

I am a 35 year old mother of two and I had struggled, on and off, with a cigarette habit for 13 years. It started at age 21 when my boyfriend died unexpectedly, and I was offered a cigarette to give me “calm”.

For years I tried every quit-method out there, gum, patches, sprays, hypnotherapy, Champix and Allen Carr’s books. I never had quit success of more than a week with any of these methods. At the worst of times I would be smoking around 15 cigarettes per day. In August 2017 whilst living in Europe I made an informed choice to try vaping, and for the first time in all these years I’ve not been tempted by cigarettes even for a second.

I bought my e-cigarette and nicotine e-liquid (in a vape shop where I was able to try out different flavours to find one I enjoyed and get comprehensive advice on using the product), set it up, threw away the cigarettes and never looked back. That was 19 months ago.

I’ve also helped my father and sister, both heavy smokers of two packs a day, to quit with vaping. It took them less than a week to make the full transition. They both quit cigarettes a year ago and neither have smoked since.

I’ve become a firm believer that vaping can save millions of lives. I am living proof that this is the best way to quit cigarettes without all the horrendous withdrawals all smokers are so afraid of facing. I’m so happy to finally be free of that cancerous habit.

Hayley – WA Vaper