



# My FINAL Quit: How I quit smoking and broke a 40-year addiction

*Pam Young*

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*REAL FEELING EXPRESSED IN A CONVERSATIONAL MANNER AND VERY INFORMATIVE TO THIS NON- SMOKER! I'VE LAUGHED AND LAUGHED AS WELL AS REFLECTED ON A NUMBER OF THINGS YOU WROTE ABOUT! ~Judy, TX*

Overview: *My FINAL Quit* is the companion who understands how hard it is to quit. Told with raw emotion and humor, Young shares her journal from first toke to last and the startling realization that busting her addiction was really her soul's journey to discover her Self. She shares holistic alternatives for emotional upheaval, killing craves and dodging weight gain. For smokers and non-smokers alike, *My FINAL Quit* offers invaluable insights, useful tools, and great encouragement.

*IT GAVE ME A LOT TO THINK ABOUT. YOUR TRUTH OF SOUL WAS VERY INSPIRING. IT LIVES WITH ME IN AN UPLIFTING WAY. ~Darci, CO*

*LOVED THE BOOK - IN FACT, THE EXPRESSION "ATE IT UP WITH A SPOON" CAME TO MIND WHEN I FIRST FINISHED IT...CAPTIVATING, REAL, AND LACKING THE STANDARD TONE OF SELF-RIGHTEOUS "QUITTER ZEAL." ~Martha, NB*



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