Subject: Re: Non-smoking reward
Posted by Norris Wilson on Sun, 03 Jan 2010 23:02:36 GMT
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Hey Ron,

I hope you get to feeling better soon, sorry to hear that you are not doing well.

Bill, I quit smoking 32 years ago, and resemble the guy in the SS Fat Guy dingy.
Eating is an easy thing to do to replace a nervous smoking habit.

Stay the course guys, you will be so much better off in the long run.

Norris