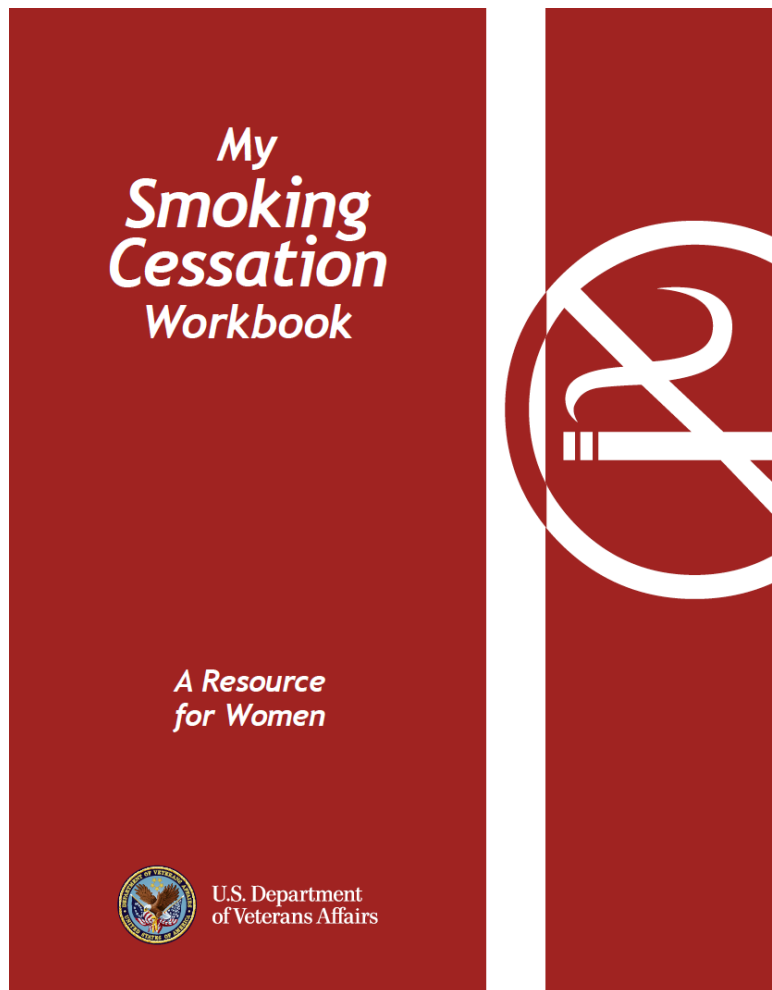


# My Smoking Cessation Workbook: A Resource for Women



This document has been updated. The new document is:  
<https://www.mentalhealth.va.gov/quit-tobacco/docs/Smoking-Cessation-Resource-for-Women-508.pdf>