



conquers his enemies; for the hardest victory is over self." -- Aristotle

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"Children have never been very good at listening to their elders, but they have never failed to imitate them." -- James A. Baldwin

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"A cigarette is the only consumer product which when used as directed kills its consumer." -- Dr. Gro Brundtland

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"The awareness that health is dependent upon habits that we control makes us the first generation in history that to a large extent determines its own destiny." -- Jimmy Carter

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"Ninety-nine percent of the failures come from people who have the habit of making excuses." ~ George Washington Carver

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"After years of denial and deception, the Philip Morris company has admitted that cigarette smoking causes lung cancer and other diseases. This formal acknowledgment comes far too late but still we must all welcome it. It can be the beginning of clearing the air." ~ Bill Clinton

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"Man is not imprisoned by habit. Great changes in him can be wrought by crisis -- once that crisis can be recognized and understood." -- Norman Cousins

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"What you have to do and the way you have to do it is incredibly simple. Whether you are willing to do it, that's another matter." - Peter F. Drucker

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"The believing we do something when we do nothing is the first illusion of tobacco." ~ Ralph Waldo Emerson

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"It is easier to prevent bad habits than to break them." -- Benjamin Franklin

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"Cigarette smoking is clearly identified as the chief, preventable cause of death in our society." -- C. Everett Koop

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"Yeah, well, I finally stopped smoking for good." -- Liam Neeson

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"I believe that anyone can conquer fear by doing the things he fears to do, provided he keeps doing them until he gets a record of successful experience behind him." -- Eleanor Roosevelt

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"To cease smoking is the easiest thing I ever did. I ought to know because I've done it a thousand times." -- Mark Twain

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"If you ever lit a cigarette in your life, you have very little will to live." ~ Neale Donald Walsch

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