



This. This is Quitting.

**Quitting smoking can kick your butt.
This is Quitting puts the whole Internet in your corner
while you train to quit like a pro.**

- Get ideas for how to quit from quitters all over the Internet. Their quitting stories, in their own words.
- Be inspired to keep your own quitting going with real life success stories.
- Distract yourself from thinking about smoking with gif-ified posts about the ups and downs of quitting you can relate to and go "OMG yes been there done that!"
- Learn new strategies and tips to stay smokefree with training challenges to prepare you for whatever quitting throws your way.
- Access to free expert quit smoking counseling 24/7 from anywhere in the U.S.
- Up-to-date, easy to understand info about quit smoking medications.
- Daily tips, inspiration, and strategy text messages written by other quitters.

Love us, have questions, or want some props for generally being awesome?

- Follow us on Twitter @thisisquitting or on Tumblr #whatshouldwecallquitting

www.ThisIsQuitting.com

