

Prologue

Background

Hello. I'm Scot Fetherston, Founder and Program Director of the Stop Smoking *For Good* Corporation. Since 2003, we've provided free or affordable-to-all, *proven* help to stop smoking.

However, there's a big problem with the help these days – because the world's #1 stop smoking method, *the one with the highest success rate*, is rarely ever used.

It's true. Only a tiny percentage of smokers have ever attended an intensive, full-length, classroom program. That's understandable, considering associated negative factors such as high costs, low availability and the inconvenience of sitting in a classroom for an hour or so, for 5 or 6 weeks in a row. Then the Corona pandemic hit.

Today, with Covid-19, everything's changed. Social distancing has all but eliminated classroom smoking cessation programs, driving the need for new, proven supports to an all-time high.

We've developed a practical solution designed to enable more smokers to take advantage of the high success rates enjoyed by this overlooked, highly-effective tool - but now easily and safely accessed.

Our 2021 Smoke-Free Key[®] is the world's most up-to-date, affordably priced, full-length digital program, with files instantly available for all popular devices.

Free of conjecture, stories, opinions and untested theories, the “Key” adheres to all leading world health authorities content guidelines for structured, full-length, classroom smoking cessation programs.

The Smoke-Free Key[®] is suitable for all smokers and ex-smokers who still crave. It's doctor-recommended and guaranteed complete and accurate - and effective, when used correctly.

For complete details, app links and program downloads for all major devices, visit our newly-updated, ad-free website, StopSmokingForGood.com

What's New for 2021

Safety First. We've retired our paper based “Carry-Along Support Tools” in favor of our practical new mobile app, 1st-Response-to-Craving[®]. When craving strikes, grab your device and tap the app icon to open 2 options:

Option #1. The Cravers' Code[®] and within it, the Insist on the List[®] Powerful, one-two punch, craving killer introduced in the final Module of the program.

Option #2. The Trigger Tracker[®] and within it, the Calendar Records & Trigger Trends[®] Ever building precise records with colored graphs of what's pushing your light-up buttons all stored offline, within the program, for instant retrieval.

The 1st-Response-to-Craving[®] is free to download for all popular devices.

For iPhones and iPads, it's on The Apple App Store: <https://apple.co/2RSThqp>

For Android devices, it's on Google Play: <https://tinyurl.com/1st-response-to-craving>

For links and complete program information, visit our website.

Special Note

When one first stops smoking, studies show some human contact follow-up greatly increases chances for success. All the major free North American quit lines listed on our website.

You'll further multiply your chances for successful, long-term smoking cessation, simply by combining proven methods. Our Master List of All-Free Stop Smoking Help, provides a wide range of proven stop smoking help options, ideally suited to combine with The Smoke-Free Key[®] program. Guaranteed highest possible success rates available.