



# No, You Don't Have to Stop Smoking: How to become a light smoker and feel good about it

*Robert Brynin*

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The book is the basis of the campaign run by the charity, The People's Billion, to show smokers that there is more than a simple choice between smoking or not smoking, that smoking reduction is a valid aim too. It takes you through every reason why bringing your smoking under control is a good thing, then it takes you through a simple, foolproof method for eliminating the cigarettes you don't need, so you can still smoke the ones you do need, without ever feeling deprived. Instead of always feeling bad about being a smoker, the book is going to help you to feel good about being a light smoker. If you can't or won't stop smoking, smoking reduction is now a Plan B that is going to make you healthier, wealthier and happier.

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