



1. For yourself, your family, and your friends
2. You could reduce your rates on insurance policies
3. You can improve your health
4. Your mouth won't taste like an ashtray in the morning
5. You'll have no burn holes in your clothes and furniture
6. You can forget about having yellow stains on your fingers
7. You won't have to pop in a breath mint to kiss someone
8. Your car, clothes, hair, house...just about everything...will smell better
9. You won't have to stand out in the cold to smoke at work
10. You can save money

Talk to your doctor to find out the best way for you to quit smoking.