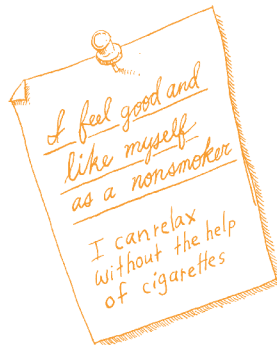
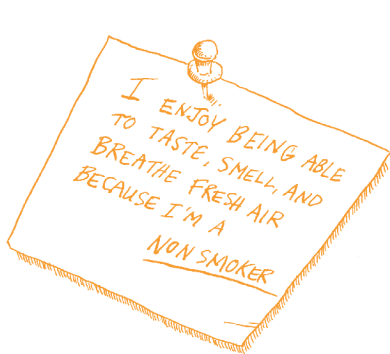


Positive Thinking

Repeat these things to help you feel good about quitting:

- I don't need to smoke anymore.
- My child is more healthy because I don't smoke.
- I enjoy wearing the clean-smelling clothes of a nonsmoker.
- I like not spending money on cigarettes.
- I enjoy riding in the clean-smelling car of a nonsmoker.
- As a nonsmoker, I am setting a good example for my children.
- I am in control as a nonsmoker.



- I enjoy living in a clean-smelling home now that I'm a nonsmoker.
- As a nonsmoker, I am becoming the person I want to be.
- With each breath of clean air, my body is more healthy and strong.
- I look more attractive as a nonsmoker.
- My physical and mental health is better now that I'm a nonsmoker.
- As a nonsmoker, I can be more active and feel healthier each day.
- I enjoy having more energy now that I'm a nonsmoker.

**Call to Get FREE help to quit smoking today!
English: 1-800-QUIT-NOW (1-800-784-8669)**