

Newman: QUIT immediately



I was a great smoker I try to Quit smoking but found it very difficult. I puff 18 to 20 cigarettes a day.

If I don't smoke I become sick and I will not do any work or eat anything until I smoke, but God made it possible and I Quit smoking on 18 July 2007.

- AGE STARTED: **17 YRS**
- AGE QUIT: **47 YRS**
- CIGARETTES A DAY: **18 - 20 SPEAR STICKS A DAY**
- HARD TO QUIT: **NO**
- WITHDRAWALS: **NONE**
- TIME SINCE LAST SMOKE: **3 YRS**

It is not hard to Quit through the Holy Spirit. I feel that I am still alive now only because I am without cigarettes. Now I am happy in the Lord, who has set me free from the habit of smoking.

Thank you and God bless.

Newman Minaiyo · Port Moresby, PNG

