

VAPING SUCKS YOU IN QUICK.

WE CAN HELP YOU BREAK FREE.

Feeling stuck vaping, day after day?
You're not alone. Thousands of other teens
have found a way to quit vaping for good with
My Life, My Quit™.

THE MORE YOU VAPE, THE HARDER IT IS TO QUIT.

My Life, My Quit™ is a free and confidential
quitting service that just plain works.

Here's why:

- You get a quit plan made for you
- Work with expert Coaches 1:1
- Get 24/7 online and text support
- And tips and tricks that'll help you
quit for good

Not big on texting?
Visit [MyLifeMyQuit.com](https://www.MyLifeMyQuit.com)
or call **855.891.9989**

MY LIFE MY QUIT™

Brought to you by TSET

DON'T BE A TOBACCO TARGET.

Call or text a Coach today to learn how.

Visit MyLifeMyQuit.com
or text "[Start My Quit](http://MyLifeMyQuit.com)" to
[36072](tel:36072) to start today.

MY LIFE MY QUIT™

Brought to you by TSET



Tastes like fruit
or candy



You immediately recognize
the name or brand



Ads in your favorite
magazine



Ads for price discounts
or cheapest tobacco



Pictures of people using
on your social media



Colorful displays at
your local store



Big Tobacco wants Black
Americans to use menthol



Smokeless tobacco is aimed
at athletes and rural teens

STOP NICOTINE FROM HIJACKING YOUR BRAIN.



Talk or chat with a Coach.

- Nicotine hacks the brain by pretending to be natural brain chemicals.
- Nicotine goes right to the brain when smoking, chewing or vaping.
- Nicotine rewards the brain by releasing dopamine, the "feel good chemical."
- When nicotine wears off, the brain craves more. This is how the brain "learns" to depend on nicotine in order to regulate mood, causing addiction.