

It seems that with each increase in a pack of cigarettes, more and more folk declare they are going to quit smoking. Cigarettes stayed under a buck a pack for a very long time. But since the mid 80's, they have experienced an astronomical rise. The fact that the price of a pack of cigarettes continue to rise is directly related to taxes. Government authorities know that when they want to raise money that can impose an additional sin tax on a pack of cigarettes. And they know, that despite the cost, people will still continue to smoke. The average cost for a pack of cigarettes is now around \$5.00. So, let's do the math.

Oftentimes when we take on habits, we fail to put the cost of those habits into their true perspectives. Cigarettes are no different. While many smoker ignore the health risks associated with lighting up, the financial downsides seems to make a stronger statement. If you smoke two packs of cigarettes per day, that's ten dollars. That's seventy dollars a week and over \$3,600 dollars per year. So, what could you do with \$3,600 dollars per year? Well, let's go to shopping at Walmart and find out.

At Walmart, \$3,600 dollars can buy :

- A family of five, 20 weeks of groceries
- Five 42" LCD televisions
- Seven compact washer and dryer sets
- Six laptop computers
- 5 desktop computers
- 14 Xbox 360's
- 240 Bottles of Tide with Bleach

As yo can see, the list goes on and on. From an economic standpoint, quitting smoking means more money in your pocket. So, when you are ready to quit, don't visualize the money, visualize all the things that you can buy with the money.