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Money

Cost biggest reason to quit smoking

By Press Association, Feb 27, 2013
Filed under: News

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A quarter of smokers claim that the cost of their habit is a bigger motivator to quit than implications for their health.

And 34% said they feel guilty about the amount they spend on cigarettes, according to the British Heart Foundation (BHF).

A poll of 2,000 smokers found that 25% reported they are more inclined to kick the habit because of money over the effects on their long-term health.

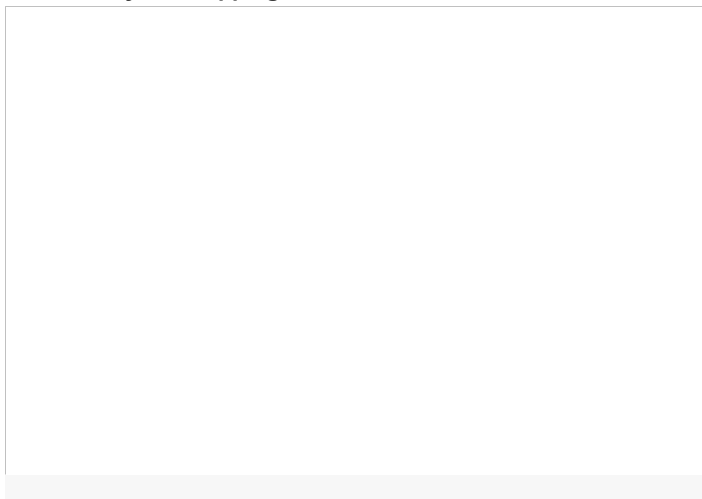
As part of its 30th annual No Smoking Day campaign, the charity is calling on smokers to "swap fags for swag" and think about how much money they could save if they quit.

A person who smokes 20 cigarettes a day would save themselves £2,555 a year if they quit.

Dr Mike Knaption, associate medical director at the BHF, said: "These figures reveal the emotional burden smokers endure by feeling guilty about the impact their addiction has on family life and their finances. Fortunately, if you smoke and want to stop, we're here to help.

"More than 750,000 smokers will attempt to quit on No Smoking Day on Wednesday March 13 so why not get ready to join in and reward yourself and your family with the money you save when you swap fags for swag."

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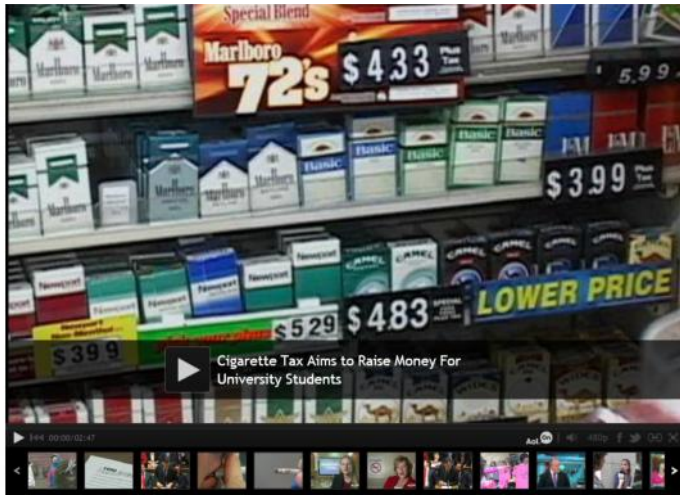
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jonwearing

I was talking to the newsagent and happened to notice the staggering cost of cigarettes. I could not believe just how much people pay! I gave up smoking donkey's years ago and never regretted it once. I still felt like having a smoke for a couple of years afterwards but that was well in the past. It was never easy, in fact it was damned hard, so much so, that I still admire all those who successfully quit now. All I can say is that I waited for a moment in time when I really felt like quitting, then just did it. No secret to it at all, but it certainly wasn't easy at



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<p>the time. I guess this has saved me an utter fortune, looking at those prices!</p> <p>Yesterday at 12:19 PM</p>	
<p><b>alanjkults</b></p> <p>Visit <a href="http://www.vipelectroniccigarette.co.uk/">www.vipelectroniccigarette.co.uk/</a></p> <p>Electronic cigarettes are the way to go once you get used to them. I have progressed to E-Fluid which now costs me around £1.60 a day. That's a saving of around £6 per day x 365 days = £2190 per year, for a 20 a day smoker buying 'Legal' cigarettes. E-Cigs are much healthier in my experience. No tar, smoke, toxins, or smell. Its the way to save money if you can't quite.</p> <p>Yesterday at 12:15 PM</p>	
 <p><b>osmundbullock</b></p> <p>"These figures reveal the emotional burden smokers endure by feeling guilty about the impact their addiction has on family life and their finances."</p> <p>Yes, terrible, isn't it? So let's reduce the absurdly high taxation levels on tobacco</p> <p>Yesterday at 12:02 PM</p>	
<p><b>dmull15424</b></p> <p>My personal motivation for giving up smoking was the tax, and knowing that at least I was denying the politicians that little bit of money. As was said below I used Champix, I had no probs with it at all, but the dreams are fantastic</p> <p>Yesterday at 11:01 AM</p>	
<p><b>yopumpy</b></p> <p>anyone fancy some cheap chinese fags? theyre 34p a box but i think 3 out of 20 are made from tree roots or elephants dung.....at least thats organic so it wont do you any harm.....</p> <p>Yesterday at 10:22 AM</p>	-1
<p><b>woodleyalan</b></p> <p>For those of you struggling with smoking go ask your GP for Champix, it's available on the NHS. Smoked for 30 years, tried patches, gum, electric cigarette but couldnt shake the craving, been on the champix for 5 weeks and havent smoked for 3, early days but the cravings are ok, i dont feel the need to eat continually and havent subsituted the fags for mints or sweets....Do feel sick for 30 mins after taking it, dont sleep very well, i am told that is due to the nicotine withdrawal, but when i do sleep the dreams are amazing:) My brother smoker 20 a day for 40 years and gave up with Champix 18 months ago...Its not for everyone but well worth a try. Good luck.</p> <p>Yesterday at 9:52 AM</p>	+2
<p><b>thereal.me</b></p> <p>I was shocked at the price an attractive young woman paid in front of me for twenty cigarettes this morning, nearly £7. What kind of idiot pays this much money for something that makes you look old before your time, gives you chest and cicularatory system problems and causes early death? Still at least the taxes on smoking help politicians to give tax reductions to millionaires and subsidised food and booze in parliament. So not all bad is it?</p> <p>Yesterday at 9:13 AM</p>	+3
<p><b>safesolutionsuk</b></p> <p>The Tax on Smoking pays for a great deal in society, Lets just ban them and see all our Taxes rise because there is a shortfall in the coffers :(</p> <p>Yesterday at 5:14 AM</p>	
 <p><b>roywhc</b></p> <p>Since my wife stopped smoking at Christmas she's bought an all new wardrobe of clothes and is off to Milan with her friend this weekend for a girly break. All paid for, from what she has saved.....smoking is an expensive mugs game.....</p> <p>Yesterday at 4:56 AM</p>	+1
<p><a href="#">1 reply to roywhc's comment</a></p>	
 <p><b>christhemint</b></p> <p>i think one you start holidaying go on breaks without the partner the marrige is on the skids.i dont smoke anymore thank god gave it up 30 years ago</p>	+1

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