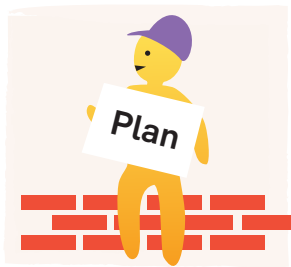
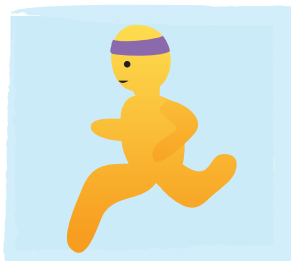
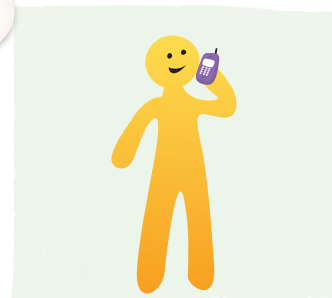




Coping with Cravings



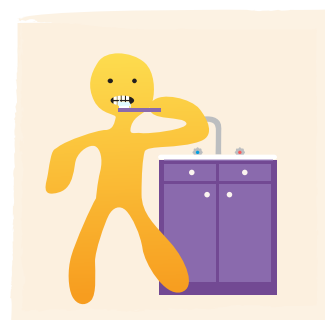
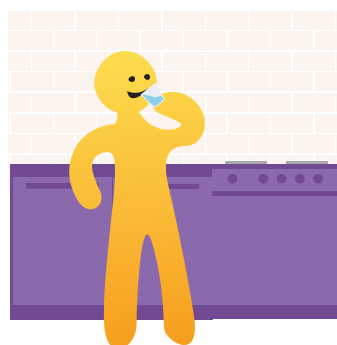
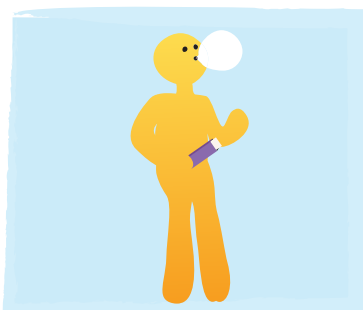
Distract yourself.



Distract your thoughts.



Distract your hands.



Distract your mouth.

Use your stop smoking aids