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A New Freedom

Rodger F.

Co-founder of Nicotine Anonymous

This is the conference-approved version of Rodger's Story. It will appear in Seven Minutes in three parts. This is part one.

I would look down and realize I had two lit cigarettes burning in the ashtray. The burning tip of a cigarette would fall into my lap as I drove a car. I would have a cold and take cough syrup just so I could calm down my throat enough to smoke a cigarette. If I knew you were a non-smoker, I would take my car instead of yours. I was addicted to nicotine.

rounding me like the movie poster for Chinatown. I reacted to music with my cigarette. I emphasized my words with a cigarette. I culminated sex with a cigarette. Smoking was simply what I did and who I was.

Phones rang, cars started, non-smoking lights on airplanes went out and I would light up. My friends never forgot that I was a smoker. They knew, they remembered.

How did I ever get to that point where my addiction to nicotine had so consumed my personality and...

Probably... nicotine addict. My mother... anxiety and...

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