Why Vaping is Good for You (and other Stupid Ideas) is a bold, funny, no-BS title from the Stupid Ideas Series for teens and young adults.

It exposes the biggest vaping myths — "it's harmless," "everyone does it," "it helps with stress" — and breaks down what vaping actually does to your brain, lungs, focus, and mood (including the addiction trap).

You'll get real talk, sharp facts, and practical tools to handle pressure, think for yourself, and make your own choices — without being preached at.

More information: george.kanis@icloud.com / www.georgekanis.com