Nicotine The**  
**Journey**  
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**Freedom From**  
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Written by John R. Polito, a former 30-year three-pack-a-day smoker and WhyQuit's 1999 founder, Freedom from Nicotine - The Journey Home is presented below as individual webpage topics, as PDF chapters, and as a full-text PDF version. Originally released on January 1, 2009, the

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last full revision was  
completed September  
14, 2013.

**Freedom from  
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versions**

Written by John R.  
Polito, a former 30-year  
three pack-a-day  
smoker and WhyQuit's  
1999 founder, Freedom  
from Nicotine - The  
Journey Home (FFN-  
TJH) is available as a  
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individual PDF chapters. It's also in the process of being converted into HTML webpages, as shown below.

## **Freedom from Nicotine - The Journey Home: free PDF and ...**

Although "Freedom from Nicotine - The Journey Home" (FFN-TJH) was not written by the late Allen Carr or Joel Spitzer, it certainly

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could have been. The common thread between all three books is the message that coming home is vastly more do-able, and far more wonderful than the user's frightened, misguided and enslaved mind believes.

**Freedom from  
Nicotine - The  
Journey Home:  
Polito, John R ...**  
Written by the 1999  
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founder of WhyQuit.com – arguably the most popular quitting site ever - “Freedom from Nicotine: The Journey Home” is unlike any other stop smoking book. First and most obvious, its focus is nicotine, not the means by which it's administered.

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**John R. Polito**

Written by the 1999  
founder of

WhyQuit.com -

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popular quitting site  
ever - "Freedom from  
Nicotine: The Journey  
Home" is unlike any  
other stop smoking  
book. First and most  
obvious, its focus is  
nicotine, not the means  
by which it's  
administered.

**Amazon.com:**

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**Freedom from  
Nicotine - The  
Journey Home eBook**

...

As hard as it may be to believe, ending nicotine use does not need to be a horrible or even a bad experience. In fact, learning to live nicotine-free can be our greatest personal awakening ever. Why? Because with knowledge as your ally, you are about to discover that you've

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From Nicotine: The  
Journey Home

journeyed far, far from  
the beautiful pre-  
nicotine mind you once  
called home.

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- The Journey Home.

Physical Recovery.

Neuronal Re-

sensitization -

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## Journey Home

Temporarily Numb  
Exactly how and why  
the brain diminishes  
the number of active  
a4b2-type  
acetylcholine receptors  
(down-regulation) after  
nicotine use ends is  
still poorly understood.  
What we do know is  
that once nicotine use  
ends we temporarily  
have far too ...

## **Physical Recovery - Freedom**

The American Lung

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### From Nicotine The

#### Journey Home

Association's Freedom From Smoking program is a proven way to quit smoking—and stay quit—even if you've tried before and went back to smoking. With Freedom From Smoking® Plus You Will: Choose a quit day about three weeks from now, then create a personalized plan to get ready for it.

**Freedom from  
Smoking ~ Home**

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## From Nicotine The Journey Home

Begin regressing your nicotine intake with Freedom Pods. Quit Kits Ease Nicotine Withdrawal Each Quit Kit includes 4 Freedom Pods which are slim disposable vapes in mango and mint flavor options. You can now quit nicotine with minimum withdrawal by stepping down in stages.

## **Freedom Pods - Home**



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But if wanting to end nicotine use, Freedom from Nicotine - The Journey Home (FFN-TJH) is worthy of your time. If allowed, it will aid in turning fear to excitement, dread to delight, anxiety to calm, bondage to freedom, and destruction to healing.

**Freedom From  
Nicotine - The  
Journey Home |  
Nicotine**

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## From Nicotine The Journey Home

It's about that first bolus of nicotine striking the brain, a hit that will end our journey, cost us liberty, and land us back behind bars.

Unfortunately, conventional "quitting" wisdom invites relapse with statements such as "Don't let a little slip put you back to smoking."

## **The Law of Addiction - Freedom**

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Journey Home

Freedom's Journey is a nonprofit Christian ministry committed to providing better options for victims and survivors of all forms of human trafficking.

**Freedom's Journey -  
Survivor Focused -  
Teamwork Driven**

Nicotine Use. After You Quit. 13 Things I've Learned About Quitting Smoking By. Terry Martin. facebook; ...

Her perspectives about

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Journey Home

what is involved in the journey to quit smoking are reflected in this article. They show a fundamental change in the relationship she had with cigarettes, and that is the beginning of true freedom. ... and that is ...

### **13 Things I've Learned About Quitting Smoking**

iPad. Description. The Freedom Quit Nicotine

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App is the first ever comprehensive nicotine quit tracker. Within the app, you'll be able to track your quitting journey, connect with our quit coaches and community, as well as gain access to Freedom Pods.

## **Freedom Quit Nicotine App on the App Store**

Freedom From  
Nicotine... At Last. by

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## From Nicotine The

Shari Harris | Dec 31,  
2013 | Life Issues. This

is the eighth story in  
our “Freedom From...”  
Series, an 8-week  
series featuring women  
who have faced  
adversity and found  
freedom in the process.  
I had been enslaved for  
over 25 years; my  
dependency on  
nicotine controlled my  
life. I remember once  
when I ...

**freedom Archives -**

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From Nicotine The  
**Bridging the Gap**

The nicotine makes sure this happens, by giving you a satisfying dose (read up on how dopamine and the reward system works. Chapter 1 of Freedom from Nicotine The Journey Home (free download) gives a nice explanation). Best thing to do is to get rid of the nicotine addiction first. Just stop using nicotine for a few days and it's done.

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## **Journey Home On day 2 with the e- cig : stopsmoking - reddit**

Polito, an ex-smoker himself, has written the most fantastic book to take you through the emotional and physical journey to freedom from nicotine. The wealth of information in this book was first introduced on whyquit.com, a site that John founded in an effort to help those



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Journey Home

with the desire to quit

**[PDF] Freedom From  
Nicotine - The  
Journey Home**

I'm Ready to Quit. I'm  
Not Sure If I'm Ready  
To Quit

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