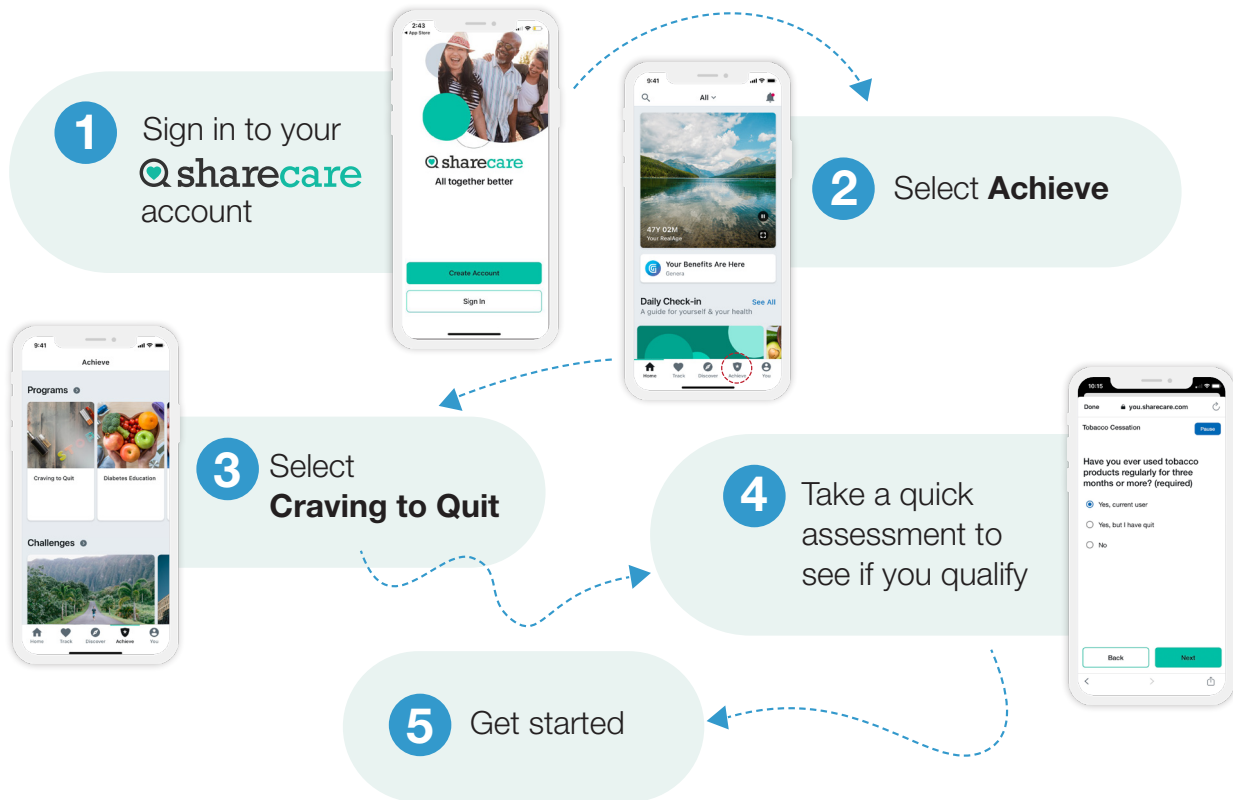




Take Back Your Health— Quit Smoking or Vaping in 21 Days



Craving to Quit is an innovative 21-day evidence-based smoking and vaping cessation program. It helps change behaviors by teaching you how habits are formed, and then how to break them. Through awareness exercises, you can retrain your brain to make smoking or vaping seem unappealing instead of satisfying.

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