

# TEN GOOD REASONS TO STOP SMOKING

- 10 You can save money
- 9 You won't have to stand out in the cold to smoke at work
- 8 Your car, clothes, hair, house.... Just about everything..... will smell better
- 7 You won't have to pop a breath mint to kiss someone
- 6 You can forget about yellow stains on your fingers
- 5 You'll have fewer burn holes in your clothes and furniture
- 4 Your mouth won't taste like an ashtray in the morning
- 3 You can improve your health
- 2 You could reduce your rates on insurance policies

The number one reason you should quit **For yourself, your family, and your friends**