

Spit – Are Ready to Quit?

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Spit Tobacco: A Guide for Quitting

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www.nodcr.nih.gov/cvcfbg

www.gmu.edu/student/quitsmoking/smokelessnimestep

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9 Step Program To Quit Smokeless Tobacco

Start the program at 1st Inning Tip and then work your way from there! Please contact Health Education Services at (703) 993-3690 if you need any assistance or if you have questions:

[1st Inning Tip - DECIDE TO QUIT CHEW/DIP](#)

[2nd Inning Tip - PICK YOUR QUIT DATE](#)

[3rd Inning Tip - CUT BACK BEFORE YOU QUIT](#)

[4th Inning Tip - GET READY FOR QUIT DAY](#)

[5th Inning Tip - QUIT DAY](#)

[6th Inning Tip - First week off.COPING WITH WITHDRAWAL](#)

[7th Inning Tip - 2nd week off-DEALING WITH TRIGGERS](#)

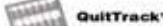
[8th Inning Tip - TIPS FOR GOING THE DISTANCE](#)

[9th Inning Tip - CELEBRATE YOUR SUCCESS](#)

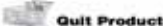
Quit Smokeless.org

 **Community**

 **Hall of Fame**

 **QuitTrack™**

 **Cancer Gallery**

 **Quit Products**

Welcome

We're glad you found QuitSmokeless.org™. You will discover that with a little help from your fellow quitters, life without the tin or pouch is very possible. Read as much as you can and become involved in the Quit Smokeless Community. You can get back to a normal life without tobacco. We are proving it here, every single day.

Hall of Fame coins are [here!](#)



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Community Statistics

Statistics for the last 30 days
Total Members 3007
Page Views 193743
Visits 15485
Total Messages 115877
Newest Member [sonnyd](#)
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Think you can't quit?
THINK AGAIN!

www.quitsmokeless.org