

# The Newcomer's Booklet is Here!



## Nicotine Anonymous Newcomer's Booklet

### Our Welcome To You

It doesn't matter in what form you have used nicotine or how many times you may have tried to quit, if you have a desire to live nicotine free you are welcomed in our Fellowship. We have found that as we attend meetings regularly, we come to believe in the shared experience of our fellow members. Sharing together creates hope and helps us to keep an open mind to make the personal changes we need to succeed. We suggest newcomers attend a number of meetings to discover for themselves how the caring support of others and the daily practice of Nicotine Anonymous principles has helped us experience the gift of freedom from nicotine.

Changes occur over time using this program of recovery to abstain from nicotine. Physically, we achieve better health; emotionally, we become more serene; spiritually, we find hope and courage where there was doubt and fear. Newcomers can work this gentle program at their own pace. Our respect for each other is evident in our commitment to not criticize, gossip, or offer unsolicited advice to anyone. Through mutual support we help each other and ourselves. Welcome to Nicotine Anonymous.

**The only requirement for Nicotine Anonymous membership is a desire to stop using nicotine. (Tradition Three)<sup>1</sup>**

- Have you quit many times, but always started again?
- Do you have doubts about your ability to stop using nicotine?
- Have you never stopped smoking before?
- Have you already quit, but worry you may relapse?
- Do you *wish* you could quit smoking, and still keep smoking . . . somehow?
- Do you want to stop using some form of smokeless tobacco?

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The long-awaited official Conference-approved 64-page **Newcomer's Booklet** is now available for purchase from Nicotine Anonymous World Services, for \$4.00 per book. Standard discounts will apply for purchase of 11 or more copies. Check out the Nicotine Anonymous World Services Website, [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) for details, and **order now**.