



Smoking: 201 Reasons to Quit

Muriel Crawford

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About thirty million Americans who smoke say they want to quit, but lack the motivation. *Smoking: 201 Reasons to Quit* provides that motivation by focusing on why you should not smoke, rather than how to quit. The book contains a complete in-depth explanation of the dangers and disadvantages of smoking. The book describes more than one hundred ways that tobacco harms smokers' health, often leading to prolonged disability and early death. A medical advisory panel of prominent physicians has reviewed these sections about tobacco-related illnesses. The book includes discussions of problems caused by nicotine addiction, the best methods of quitting tobacco, the health hazards of secondhand smoke to others, and the ways that smoking increases the dangers of injury and death. Jack Klugman, star of stage and screen and an anti-smoking activist who fortunately survived the cancer caused by his smoking, wrote the book's foreword.

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