

# THE 15 REASONS TO QUIT SMOKING

By Dr. Daniel Seidman

Breathe Easier:  Stop Smoking

1. I want to improve my health.
2. I want to improve the smell in my house or clothes.
3. I want to improve the health of those affected by my smoking.
4. I want to set a good example to others about smoking.
5. I want to feel less shame or guilt about what I am doing.
6. I want to increase my capacity to exercise.
7. I want to breathe better or cough less.
8. I want to save money on the cost of cigarettes.
9. I want to save on the cost of illness and lost work from smoking.
10. I want to make my children, who don't like my smoking, happy.
11. I want to make myself and my family proud.
12. I want to feel and look younger.
13. I want to improve my sex life and/or get more dates.
14. I want to have more energy.
15. I want to have better skin and fewer wrinkles.

*As a reminder, always consult your doctor for medical advice and treatment before starting any program.*