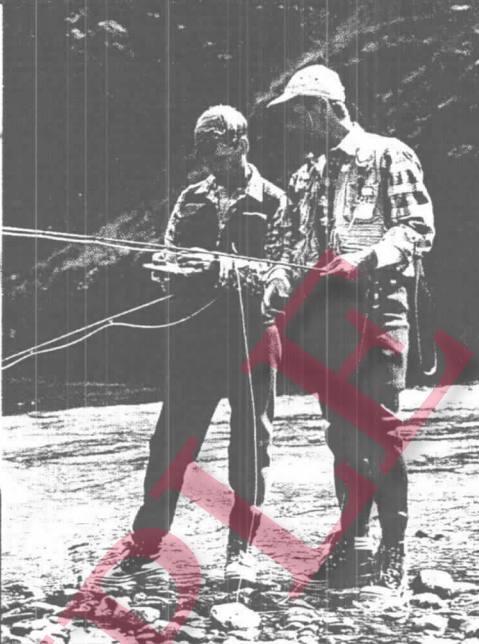


Enough



SMOKELESS TOBACCO



A GUIDE FOR QUITTING SMOKELESS TOBACCO

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Introduction

This self-help guide is designed to help you quit using snuff or chewing tobacco. You've probably thought about quitting and maybe even tried to quit one or more times. It's not an easy habit to break. There is no magic formula. The most important factor in your success is your desire and motivation to quit. If you want to quit, then this guide can help.

The steps described in this manual have been effective for chewers and dippers just like you. This book has helped people of all ages who used chew or snuff and wanted to quit. The *Enough Snuff* guide shares with you the ideas that we have tried and have found successful. This revised edition has incorporated ideas and tips that users have shared with us.

This guide provides you with a four-step process for quitting.

- 1. Get Ready**
- 2. Plan to Quit**
- 3. Deal with Withdrawal**
- 4. Stay off Chew or Snuff**

Use this guide to help you break your tobacco habit now and stay off chew.