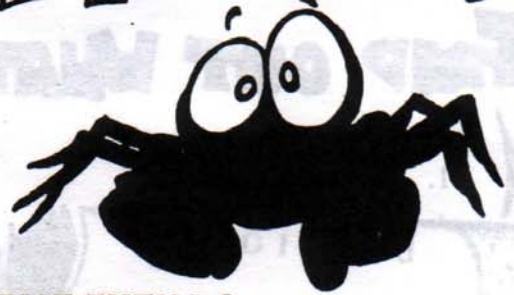


PEOPLE WHO DO NOT SMOKE ABOUT THEMSELVES

THEY DON'T NEED CIGARETTES TO MAKE THEM HAPPY OR RELIEVE STRESS. THEY DO OTHER THINGS INSTEAD.

FEEL GOOD



USE THIS CODE TO SEE WHAT THEY DO:

A=M	D=J	G=N	J=R	M=Z	P=I	S=V	V=K	Y=P
B=E	E=C	H=W	K=O	N=D	Q=A	T=G	W=U	Z=F
C=Q	F=T	I=L	L=S	O=X	R=Y	U=B	X=H	

1. J B Q N Q U K K V
2. L H P A
3. J P N B Q U P V B
4. I P L F B G F K A W L P E
5. L Q S B A K G B R

HOW CAN I HELP SOMEONE QUIT SMOKING?

- ★ Take them for a walk
- ★ Ask them to quit as a gift to you
- ★ Offer to hide all the ashtrays
- ★ Offer to take out the garbage for 2 days while they're quitting
- ★ Do a jigsaw puzzle with them to keep their hands busy
- ★ Tell them that their sense of smell will improve
- ★ Offer to clean the ashtray in the car
- ★ Figure out how much money they'll save if they don't smoke for 1 month
- ★ Tell them that their sense of taste will improve
- ★ Buy them a pack of sugarless gum to chew instead of smoking
- ★ Tell them that you love them and want them to be healthy
- ★ Other?

1. READ A BOOK
2. SWIM
3. RIDE A BIKE
4. LISTEN TO MUSIC
5. SAVE MONEY

