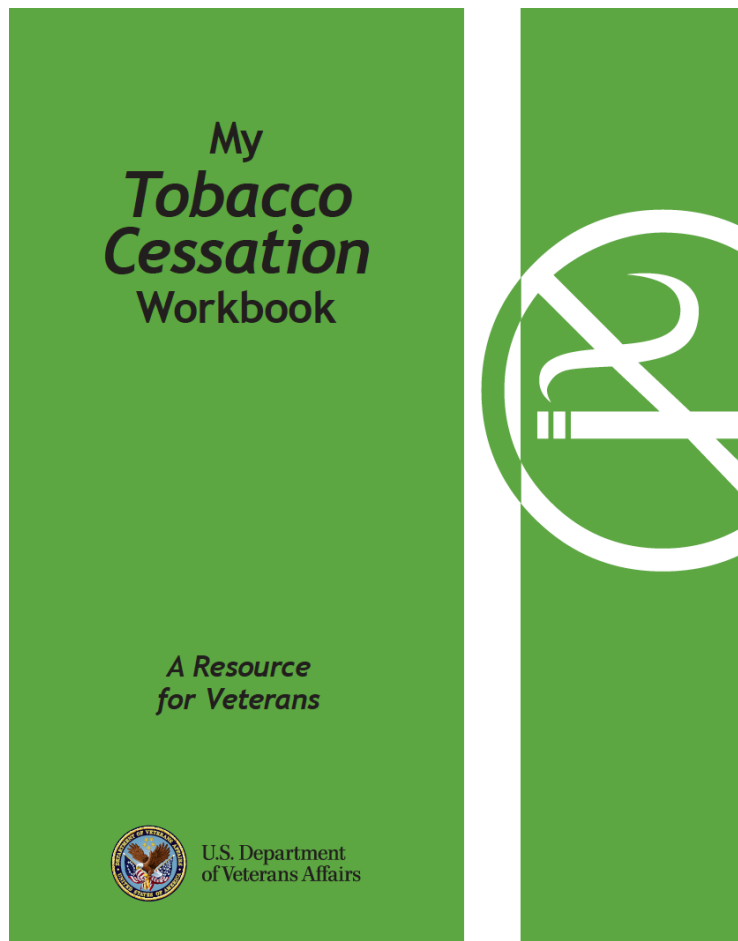


# My Tobacco Cessation Workbook: A Resource for Veterans



This document has been updated. The new document is:  
<https://www.mentalhealth.va.gov/quit-tobacco/docs/My-Tobacco-Cessation-Workbook-508.pdf>