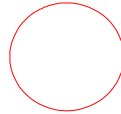


**Nicotine-Freeing**  
**Simple-7 Audio Tracks**  
**Self-Hypnosis with Truthful Suggestions**

Please listen to Track 1 only when safe to close your eyes.

**Track 1** - Self-Calming Practice- (5 minutes)

Important: For the maximum lasting benefit – most days for the first 3 weeks – listen to Tracks 1 & 2 together. In addition, listen most days to some part of Track 2 and when doing other activities.



**Track 2** – Nicotine-Freeing Facts: Truthful Suggestions (15 minutes)

Supplemental **Track 3** – Optional version of Track 2 (15 minutes)

**Disclaimer:** Use this and all other of this program's spoken and written content for educational purposes only and not as a substitute for medical care.

This program is given without any guarantee – stated or implied.

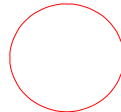
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