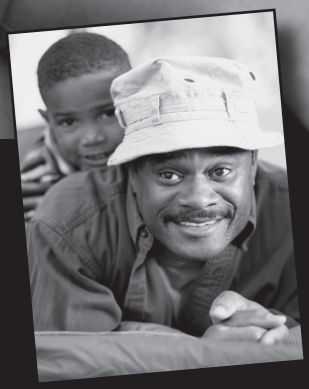
"Quitting smoking gave me a whole new lease on life."



It wasn't easy kicking the habit. But my doctor told me that if I quit, I could cut my risk of dying due to smoking in half over the next 15 years and greatly lower my risk of getting heart disease and cancer. That was all this long-time smoker needed to hear. It's been six months, and I'm feeling better every day — which is great — because we've got a lot of camping to do.

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