



My name is Deb Thompson.

I had my first smoke at school when I was 12 years old and continued to smoke. I thought it was cool as everyone else was doing it and it helped you to fit in and be cool. Smoking was the in thing. If I knew then what I know now I never would have picked it up .

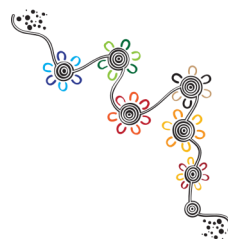
I gave up smoking in 2013 when Solid Mob came to my work to do sessions on the benefits of giving up smoking. When I was told that the crap that comes out of the back of a car exhaust was the same stuff that goes into my lungs from cigarettes that was it. I tried to give up several times it never work ed. This time I was determined not to have that stuff in my lungs. Whatever I needed to do to quit, I did.

I have been smoke free now for 7 years thanks to the Solid Mob team.

For those wanting to give up, give it a go. I feel so much better not smoking, I smell better, I have more money, my grandchildren aren't going to smell the horrible smell that would be on me when I had a smoke, no more coughing up, my skin looks healthier, now when I get stressed I don't reach for a smoke, I have other things in place now to help me, and for me the benefits are fantastic as I don't want my grandkids to smoke and to be healthy.



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