

Smoking: ways to stop. Colour lithograph by L. Kalish, 1971.

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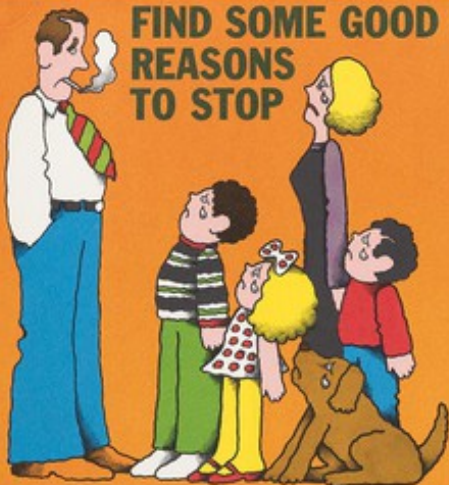
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8 HELPFUL HINTS ON HOW TO

STOP SMOKING

FIND SOME GOOD REASONS TO STOP



SCARE YOURSELF



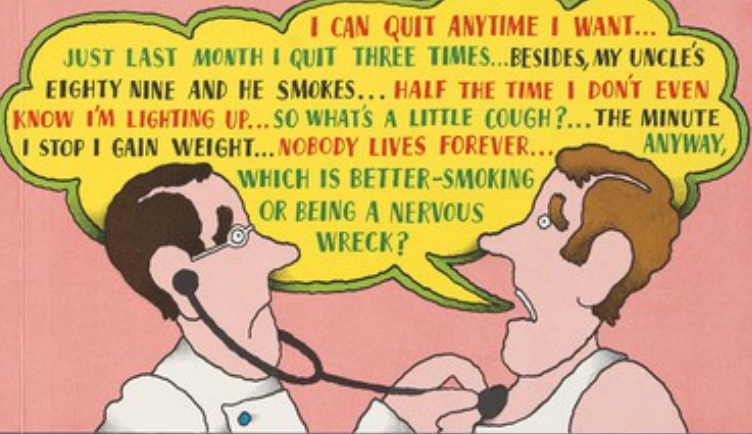
NEVER CARRY MATCHES



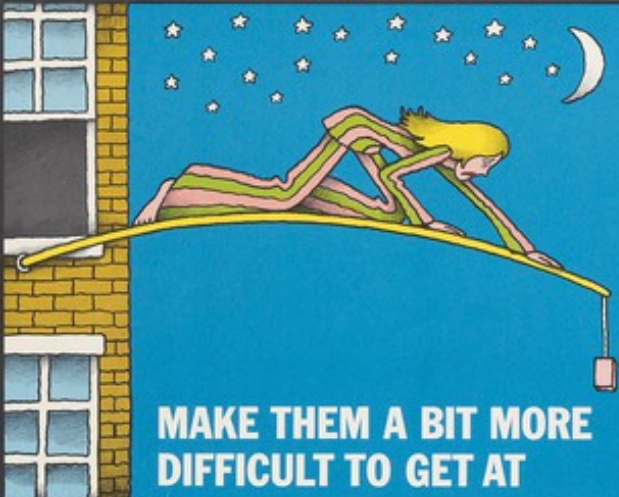
AVOID SMOKERS



STOP MAKING EXCUSES



MAKE THEM A BIT MORE DIFFICULT TO GET AT



FIND SOMETHING ELSE TO DO WITH YOUR HANDS



AND REMEMBER—IT'S A HABIT, NOT AN ADDICTION!

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