

GROUP COPY TO BORROW



# SEVENMINUTES

*The Nicotine Anonymous® Quarterly*

A FORUM FOR NICOTINE USERS WHO DON'T USE

VOL VI, Issue No. 4 ♥ ♥ ♥ ♥

Fourth Quarter 1994

## *A Story by Julie - My Experience with Nicotine - If I Can Quit, You Can Too!*

It was a morning like every other; I woke up coughing, only today it was worse—the cough rumbled deep in my chest and then erupted like a volcano with great gobs of phlegm. I reached under my pillow for the wad of tissue I had to keep there at all times just for that, and spit it out. “This is different,” I thought. “I have bronchitis again and I’m sick—I can’t go to work and I’ll have to go to the doctor!” I felt terrible and afraid and I knew that it was my fault, and that it was caused from smoking. This type of demoralizing scenario happened to some degree every morning, only today it was worse; I knew I had to quit smoking, but the only thing I could do was cough and light a cigarette. It was the only choice I had right then. I cried as I sat on the edge of the bed coughing, gagging and smoking. I felt as though I belonged in a hospital; the cough was painful, embarrassing and sad, and there was nothing I could do about it but smoke. For about a year or so my entire life had to be built around this chronic cough and the lie I had to live because of it. It hadn’t always been like this.

***‘I knew I had to quit smoking, but the only thing I could do was cough and light a cigarette.’***

I grew up in the 50’s when it was cool to smoke; everybody in the movies and on TV smoked; not just the rowdy girls and villains, even the nice little TV Moms and Dads smoked. I came from a family who did not smoke and who believed that smoking was harmful and habit-forming and wrong to do, so I had no family role models who smoked; only the stars I saw on the screen that I thought were wonderful and beautiful and slick and cool—those were the people I wanted to fashion myself after. What did my “square” family know—all self-righteous and judgmental! Who in their right mind would believe THEM?

I was about 15 years old when I smoked my first cigarette. I don’t remember where it came from—likely from one of my friends whose parents smoked—but I do remember that in spite of the fact that it made me dizzy and nauseated, I LOVED IT! From that very first time, I loved it! I loved how it smelled and how it made me feel. I loved learning the “right” way to hold it, light it, French inhale the smoke through my nostrils, exhale it at a certain angle to look cool and accomplished; not get the end soggy when I took a drag; how to “palm it” when it rains so it doesn’t get wet; how to take it out of the pack right, flick the butt way off to the side when you’re outdoors; I loved matches and lighters and ashtrays and being able to taste the difference between one brand and another even with my eyes closed, and on and on.

It took me awhile to get hooked, and I remember telling my Mother, who found out that I was smoking, that I could quit anytime I wanted to. I believe at that time I could have, but who would want to quit doing something that gives you so much pleasure? Why would anyone not want to do something they’re so good at; something that seems to come naturally; something so cool that you can get down pat; that you’re never clumsy at, that you never fumble at or *feel less* than at;

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International Meeting List Also Enclosed!



Nicotine Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from nicotine addiction. The only requirement for membership is a desire to stop using nicotine. There are no dues or fees for Nicotine Anonymous membership; we are self supporting through our own contributions. Nicotine Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stop using nicotine and help other nicotine addicts to achieve abstinence.

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Seven Minutes is the quarterly newsletter of Nicotine Anonymous®, a nonprofit organization with offices at 3410 Geary Blvd., #328, San Francisco, CA 94118 - ☎ Phone (415) 750-0328.

Letters to the editor and articles or graphics for inclusion in Seven Minutes may be sent to: **Seven Minutes c/o NAWSO • PO Box 591777, San Francisco, CA 94159-1777.**



**Trusted Servants**  
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### Stories from the States (and other countries) . . .

If you haven't seen any personal recovery stories written by someone from your area, please send us **YOUR STORY**. We'd love to publish at least one story from every group.



**Hand-written submissions are welcome. And please don't worry about the grammar; our editor will fine-tune it for you.**

Subscriptions, circulation additions and deletions, as well as Nicotine Anonymous® World Meeting Directory additions or changes may be sent to:

**NAWSO**  
**PO Box 591777**  
**San Francisco, CA 94159-1777**



## THE TWELVE STEPS

1. We admitted we were powerless over nicotine - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps we tried to carry this message to nicotine users and to practice these principles in all our affairs.

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps we tried to carry this message to alcoholics and to practice these principles in all our affairs.

THE TWELVE STEPS are reprinted and adapted here with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that AA is affiliated with this program or that it has reviewed or approved the contents of this newsletter. AA is a program of recovery from alcoholism only — use of the Twelve Steps in connection with programs and activities which are patterned after AA, but which address other problems, does not imply otherwise. In Nicotine Anonymous, we have simply changed the word alcohol to nicotine in Step One, and the word alcoholics to nicotine users in Step Twelve. The original Twelve Steps of Alcoholics Anonymous are reprinted above.



something that makes you feel so good! Why would anyone want to quit doing something that great, even though deep down inside you know it's not really the right thing to do? I always knew it wasn't right, although I wasn't quite sure why... maybe it was the teachings of my parents or something, but I always felt a little embarrassed about smoking; always thought it was slightly undignified and unladylike and cheap-looking, and there was nearly always someone I had to hide it from—church people, family members, teachers. Eventually my closest circle of friends became other smokers. I didn't hang out with the people who didn't smoke; I felt uncomfortable and different around non-smokers, although I must admit that being with "clean" people in "clean" houses made me feel safe and sane, calmer, healthier, and kind of normal. I was, however, only able to handle this for short periods of time until the craving for nicotine would return and I would have to sneak a smoke and feel different again and then anxious to get back to the people who were like me. I didn't fit in with the non-smokers for very long.

After high school graduation I tried college for a while. It was a terrible time for me—all my childhood friends went in different directions and I had trouble finding my niche and fitting in anywhere. I sort of wandered aimlessly trying to decide what to do with my life, until I got in with a group of older people who took me out to bars and gave me prescription diet pills; who smoked and drank and used drugs. All of a sudden I found myself in the midst of the nightclub scene as a thin and slightly loaded jazz singer. IT WAS HEAVEN! This is what I had always daydreamed of—being in the thick of the action, "downtown" (the part of the movie scene I had always had a yen for!). By now cigarettes—getting them, having them with me at all times, smoking them one after the other all day and all night—were part of my life and definitely a priority and a necessity. (I had no idea of the eventual inevitable price I would one day pay for this "glamorous" lifestyle.)

Anyone who has ever smoked cigarettes and been addicted to nicotine will surely be able to identify with me when I say that a major portion of my life was centered around this addiction. It was the *number one* priority in my financial budget; it determined my lifestyle—where I ate, what clubs I joined, what extra-curricular activities I participated in, the means by which I traveled, who I traveled

with, whose company I kept, whose homes I visited, who I befriended, dated, even married!

What I did not know during all the years I smoked was that it also hid my feelings, substituted for certain emotions, blocked me off from other people by putting up a smoke screen between us, caused me at times to lie and steal to get my drug, robbed me of my integrity, my dignity, my sense of well-being, and eventually my health. Toward the end of my smoking career I found myself isolated, lonely, remorseful, guilty and afraid. At this point I smoked because I *had* to smoke, not because I *wanted* to smoke; obsessed with quitting and knowing I couldn't—hiding, sneaking and lying about it, coughing, crying and smoking! That's how it was that morning.

I'm not sure how it happened, but somehow that morning that I awoke with bronchitis I made a final decision to stop killing myself with cigarettes. I'd like to say that I was hit by a heavenly bolt of lightning that enabled me to quit right then without any trouble, but that's not how it was for me. It took me about three weeks to taper off. By the end of three weeks I was down to one cigarette a day and then one Monday morning I went off to work and did not light up that day or any day since.

My recovery has not been easy. I had intense cravings for the first six months; along with an emotional roller-coaster ride—feeling lethargic, dealing with irritability and anger; feelings of sadness, longing, anxiety and depression; restlessness, low energy, impaired concentration, a slight weight gain, and a low-grade insanity much of the time. The actual physical craving for nicotine has been the hardest issue for me to deal with, and though it is less frequent and intense as time passes, I still have strong cravings at times. I don't know how I have remained abstinent all this time except that I know I receive help from my Higher Power and the Nicotine Anonymous group I meet with every Friday night. I also have the insight that the process will never be any easier if I start and quit again. I never want to have to travel this road a second time, so I hang in there and it does get easier as time goes by.

Here's the good news and the benefits: Very early on, my cough went away; also the pain in my knees, which I was sure was arthritis, disappeared and has not returned; I can recognize smells that bring back



generator  
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*The Person Next To You*

- The person next to you is an inexhaustible reservoir of possibilities with potentialities that have been only partially touched off.*
  - The person next to you is a unique universe of experience, seething with necessity and possibility, dread and desire, smiles and frowns, laughter and tears, fears and hopes, all struggling to find expression.*
  - The person next to you believes in something, something precious, stands for something, counts for something, lives for something, labors for something, waits for something, runs for something, runs towards something.*
  - The person next to you has problems and fears, wonders how he is doing, and often doesn't feel very good about it . . . is often undecided and disorganized and painfully close to chaos, but endowed with a great toughness in the face of adversity, able to survive the most unbelievable difficulties and persecutions.*
  - The person next to you is a whole colony of persons, persons met all during his lifetime, really a community, in which still lives father and mother, friend and enemy.*
  - The person next to you has some things he can do well, some things he can do better than anyone else in the whole world; there is something his whole life here on earth means and cares for; but does he dare speak of it to you?*
  - The person next to you can live with you, not just alongside; he can live not only for himself, but also for you; he can confront, encounter and understand you, if that is what you want; and in turn, he is to be understood also.*
  - The person next to you can never be fully understood; he is more than any description or explanation; he can never be fully controlled nor should he be.*
  - The person next to you . . . is he any different from you?*
- Author unknown to us*

## The Gift of Service

On Thursday afternoon, June 9, I was at a very low ebb. In 1991, I had successful surgery on my right knee; however I've since re-injured it and no amount of physical therapy or braces seem to help.

So, there I was, feeling powerless and unloved (self-pity had kicked in), when the mail arrived. And in the mail was a large envelope from Scott J. of our Information Line

informing me that the phones were my responsibility for that week. Suddenly I knew I was loved!

Mobility returned and I went to a meeting—what I should have done in the first place! Also, Regina and John from my group said, "Call if you need a ride!" curing me of pride. Then I called Scott to say, "Thanks!" and now

I'm writing this to say that the many friends—*real friends*—we make are the second gift of Nicotine Anonymous; the first is freedom from the slavery of having to smoke . . . thanks, everybody! Scott, keep those envelopes, and all the other things you do, coming! You're saving lives!

*—Peggy B.  
Islip, N.Y.*



# world services minutes . . .

Minutes of World Services Officer's Teleconference Meeting  
Saturday, September 17, 1994, 12:00pm (noon) Pacific  
at NAWS Office 3410 Geary Boulevard, Suite 328  
San Francisco, CA 94418.

The meeting was opened at 12:15pm PST with the Serenity Prayer.

The Third Step Prayer was read by Steve M.

II. The following persons were participants: Sarah B. - Emeritus Chair, Reggie R. - Treasurer, Annette A. - Alternate Treasurer, Steve M. - Alternate Chair, Ed T., Lenna M. - Secretary, Nicholas V. - Chairperson, Leslie S. - Alternate Secretary. Seven officers were in attendance which constituted a quorum.

III. Minutes of the June 1994 Officer's Meeting were read by Sarah B. and corrections were suggested to remove the reference to New York city, to include a reference to the book committee consisting of Annette A., Ed T., Leslie S. and Lenna M., and to remove the action item stating that Judy T. was to send a copy of the 1995 conference flyer to Steve. There was a motion made to approve the minutes as amended. The motion was approved.

Ed T. read The Twelve Traditions.

IV. The treasurer's report was read by Reggie R. The report included dates from January 1, 1994 to August 31, 1994. The current balance reflected was \$14,000. Total currently available \$14,501. The year to date income was \$32,034. The past three quarters of payroll taxes were taken out of our account this past month. 1992 and 1993 taxes are all completely up to date now. There was discussion on tax issues and approval for major outlays of funds from the NAWS Office. A suggestion was made to use purchase order forms. Reggie stated that he needs all the associated paper work any time work is sent to him. The transition to the new treasurer was discussed along with details of the procedures and training. The suggestion was made that the new treasurer start active duty four months prior to the time the previous treasurer leaves office, this would start them in January of the year they are actually responsible for. A motion was made to approve the Treasurer's report. The motion passed.

V. Nicholas V. began the chairman's report by reading a letter from a member of Narcotics' Anonymous. This was followed by discussion on the adoption of an abbreviation and a new logo for Nicotine Anonymous. It was stated that no abbreviations are used at the world services level of Nicotine Anonymous. Also, there was discussion of the use of the NAWS tax ID number, certificate of insurance, bylaws and articles of incorporation. There was concern expressed that the use of these by local groups might serve as an implied agency and the world services office might be held responsible for debts incurred by groups doing business in our name with our tax ID, etc. It was established that the articles of incorporation are not given out. Also, it was suggested that the groups may need help in determining how to acquire their own tax ID numbers, ect. and that we need to give out information that will assist them rather than the information that may put NAWS at risk.

VI. Staff and Committee Reports:

A. Office Manager's Report - This report was submitted in writing and was not read. Dan M. lead the discussion by relating his experience with requests he had received from various groups and how he responded. A lengthy discussion was held on the issue of allowing other groups to use the NAWS office space. A motion was made to allow Northern California Intergroup to use our office space for meetings. This motion did not pass. Officers in attendance voted 3 against, 2 for and 2 abstained. A motion was made to adopt a policy of not renting out NAWSO office space. This motion passed, 5 for and 2 against. A discussion was held concerning the International Meeting Lists and how it is updated and distributed. A motion was made to instruct the World Meeting Directory Coordinator to send complete International Meeting Lists to all officers, staff, intergroups, the office manager and teleservices each quarter in addition to the list provided once a year in Seven Minutes, and addendums will no longer be accepted. This motion passed with unanimous approval. It was also decided that the lists by state will be sent to the office manager in their entirety on a quarterly basis. The idea of using Glenn K.

audio tapes as our conference tape librarian was discussed. At this point the fact that our mail forwarding from the old address our new address will stop on October 1, 1994. This means 20 to 30 percent of our mail will not reach us. It was decided to work with the group who is located at our old address and see if we can get this mail from them until this percentage is reduced and discontinue the forwarding with the post office. Also, some ways of better informing groups of our new address were entertained. Concern was expressed that we may be losing our current office manager in the near future. Dan M. stated that he plans to inform us as soon as his future plans have been settled.

B. Literature Coordinator's Report - There was discussion on how to cut cost on our literature so that we would be able to sell it for less. Also, quantity discounts were brought up and how to manage those. A motion was made to accept the following quantity discount pricing: Less than 100 - 20 cents each 100 in packs of 10 - 16 cents each 500 in packs of 10 - 14 cents each 1000 in packs of 50 - 12 cents each 2500 in packs of 50 - 10 cents each with each pack containing all one pamphlet. This motion passed with unanimous approval. It was also decided that when we receive orders with the old rates we will send them extra literature to make up the difference. The subject of sending confirmations of Seven Minutes orders with information on next issue was brought up and who would handle that. Literature Coordinator's report was included in the meeting packet and was accepted as written. Copies of all the literature discussed in the report were given to the officers for review before the next meeting. The Spanish literature and how it is to be printed was discussed. The concern was expressed that we need to feel comfortable that we have Spanish literature that will be distributable to all Spanish speaking areas of the world. A motion was made to accept the literature titled "TO THE DIPPER AND CHIEF" and bring it to the 1995 conference for final conference approval. This motion passed with unanimous approval. The version that was accepted was essentially the old version with only slight revisions.

C. Seven Minutes Report - The Seven Minutes report was included in the meeting packet and was not read. A concern was expressed about the content of some of the articles in Seven Minutes.

D. The Book - The Book report was included in the meeting packet. It was stated that the Book Committee needs more stories. Also, many other items on what may be included in the new edition of the book were talked about, including the traditions, a diverse selection of stories, ect.

E. Pen Pals - No report was submitted.

F. World Meeting Directory - No report was submitted.

G. Teleservice - Written report was accepted and the fact that the Monday teleservice person has changed was discussed.

H. Networking - The networking report was accepted as submitted in the meeting packet.

I. 1995 Conference - The written report was discussed and information to be given to the coordinator was decided on. The information on the 1996 conference was also discussed.

J. Smokeless Tobacco - No report was submitted.

K. Traditions Committee - The written report was taken as presented in the meeting packet.

L. Policies and Procedures - It was stated again that the job descriptions of all current officers and staff are out of date and need to be submitted to Sarah by those who currently hold those positions so they may be incorporated into the Policy and Procedures.

M. Intergroup Liaison - Ideas were shared about how to contact the various intergroups and solicit examples of things they need from World Services. Also, the various ways of providing information to them on what is happening at the world services level and at the other intergroups was discussed.

Continued on page 6



cont'd. . . .

VI. Old Business:

A. It was decided that all the old business had already been covered in other portions of the meeting.

VIII. New Business:

A. No new business was introduced. The "Smobriety" anniversaries/birthdays that had been celebrated since our last meeting were acknowledged.

IX. The meeting was adjourned at 7:00pm PST with the Serenity prayer.

X. Action Items:

ALL OFFICERS

1. Send Sarah B. updates on the policies and procedures manual, especially updates to the portion on your office.

ALL COORDINATORS

1. Send Sarah B. updates on the policies and procedures, especially the job description for your office and any procedures that involve you.  
Nicholas - 1. Get information from AA on how they handle their translations.

2. Make contact with Spanish speaking members in Los Angeles and ask them to proofread the spanish literature before the December meeting.

3. Ask Dan to provide Literature and meeting lists to the 1995 conference coordinator.

Annette -

1. Contact Scott J. about the new literature rates and getting the information into the next edition of Seven Minutes.

2. Include information on Tax ID and Insurance in the meeting starter kits.

Lenna -

1. Have the Spanish literature proof read by the spanish speaking members in Houston, and send the information provided by them to Annette as well as bringing it to the December meeting.

2. Check on the availability of a Spanish typesetter.

Sarah -

1. Provide Judi T. with information about the conference workshops.

2. Have Jim to notify ASAP of the conference with the stipulation that any persons who wish to attend must register.

Reggie -

1. Send information to Sarah B. for policies and procedures on taxes and turning over of responsibilities for treasurer.

2. Meet with Wells Fargo bank about putting some of our money in an account where we can earn more interest, then get back with Nicholas on how that meeting went.

3. Will contact spanish speaking members in the New York area to proof read literature in time for the December meeting.

4. Send thanks to John O. for his work.

Got a Cigarette?

I have this love-hate  
thing with my cigarettes.

O pass the time  
and soothe my needful yearnings.

I draw the smoke in and blow my  
troubled feelings away.

It packs down my anger and hurt.

It passes the time.

O wasted time and breath gone  
in expensive taste beyond my pocketbook.

Lungs ache and choke on phlegm  
and doom whispers in the wheezing gasps.

My legs don't have the strength they had.

My back is stooped.

I get this feeling — I'm stupid.

Then too — I'm ashamed.

I'm not proud of this white paper tube  
my mouth is puckered around.

What will I do? Can the world  
offer me air and freedom from this  
cunning, baffling and powerful opiate?

Can I be happy without my pack  
of twenty little friends who turn  
into ashes and rattle my chest?

Give me something to fill the empty  
place between my lips and  
fingers and ears.

Give me hope.

Give me courage, my God.

I want to walk in your garden  
without the weeds  
*without the weeds.*

— Cindy H., Fairfield, Conn.



happy memories. I have had only one cold since I quit, which was uneventful and cleared up within a week. I can sing long, clear notes like I did when I was a child. I sleep the entire night through and wake up refreshed each morning. I am free to go anywhere I want, sit anywhere I want in public places, open my door to unexpected company without fear of that awful odor of stale tobacco in my home or car, and not have to spray things on me or around me to smell better. My skin is clear and the dark circles are gone from under my eyes. Plus I have a score of new friends who do not smoke that I would never have been attracted to in the past. The love, support and closeness of the ex-smokers in my Nicotine Anonymous group is a treasure that could never be replaced in a million years; what a bond we have with each other! That alone has been worth the battle!

And what a battle it's been! My message for the nicotine addict who is still suffering and smoking is that you can quit if you want to—then find the help and support to stay quit. My message to the addict who is new (or not so new) in recovery is simple—hang in there; don't give up before the miracle happens. One day you will wake up and the obsession for nicotine will have been lifted and you will regain your enthusiasm for the future—a future free from a drug powerful enough to dictate your life and ruin your health; a future happy, joyous and free. It's a promise, to you from me and from all of us who hope you will join us on a smoke-free journey in recovery!

*Julie's story, which you have just read, is being considered for publication in the second edition of The Book. If you would like to submit your story for possible inclusion in The Book, please see "The Book Needs Your Help" on the back cover.*

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**Seven days  
without a meeting  
makes one weak.**

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## A Smoker's Story: How One Broke A Smoking Habit

Congratulations to the folks at Philip Morris USA: Thank you for making that informative full-page statement in *Newsday* on April 15 and expressing your belief that cigarette smoking is not addictive ["Facts You Should Know"]. I am a nonsmoker, but through personal experience with smokers, I must agree with you.

As you stated, the majority of smokers can quit on their own. They just have to be ready to quit. Here's a fine example: My mother began smoking around 1944, at the age of 16. She smoked right through four pregnancies and never was ready to quit. She went from nonfilter to filter, kings to 100s, full flavor to light, Pall Mall to Winston to Marlboro to Cambridge, and they were all good, so there was no reason to quit.

Last fall, when she began having pains in the left side of her rib cage and in her back, cigarettes continued to be there for her—they soothed her and gave her something to do to keep her mind off the pain. During a three-week stay in the hospital, they had their place, stashed in her bedside table, where they awaited her return from CAT scans, MRIs, radiation treatments. The nurses reprimanded her, but it wasn't time to quit yet.

She came home just before Christmas. I explained that if she needed to have oxygen tanks in the house, she would have to quit. "Well," she said, "they haven't put me on oxygen yet. This is my one bad habit. Don't take it away from me." She cajoled, pleaded, yelled at me to continue buying her cigarettes. No addiction here; she just didn't feel like quitting.

Well, she finally found the right time to quit, and she did it on her own. It was January 9th. That was the day I found her semiconscious and had her brought back to the hospital. I spoke to her daily after that and she never asked for a cigarette.

Of course, the oxygen mask might have gotten in the way, and she might not have had the lung power to get a good drag on the cigarette anyway, but she did quit. Quite successfully, too. She will never go back to smoking. She died on January 14th. Primary cause of death (what a surprise!) lung cancer.

—Margaret M., Lindenhurst, N.Y.





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### ***The Book* Needs YOUR Help.**

The second edition of *The Book* is now in progress. A major addition to the second edition will be a section of personal stories. This is **where** you can help. We would like to hear from you, to see your story. The more submissions we have, the better your book will be. Many of you have already written your thoughts on the struggle with nicotine addiction and need only drop a copy in the mailbox. Some of us have been meaning to put something down on paper for a long time and just haven't gotten around to it. Take this as an opportunity to do service for yourself and the untold numbers you can touch by sharing your "experience, strength, and hope." We need stories from all areas of nicotine addiction, not just from cigarette smokers. We are hoping to hear from all walks of life and levels of experience.

In addition to your stories, we also invite and welcome your ideas, thoughts and comments on *The Book* and what we can do to improve it. We hope to have the second edition ready to present for approval at the next World Conference, so please send something NOW. Any correspondence regarding *The Book* may be sent to NAWSO - Attn.: Book Coordinator, or to: "The Book" Coordinator, 32 Rumney Rd., Revere, MA 02151.