

**Mr. Hadi Hamam**

I thought quitting my smoking habit was impossible or needed effort I wasn't strong enough to handle. The thought of being controlled by a poison made me want to quit smoking. I needed some professional help and your program is the best there is.

I went to my first session of the smoking cessation program lost and hesitant. Fortunately, the staff there acknowledged my mental state and showed me a side of myself I couldn't see then. I thought that I wouldn't be able to overcome the challenges that I would encounter during the process of quitting smoking. But the program staff proved to me that I can overcome those challenges, and they also stood by me as they were an amazing support system. They proved to me that I have powers to quit any bad habit, accepted me like I was family to them, and guided me through every hour in my journey. At the end, the results shocked me because I never thought I would be able to quit smoking cigarettes.

Smoking cessation did not only help me quit the habit, but also helped me socialize and get involved in sports which definitely improved my day-to-day lifestyle. In my case, regular follow ups definitely facilitated my cessation progress.

The smoking cessation program at AUBMC took me from a really dark place to stand at the top of my potential; which makes me recommend any person to join this program to quit a habit I once saw impossible.