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# Quotes about Abstinence

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Complete abstinence is easier than perfect moderation.

- Augustine, St.

Renouncement: the heroism of mediocrity.

- Barney, Natalie Clifford

With renunciation life begins.

- Barr, Amelia E.

Abstainer. A weak man who yields to the temptation of denying himself a pleasure.

- Bierce, Ambrose

The best thing to do with the best things in life is to give them up.

- Day, Dorothy

Subdue your appetites, my dears, and you've conquered human nature .

- Dickens, Charles

Renunciation remains sorrow, though a sorrow borne willingly.

- Eliot, George

All philosophy lies in two words, sustain and abstain.

- Epictetus

Once, during Prohibition, I was forced to live for days on nothing but food and water.

- Fields, W. C.

Abstaining is favorable both to the head and the pocket.

- Greeley, Horace

Always rise from the table with an appetite, and you will never sit down without one.

- Penn, William

The only way for a rich man to be healthy is by exercise and abstinence, to live as if he were poor.

- Temple, Sir William

Self-denial is the shining sore on the leprous body of Christianity.

- Wilde, Oscar





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