

The Division on Addictions is proud to present Your First Step to Change: Smoking

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Your First Step to Change: *Smoking*
A resource to help guide your journey to change

The Division on Addictions, Cambridge Health Alliance, a teaching affiliate of Harvard Medical School

Many people are able to change their excessive behavior patterns without entering formal treatment. The Division on Addictions, Cambridge Health Alliance has created a series of self-change toolkits. We are proud to launch the next edition in *The First Step* series, [*Your First Step to Change: Smoking*](#).