

CLEAN YOUR HOME



AVOID SMOKING TRIGGERS

KEEP YOUR HANDS AND MOUTH BUSY



PRACTICE DEEP BREATHING

Tips TO HELP YOU QUIT SMOKING



DRINK WATER

TRY ACUPUNCTURE



TAKE UP A NEW HOBBY

DO SOME MEDITATION



You Can Stop Smoking

M Lipman



You Can Stop Smoking:

The Timberman ,1925 Public Health Service Publication ,1963 **The Medical Missionary** ,1913 **Navy Medicine** ,1989 **Short stories [formerly Magazine of short stories].** ,1900 **Trade** ,1911 **The Pharmaceutical Era** ,1925 **Public Health Bibliography Series** United States. Public Health Service,1951
Congressional Record United States. Congress,1995 The Farmer's Weekly ,1929 The Fra ,1913 The Fra
Elbert Hubbard,Felix Shay,1913 **The International Good Templar** ,1896 **R. J. Reynolds Tobacco Company V. Federal Trade Commission** ,1951 TV Guide ,2004 **Herald and Presbyter** ,1896 Advertising and Selling ,1924
Dr. Evans "How to Keep Well William Augustus Evans,1917 Proceedings of the Annual Meeting of the New Jersey Pharmaceutical Association New Jersey Pharmaceutical Association,1921 **The Midland Druggist and Pharmaceutical Review** ,1918

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