



# Special Report

Pick Your Quotes

## Pick Your Quotes for “Donna Kozik’s Bullet Proof Book System”

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## **ACTION**

The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing. ~Albert Einstein

We cannot think first and act afterward. From the moment of birth we are immersed in action, and can only fitfully guide it by taking thought. ~Alfred North Whitehead

Dreams pass into the reality of action. From the actions stems the dream again; and this interdependence produces the highest form of living. ~Anais Nin

To accomplish great things, we must not only act, but also dream; not only plan, but also believe.  
~Anatole France

One act of beneficence, one act of real usefulness, is worth all the abstract sentiment in the world. ~Ann Radcliffe

Moral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts. ~Aristotle

The true test of the American ideal is whether we're able to recognize our failings and then rise together to meet the challenges of our time. Whether we allow ourselves to be shaped by events and history, or whether we act to shape them. ~Barack Obama

If you're walking down the right path and you're willing to keep walking, eventually you'll make progress. ~Barack Obama

Action may not always bring happiness, but there is no happiness without action.  
~Benjamin Disraeli

We cannot seek or attain health, wealth, learning, justice or kindness in general. Action is always specific, concrete, individualized, unique. ~Benjamin Jowett

You cannot change anything in your life with intention alone, which can become a watered-down, occasional hope that you'll get to tomorrow. Intention without action is useless.  
~Caroline Myss

When it comes to getting things done, we need fewer architects and more bricklayers. ~Colleen C. Barrett

It's important to know that words don't move mountains. Work, exacting work moves mountains.  
~Danilo Dolci

All that is necessary for evil to succeed is that good men do nothing. ~Edmond Burke

The cosmos is neither moral nor immoral; only people are. He who would move the world must first move himself.  
~Edward Ericson

I am only one,  
But still I am one.  
I cannot do everything,  
But still I can do something;  
And because I cannot do everything  
I will not refuse to do the something that I can do. ~Edward Everett Hale

To avoid criticism, do nothing, say nothing, be nothing. ~Elbert Hubbard

You must do the things you think you cannot do. ~Eleanor Roosevelt

Bite off more than you can chew, then chew it. ~Ella Williams

First say to yourself what you would be; and then do what you have to do. ~Epictetus

In a word, neither death, nor exile, nor pain, nor anything of this kind is the real cause of our doing or not doing any action, but our inward opinions and principles. ~Epictetus

Never mistake motion for action. ~Ernest Hemingway

It is common sense to take a method and try it. If it fails, admit it frankly and try another. But above all, try something. ~Franklin D. Roosevelt

I prayed for twenty years but received no answer until I prayed with my legs. ~Frederick Douglass

A life spent making mistakes is not only more honorable but more useful than a life spent in doing nothing. ~George Bernard Shaw

A thought which does not result in an action is nothing much,  
and an action which does not proceed from a thought is nothing at all. ~George Bernanos

Nature knows no pause in progress and development, and attaches her curse on all inaction.  
~Goethe

Great talent finds happiness in execution. ~Goethe

Knowing is not enough; we must apply! ~Goethe

We are all inclined to judge ourselves by our ideals; others, by their acts. ~Harold Nicolson

Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing. ~Helen Keller

The heights by great men reached and kept / Were not attained by sudden flight, / But they, while their companions slept, / Were toiling upward in the night. ~Henry Wadsworth Longfellow

We cannot live for ourselves alone. Our lives are connected by a thousand invisible threads, and along these sympathetic fibers, our actions run as causes and return to us as results. ~Herman Melville

Thou shalt not be a victim. Thou shalt not be a perpetrator. Above all, thou shalt not be a bystander. ~Holocaust Museum, Washington, DC

To live for results would be to sentence myself to continuous frustration. My only sure reward is in my actions and not from them. ~Hugh Prather

Action indeed is the sole medium of expression for ethics. ~Jane Addams

A leader or a man of action in a crisis almost always acts subconsciously and then thinks of the reasons for his action. ~Jawaharlal Nehru

I have one life and one chance to make it count for something . . . I'm free to choose what that something is, and the something I've chosen is my faith. Now, my faith goes beyond theology and religion and requires considerable work and effort. My faith demands -- this is not optional -- my faith demands that I do whatever I can, wherever I am, whenever I can, for as long as I can with whatever I have to try to make a difference. ~Jimmy Carter

Action is the antidote to despair. ~Joan Baez

I will die like a true-blue rebel. Don't waste any time in mourning -- organize. ~Joe Hill

Thinking is easy, acting is difficult, and to put one's thoughts into action is the most difficult thing in the world. ~Johann Wolfgang Von Goethe

Speech is conveniently located midway between thought and action, where it often substitutes for both. ~John Andrew Holmes

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John F. Kennedy

I have always thought the actions of men the best interpreters of their thoughts. ~John Locke

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can. ~John Wesley

A little knowledge that acts is worth infinitely more than much knowledge that is idle. ~Kahlil Gibran

There are two kinds of failures: those who thought and never did, and those who did and never thought. ~Laurence J. Peter

Everyone thinks of changing the world, but no one thinks of changing himself. ~Leo Tolstoy

Those who try to do something and fail are infinitely better than those who try nothing and succeed. ~Lloyd Jones

What people say, what people do, and what they say they do are entirely different things. ~Margaret Mead

Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. ~Margaret Mead

If you want anything said, ask a man. If you want something done, ask a woman. ~Margaret Thatcher

If you don't like the way the world is, you change it. You have an obligation to change it. You just do it one step at a time. ~Marian Wright Edelman

It's time for greatness -- not for greed. It's a time for idealism -- not ideology. It is a time not just for compassionate words, but compassionate action. ~Marian Wright Edelman

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee. ~Marian Wright Edelman

There are basically two types of people. People who accomplish things, and people who claim to have accomplished things. The first group is less crowded. ~Mark Twain

Tell me, what is it you plan to do with your one wild and precious life? ~Mary Oliver

To will is to select a goal, determine a course of action that will bring one to that goal, and then hold to that action till the goal is reached. The key is action. ~Michael Hanson

The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems. ~Mohandas K. Gandhi

It is not only for what we do that we are held responsible, but also for what we do not do. ~Moliere

Greatness is not in where we stand, but in what direction we are moving. We must sail sometimes with the wind and sometimes against it -- but sail we must and not drift, nor lie at anchor. ~Olive Wendell Holmes

Everybody wants to do something to help, but nobody wants to be first. ~Pearl Bailey

The young do not know enough to be prudent, and therefore they attempt the impossible -- and achieve it, generation after generation. ~Pearl S. Buck

You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings. ~Pearl S. Buck

"Do-so" is more important than "say-so." ~Pete Seeger

Do not believe that possibly you can escape the reward of your action. ~Ralph Waldo Emerson

Skill to do comes of doing. ~Ralph Waldo Emerson

Good thoughts are no better than good dreams, unless they be executed. ~Ralph Waldo Emerson

The ancestor of every action is a thought. ~Ralph Waldo Emerson

The thing done avails, and not what is said about it. ~Ralph Waldo Emerson

Thought is the blossom; language the bud; action the fruit behind it. ~Ralph Waldo Emerson

It is the duty of men to judge men only by their actions. Our faculties furnish us with no means of arriving at the motive, the character, the secret self. We call the tree good from its fruits, and the man, from his works. (*sermon, October 15, 1826*) ~Ralph Waldo Emerson

A man's best friends are his ten fingers. ~Robert Collyer

The world is filled with willing people; some willing to work, the rest willing to let them. ~Robert Frost

Our England is a garden, and such gardens are not made by singing: "Oh, how beautiful!" and sitting in the shade. ~Rudyard Kipling

Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither are you free to abandon it. ~Talmud

The great end of life is not knowledge but action. ~Thomas H. Huxley

I'm a great believer in luck and I find the harder I work, the more I have of it. ~Thomas Jefferson

Our acts make or mar us -- we are the children of our own deeds. ~Victor Hugo

When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it. ~W. Clement Stone

It is surprising what a man can do when he has to, and how little most men will do when they don't have to. ~Walter Linn

Take it easy -- but take it. ~Woody Guthrie

Do, or do not. There is no try. ~Yoda

## **ADVERSITY**

If you break your neck, if you have nothing to eat, if your house is on fire, then you got a problem. Everything else is inconvenience. ~Robert Fulghum

Pain is inevitable. Suffering is optional. ~M. Kathleen Casey

If you're going through hell, keep going. ~Winston Churchill

We have no right to ask when sorrow comes, "Why did this happen to me?" unless we ask the same question for every moment of happiness that comes our way. ~Author Unknown

A bend in the road is not the end of the road... unless you fail to make the turn. ~Author Unknown

I know God will not give me anything I can't handle. I just wish that He didn't trust me so much. ~Mother Teresa

The only thing that overcomes hard luck is hard work. ~Harry Golden

We acquire the strength we have overcome. ~Ralph Waldo Emerson

You can't run away from trouble. There ain't no place that far. ~Uncle Remus

If I had a formula for bypassing trouble, I would not pass it round. Trouble creates a capacity to handle it. I don't embrace trouble; that's as bad as treating it as an enemy. But I do say meet it as a friend, for you'll see a lot of it and had better be on speaking terms with it. ~Oliver Wendell Holmes

The *healthy* and *strong* individual is the one who asks for help when he needs it. Whether he's got an abscess on his knee or in his soul. ~Rona Barrett

Some of God's greatest gifts are unanswered prayers. ~Garth Brooks

I ask not for a lighter burden, but for broader shoulders. ~Jewish Proverb

Birds sing after a storm; why shouldn't people feel as free to delight in whatever remains to them? ~Rose F. Kennedy

You have come into a hard world. I know of only one easy place in it, and that is the grave. ~Henry Ward Beecher

If you want to forget all your other troubles, wear too tight shoes. ~*The Houghton Line*, November 1965

Turn your wounds into wisdom. ~Oprah Winfrey

Sometimes the littlest things in life are the hardest to take. You can sit on a mountain more comfortably than on a tack. ~Author Unknown

If you can find a path with no obstacles, it probably doesn't lead anywhere. ~Frank A. Clark

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It just wouldn't be a picnic without the ants. ~Author Unknown

You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you. ~Walt Disney

Adversity is like a strong wind. It tears away from us all but the things that cannot be torn, so that we see ourselves as we really are. ~Arthur Golden, *Memoirs of a Geisha*

When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history it becomes more beautiful. ~Barbara Bloom

There's a bit of magic in everything, and some loss to even things out. ~Lou Reed, "Magic and Loss"

We turn to God for help when our foundations are shaking, only to learn that it is God who is shaking them. ~Charles C. West

Things are never so bad they can't be made worse. ~From the movie *The African Queen*

If you don't like something change it; if you can't change it, change the way you think about it. ~Mary Engelbreit

The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem. ~Theodore Rubin

Every path hath a puddle. ~George Herbert, "Jacula Prudentum"

A bad grade is only one letter in the Essay of life. ~Lee Drake

I have sometimes been wildly, despairingly, acutely miserable, but through it all I still know quite certainly that just to be alive is a grand thing. ~Agatha Christie

Sometimes in tragedy we find our life's purpose - the eye sheds a tear to find its focus. ~Robert Brault, [www.robertbrault.com](http://www.robertbrault.com)

When it is dark enough, you can see the stars. ~Ralph Waldo Emerson

I believe there are more urgent and honorable occupations than the incomparable waste of time we call suffering. ~Colette

Sleep, riches, and health to be truly enjoyed must be interrupted. ~Johann Paul Friedrich Richter, *Flower, Fruit, and Thorn*

Smooth seas do not make skillful sailors. ~African Proverb

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There is no education like adversity. ~Disraeli

We find comfort among those who agree with us - growth among those who don't. ~Frank A. Clark

If you're in a bad situation, don't worry it'll change. If you're in a good situation, don't worry it'll change. ~John A. Simone, Sr.

He who has a why to live can bear almost any how. ~Friedrich Nietzsche

When written in Chinese the word "crisis" is composed of two characters - one represents danger and the other represents opportunity. ~John F. Kennedy, address, 12 April 1959

The problem with troubleshooting is that trouble shoots back. ~Author Unknown

There are some defeats more triumphant than victories. ~Michel de Montaigne

Adversity introduces a man to himself. ~Author Unknown

It's not easy taking my problems one at a time when they refuse to get in line. ~Ashleigh Brilliant

Even our misfortunes are a part of our belongings. ~Antoine de Saint-Exupéry, *Night Flight*, 1931, translated from French by Stuart Gilbert

That some good can be derived from every event is a better proposition than that everything happens for the best, which it assuredly does not. ~James K. Feibleman

The soul would have no rainbow had the eyes no tears. ~John Vance Cheney

If you know someone who tries to drown their sorrows, you might tell them sorrows know how to swim. ~Quoted in *P.S. I Love You*, compiled by H. Jackson Brown, Jr.

It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it. ~John Steinbeck

Defeat may serve as well as victory to shake the soul and let the glory out. ~Edwin Markham

Life didn't promise to be wonderful. ~Teddy Pendergrass

Adversity is the first path to truth. ~Lord Byron

Diseases can be our spiritual flat tires - disruptions in our lives that seem to be disasters at the

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time but end by redirecting our lives in a meaningful way. ~Bernie S. Siegel

We do survive every moment, after all, except the last one. ~John Updike

Every problem has in it the seeds of its own solution. If you don't have any problems, you don't get any seeds. ~Norman Vincent Peale

Much of your pain is self-chosen. ~Kahlil Gibran, *The Prophet*, 1923

Do not free a camel of the burden of his hump; you may be freeing him from being a camel.  
~Gilbert Keith Chesterton, *Orthodoxy*, 1909

The difficulties of life are intended to make us better, not bitter. ~Author Unknown

A problem is a chance for you to do your best. ~Duke Ellington

Suffering is above, not below. And everyone thinks that suffering is below. And everyone wants to rise. ~Antonio Porchia, *Voces*, 1943, translated from Spanish by W.S. Merwin

They say a reasonable amount 'o fleas is good fer a dog - keeps him from broodin' over bein' a dog, mebbe. ~Edward Westcott

Against criticism a man can neither protest nor defend himself; he must act in spite of it, and then it will gradually yield to him. ~Johann Wolfgang von Goethe, *Maxims and Reflections*

Even as the stone of the fruit must break, that its heart may stand in the sun, so must you know pain.... [A]ccept the seasons of your heart, even as you have always accepted the seasons that pass over your fields.... ~Kahlil Gibran, *The Prophet*, 1923

The beauty of the world has two edges, one of laughter, one of anguish, cutting the heart asunder. ~Virginia Woolf, *A Room of One's Own*, 1929

I owe much to my friends; but, all things considered, it strikes me that I owe even more to my enemies. The real person springs life under a sting even better than under a caress. ~André Gide

Fortune knocks but once, but misfortune has much more patience. ~Author Unknown

Convert difficulties into opportunities, for difficulties are divine surgeries to make you better.  
~Author Unknown

Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant. ~Horace (Quintus Horatius Flaccus), *Satires*

The keenest sorrow is to recognize ourselves as the sole cause of all our adversities.  
~Sophocles

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Have the courage to face a difficulty lest it kick you harder than you bargained for. ~Stanislaus I, *Maxims*

Adversity enhances this tale we call life. ~Ever Garrison

Perhaps all the dragons of our lives are princesses who are only waiting to see us once beautiful and brave. ~Rainer Maria Rilke

Damaged people are dangerous. They know they can survive. ~Josephine Hart

Don't cry when the sun is gone, because the tears won't let you see the stars. ~Violeta Parra

People are resilient. After all, every person born has recovered from nine months on life support. ~Robert Brault

What a pity human beings can't exchange problems. Everyone knows exactly how to solve the other fellow's. ~Olin Miller

Problems are messages. ~Shakti Gawain

To have become a deeper man is the privilege of those who have suffered. ~Oscar Wilde

Life is thickly sown with thorns, and I know no other remedy than to pass quickly through them. The longer we dwell on our misfortunes, the greater is their power to harm us. ~Voltaire

Let your joy scream across the pain. ~Ezabeth Wilder

The art of living lies less in eliminating our troubles than in growing with them. ~Bernard M. Baruch

Thorns and stings  
And those such things  
Just make stronger  
Our angel wings.  
~Emme Woodhull-Bäche

When life gives you lemons, please, just don't squirt them in other people's eyes. ~J. Andrew Helt

The turning point in the process of growing up is when you discover the core of strength within you that survives all hurt. ~Max Lerner, *The Unfinished Country*, 1950

God uses suffering as a whetstone, to make men sharp with. ~Henry Ward Beecher

Calamity, n. A more than commonly plain and unmistakable reminder that the affairs of this life are not of our own ordering. ~Ambrose Bierce, *The Devil's Dictionary*

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There are sufferings that have lost their memory and do not remember why they are suffering.  
~Antonio Porchia, *Voces*, 1943, translated from Spanish by W.S. Merwin

Real pain can alone cure us of imaginary ills. We feel a thousand miseries till we are lucky enough to feel misery. ~Samuel Taylor Coleridge

Everybody ought to do at least two things each day that he hates to do, just for practice.  
~William James

He that struggles with us strengthens our nerves, and sharpens our skill. Our antagonist is our helper. ~Edmund Burke, *The Revolution in France*, 1790

The course of true anything never does run smooth. ~Samuel Butler

Happiness can be found, even in the darkest of times, if one only remembers to turn on the light. ~Steven Kloves, *Harry Potter and the Prisoner of Azkaban* (movie)

Adversity collapses around a true adherent soul. ~Jareb Teague

People don't ever seem to relate that doing what's right is no guarantee against misfortune.  
~William McFee, *Casuals of the Sea*, 1916

Prosperity is a great teacher; adversity is a greater. ~William Hazlitt

Better to lose count while naming your blessings than to lose your blessings to counting your troubles. ~Maltbie D. Babcock

You'll never find a better sparring partner than adversity. ~Walt Schmidt

Watch a man in times of... adversity to discover what kind of man he is; for then at last words of truth are drawn from the depths of his heart, and the mask is torn off. ~Lucretius, *On the Nature of Things*

"The horror of that moment," the King went on, "I shall never, never forget!" "You will, though," the Queen said, "if you don't make a memorandum of it. ~Lewis Carroll, *Through the Looking Glass*, 1872

Perhaps everything terrible is in its deepest being something helpless that wants help from us.  
~Rainer Maria Rilke

When life takes the wind out of your sails, it is to test you at the oars. ~Robert Brault

If we will be quiet and ready enough, we shall find compensation in every disappointment.  
~Henry David Thoreau

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There are times in everyone's life when something constructive is born out of adversity... when things seem so bad that you've got to grab your fate by the shoulders and shake it. ~Author Unknown

Prosperity is not without many fears and distastes, and adversity is not without comforts and hopes. ~Francis Bacon

The trouble with most of us is that we would rather be ruined by praise than saved by criticism. ~Norman Vincent Peale

It is better to drink of deep griefs than to taste shallow pleasures. ~William Hazlitt, *Characteristics*, 1823

Better bread with water than cake with trouble. ~Russian Proverb

The darkest hour has only sixty minutes. ~Morris Mandel

The gem cannot be polished without friction nor man without trials. ~Confucius

God gave burdens, also shoulders. ~Yiddish Proverb

There is something beautiful about all scars of whatever nature. A scar means the hurt is over, the wound is closed and healed, done with. ~Harry Crews

When suffering comes, we yearn for some sign from God, forgetting we have just had one. ~Mignon McLaughlin, *The Neurotic's Notebook*, 1960

Man performs and engenders so much more than he can or should have to bear. That's how he finds that he can bear anything. ~William Faulkner

We shall draw from the heart of suffering itself the means of inspiration and survival. ~Winston Churchill

It is always in the midst, in the epicenter, of your troubles that you find serenity. ~Antoine de Saint-Exupéry, *Wartime Writings 1939-1944*, translated from French by Norah Purcell

Happy is the man who can endure the highest and lowest fortune. He who has endured such vicissitudes with equanimity has deprived misfortune of its power. ~Seneca

My strength is made perfect in weakness. ~II Corinthians

Problems are the price you pay for progress. ~Branch Rickey

When you're feeling your worst, that's when you get to know yourself the best. ~Leslie Grossman

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Happiness is beneficial for the body but it is grief that develops the powers of the mind. ~Marcel Proust, *The Past Recaptured, Remembrance of Things Past*

Your most unhappy customers are your greatest source of learning. ~Bill Gates, *Business @ the Speed of Thought*

Like a plant that starts up in showers and sunshine and does not know which has best helped it to grow, it is difficult to say whether the hard things or the pleasant things did me the most good. ~Lucy Larcom

If all misfortunes were laid in one common heap whence everyone must take an equal portion, most people would be contented to take their own and depart. ~Socrates

Men grow tired of sleep, love, singing and dancing sooner than of war. ~Homer, *Iliad*

There's nothing that cleanses your soul like getting the hell kicked out of you. ~Woody Hayes

It is foolish to tear one's hair in grief, as though sorrow would be made less by baldness. ~Cicero

Failure is the condiment that gives success its flavor. ~Truman Capote

No man ought to lay a cross upon himself, or to adopt tribulation, as is done in popedom; but if a cross or tribulation come upon him, then let him suffer it patiently, and know that it is good and profitable for him. ~Martin Luther

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Flowers never emit so sweet and strong a fragrance as before a storm. When a storm approaches thee, be as fragrant as a sweet-smelling flower. ~Jean Paul Richter

Having is not so pleasing a thing as wanting, it may not be logical but it is often true. ~Mr. Spock, *Star Trek*

I have woven a parachute out of everything broken. ~William Stafford

I have heard there are troubles of more than one kind.  
Some come from ahead and some come from behind.

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But I've bought a big bat. I'm all ready you see.  
Now my troubles are going to have troubles with me!  
~Dr. Seuss

I don't like people who have never fallen or stumbled. Their virtue is lifeless and it isn't of much value. Life hasn't revealed its beauty to them. ~Boris Pasternak

We must try not to sink beneath our anguish... but battle on. ~J.K. Rowling

To be without some of the things you want is an indispensable part of happiness. ~Bertrand Russell

Mishaps are like knives, that either serve us or cut us, as we grasp them by the blade or the handle. ~James Russell Lowell, "Cambridge Thirty Years Ago," *Literary Essays*

Criticism may not be agreeable, but it is necessary. It fulfils the same function as pain in the human body. It calls attention to an unhealthy state of things. ~Winston Churchill

Rock bottom is good solid ground, and a dead end street is just a place to turn around. ~Buddy Buie and J.R. Cobb, "Rock Bottom" (song)

Soul talks to adversity. ~Jareb Teague

In this world there are only two tragedies. One is not getting what one wants, and the other is getting it. ~Oscar Wilde, *Lady Windemere's Fan*, 1896

Count the garden by the flowers, never by the leaves that fall. Count your life with smiles and not the tears that roll. ~Author Unknown

Poverty, Frost, Famine, Rain, Disease, are the beadles and guardsmen that hold us to Common Sense. ~Ralph Waldo Emerson

Adversity has the same effect on a man that severe training has on the pugilist: it reduces him to his fighting weight. ~Josh Billings

In our nature, however, there is a provision, alike marvelous and merciful, that the sufferer should never know the intensity of what he endures by its present torture, but chiefly by the pang that rankles after it. ~Nathaniel Hawthorne, *The Scarlet Letter*

God brings men into deep waters, not to drown them, but to cleanse them. ~John Aughey

There are two things that one must get used to or one will find life unendurable: the damages of time and injustices of men. ~Nicolas Chamfort

## ATTITUDE

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. ~Herm Albright, quoted in *Reader's Digest*, June 1995

Attitudes are contagious. Are yours worth catching? ~Dennis and Wendy Mannering

Wherever you go, no matter what the weather, always bring your own sunshine. ~Anthony J. D'Angelo, *The College Blue Book*

If you don't get everything you want, think of the things you don't get that you don't want.  
~Oscar Wilde

Life is a shipwreck but we must not forget to sing in the lifeboats. ~Voltaire

I had the blues because I had no shoes until upon the street, I met a man who had no feet.  
~Ancient Persian Saying

If you don't think every day is a good day, just try missing one. ~Cavett Robert

It's so hard when I have to, and so easy when I want to. ~Annie Gottlier

Oh, my friend, it's not what they take away from you that counts. It's what you do with what you have left. ~Hubert Humphrey

Attitude is a little thing that makes a big difference. ~Winston Churchill

Every day may not be good, but there's something good in every day. ~Author Unknown

The sun shines and warms and lights us and we have no curiosity to know why this is so; but we ask the reason of all evil, of pain, and hunger, and mosquitoes and silly people. ~Ralph Waldo Emerson

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same. ~Francesca Reigler

If you don't like something change it; if you can't change it, change the way you think about it.  
~Mary Engelbreit

So often time it happens, we all live our life in chains, and we never even know we have the key. ~The Eagles, "Already Gone"

We find things where we look for them, which is why I never look for a golf ball out of bounds.  
~Robert Brault

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He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts. ~Samuel Johnson

I've decided that the stuff falling through the cracks is confetti and I'm having a party! ~Betsy Cañas Garmon

Think big thoughts but relish small pleasures. ~H. Jackson Brown, Jr., *Life's Little Instruction Book*

Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious. ~Bill Meyer

We are all in the gutter, but some of us are looking at the stars. ~Oscar Wilde, *Lady Windermere's Fan*, 1893

Blessed is he who expects nothing, for he shall never be disappointed. ~Attributed to both Jonathan Swift and Benjamin Franklin

To be upset over what you don't have is to waste what you do have. ~Ken S. Keyes, Jr., *Handbook to Higher Consciousness*

Defeat is not bitter unless you swallow it. ~Joe Clark

The only disability in life is a bad attitude. ~Scott Hamilton

If you aren't fired with enthusiasm, you will be fired with enthusiasm. ~Vince Lombardi

My riches consist not in the extent of my possessions, but in the fewness of my wants. ~J. Brotherton

There is nothing so easy but that it becomes difficult when you do it reluctantly. ~Publius Terentius Afer

I don't like that man. I must get to know him better. ~Abraham Lincoln

Just because you're miserable doesn't mean you can't enjoy your life. ~Annette Goodheart

In the depth of winter I finally learned that there was in me an invincible summer. ~Albert Camus, *Lyrical and Critical Essays*

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful. ~Buddha

There are no menial jobs, only menial attitudes. ~William J. Bennett, *The Book of Virtues*

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I always plucked a thistle and planted a flower where I thought a flower would grow. ~Abraham Lincoln

Being in a good frame of mind helps keep one in the picture of health. ~Author Unknown

To everyone is given the key to heaven; the same key opens the gates of hell. ~Ancient Proverb

Make your optimism come true. ~Author Unknown

True contentment depends not upon what we have; a tub was large enough for Diogenes, but a world was too little for Alexander. ~Charles Caleb Colton

To be wronged is nothing unless you continue to remember it. ~Confucius

I don't think of all the misery but of the beauty that still remains. ~Anne Frank, *The Diary of a Young Girl*

The best things in life are unexpected - because there were no expectations. ~Eli Khamarov, *Surviving on Planet Reebok*

Life is great. Don't let circumstances and society fool you into believing it's not. ~Adabella Radici

Say you are well, or all is well with you,  
And God shall hear your words and make them true.  
~Ella Wheeler Wilcox

A person will sometimes devote all his life to the development of one part of his body - the wishbone. ~Robert Frost

If we shall take the good we find, asking no questions, we shall have heaping measures.  
~Ralph Waldo Emerson

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes. ~William James

Nothing contributes so much to tranquilize the mind as a steady purpose - a point on which the soul may fix its intellectual eye. ~Mary Wollstonecraft Shelley, *Frankenstein*, 1818

When you feel dog tired at night, it may be because you've growled all day long. ~Author Unknown

What is possible? What you will. ~Augustus William Hare and Julius Charles Hare, *Guesses at*

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*Truth, by Two Brothers, 1827*

Good fortune shies away from gloom. Keep your spirits up. Good things will come to you and you will come to good things. ~Glorie Abelhas

Could we change our attitude, we should not only see life differently, but life itself would come to be different. ~Katherine Mansfield

Enjoy the little things, for one day you may look back and realize they were the big things. ~Robert Brault

Whenever you fall, pick something up. ~Oswald Avery

Success is due less to ability than to zeal. ~Charles Buxton

My father's nature turned out no waste product; he had none of that useless stuff in him that lies in heaps near factories. He took his own happiness with him. ~Margot Asquith

Anywhere is paradise; it's up to you. ~Author Unknown

We awaken in others the same attitude of mind we hold toward them. ~Elbert Hubbard

If my resolution to be a great man was half so strong as it is to despise the shame of being a little one... ~William Cowper

I think, what has this day brought me, and what have I given it? ~Henry Moore

This weary ol' workhorse is a unicorn, my friend. ~Jareb Teague

We plant seeds that will flower as results in our lives, so best to remove the weeds of anger, avarice, envy and doubt... ~Dorothy Day

Sometimes life's Hell. But hey! Whatever gets the marshmallows toasty. ~J. Andrew Helt

I am an optimist. It does not seem too much use being anything else. ~Winston Churchill

[W]hat counts is not necessarily the size of the dog in the fight - it's the size of the fight in the dog. ~Dwight Eisenhower, address to Republican National Committee, 31 January 1958, also sometimes attributed to Mark Twain

Look at everything as though you were seeing it either for the first or last time. ~Betty Smith

Henceforth I ask not good-fortune, I myself am good-fortune. ~Walt Whitman

No life is so hard that you can't make it easier by the way you take it. ~Ellen Glasgow

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I have learned to use the word impossible with the greatest caution. ~Wernher von Braun

Where the loser saw barriers, the winner saw hurdles. ~Robert Brault

The test of a first-rate intelligence is the ability to hold two opposed ideas in the mind at the same time, and still retain the ability to function. One should, for example, be able to see that things are hopeless and yet be determined to make them otherwise. ~F. Scott Fitzgerald

There's a saying among prospectors: "Go out looking for one thing, and that's all you'll ever find." ~Robert Flaherty

I've got dreams in hidden places and extra smiles for when I'm blue. ~Author Unknown

The human spirit is stronger than anything that can happen to it. ~C.C. Scott

I am a little deaf, a little blind, a little impotent, and on top of this are two or three abominable infirmities, but nothing destroys my hope. ~Voltaire

The excursion is the same when you go looking for your sorrow as when you go looking for your joy. ~Eudora Welty

Too many people miss the silver lining because they're expecting gold. ~Maurice Setter

We cannot direct the wind but we can adjust the sails. ~Author Unknown

The block of granite which was an obstacle in the pathway of the weak, became a stepping-stone in the pathway of the strong. ~Thomas Carlyle

Misery is a communicable disease. ~Martha Graham

The world is full of cactus, but we don't have to sit on it. ~Will Foley

Optimist: someone who isn't sure whether life is a tragedy or a comedy but is tickled silly just to be in the play. ~Robert Brault

If you have the will to win, you have achieved half your success; if you don't, you have achieved half your failure. ~David Ambrose

A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes. ~Hugh Downs

Very often a change of self is needed more than a change of scene. ~Arthur Christopher Benson

Some people are always grumbling because roses have thorns; I am thankful that thorns have roses. ~Alphonse Karr

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If you call a thing bad you do little, if you call a thing good you do much. ~Johann Wolfgang von Goethe

The Kingdom of Heaven is not a place, but a state of mind. ~John Burroughs

Since the house is on fire let us warm ourselves. ~Italian Proverb

Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities - always see them, for they're always there. ~Norman Vincent Peale

Surrounded by people who love life, you love it too; surrounded by people who don't, you don't.  
~Mignon McLaughlin, *The Second Neurotic's Notebook*, 1966

Physical strength is measured by what we can carry; spiritual by what we can bear. ~Author Unknown

There are souls in this world which have the gift of finding joy everywhere and of leaving it behind them when they go. ~Frederick Faber

We all live under the same sky, but we don't all have the same horizon. ~Konrad Adenauer

We can destroy ourselves by cynicism and disillusion, just as effectively as by bombs.  
~Kenneth Clark

The impossible can always be broken down into possibilities. ~Author Unknown

He started to sing as he tackled the thing  
That couldn't be done, and he did it.  
~Edgar A. Guest, *It Couldn't Be Done*

Why not learn to enjoy the little things - there are so many of them. ~Author Unknown

Impossible is a word only to be found in the dictionary of fools. ~Napoleon

Things turn out best for the people who make the best out of the way things turn out. ~Art Linkletter

I have never met a man so ignorant that I couldn't learn something from him. ~Galileo Galilei

Heaven is under our feet, as well as over our heads. ~Henry David Thoreau

A loving person lives in a loving world. A hostile person lives in a hostile world; everyone you

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meet is your mirror. ~Ken Keyes, Jr.

Is life so wretched? Isn't it rather your hands which are too small, your vision which is muddled? You are the one who must grow up. ~Dag Hammarskjold

Toughness is in the soul and spirit, not in muscles. ~Alex Karras

It isn't our position but our disposition which makes us happy. ~Author Unknown

Turn your face to the sun and the shadows fall behind you. ~Maori Proverb

Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky. ~Rabindranath Tagore

Some days there won't be a song in your heart. Sing anyway. ~Emory Austin

Mind is everything. Muscle - pieces of rubber. All that I am, I am because of my mind. ~Paavo Nurmi

People seem not to see that their opinion of the world is also a confession of character. ~Ralph Waldo Emerson, "Worship," *The Conduct of Life*, 1860

People are not disturbed by things, but by the view they take of them. ~Epictetus

Swallow a toad in the morning and you will encounter nothing more disgusting the rest of the day. ~Nicholas Chamfort

A cloudy day is no match for a sunny disposition. ~William Arthur Ward

I have found that if you love life, life will love you back. ~Arthur Rubinstein  
Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved. ~Marcus Antonius

"It's snowing still," said Eeyore gloomily. "So it is." "And freezing." "Is it?" "Yes," said Eeyore. "However," he said, brightening up a little, "we haven't had an earthquake lately." ~A.A. Milne

Expect nothing. Live frugally on surprise. ~Alice Walker

Those who wish to sing, always find a song. ~Swedish Proverb

You must start with a positive attitude or you will surely end without one. ~Carrie Latet

So our human life but dies down to its root, and still puts forth its green blade to eternity.  
~Henry David Thoreau, *Walden*

Keep a green tree in your heart and perhaps a singing bird will come. ~Chinese Proverb

Nothing is interesting if you're not interested. ~Helen MacInness

We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. ~Joseph Campbell

Excellence is not a skill. It is an attitude. ~Ralph Marston

## **BELIEF**

What matters is not the idea a man holds, but the depth at which he holds it. ~Ezra Pound

This is how humans are: we question all our beliefs, except for the ones we *really* believe, and those we never think to question. ~Orson Scott Card

Every man prefers belief to the exercise of judgment. ~Seneca

We are all tattooed in our cradles with the beliefs of our tribe; the record may seem superficial, but it is indelible. You cannot educate a man wholly out of the superstitious fears which were implanted in his imagination, no matter how utterly his reason may reject them. ~Oliver Wendell Holmes, Sr., *The Poet at the Breakfast Table*, 1872

He does not believe who does not live according to his belief. ~Thomas Fuller

The eloquent man is he who is no beautiful speaker, but who is inwardly and desperately drunk with a certain belief. ~Ralph Waldo Emerson

An old belief is like an old shoe. We so value its comfort that we fail to notice the hole in it. ~Robert Brault

Convictions are more dangerous enemies of truth than lies. ~Friedrich Wilhelm Nietzsche, *Human, All Too Human*, 1878

He who does not know how to believe, should not know. ~Antonio Porchia, *Voces*, 1943, translated from Spanish by W.S. Merwin

Generally the theories we believe we call facts, and the facts we disbelieve we call theories. ~Felix Cohen

Few really believe. The most only believe that they believe or even make believe. ~John Lancaster Spalding

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Human beings are perhaps never more frightening than when they are convinced beyond doubt that they are right. ~Laurens van der Post

Some things have to be believed to be seen. ~Ralph Hodgson, *The Skylark and Other Poems*

Martyrdom has always been a proof of the intensity, never the correctness, of a belief. ~Arthur Schweitzer, *Out of My Life and Thought*, 1932

It is easier to believe than to doubt. ~E.D. Martin, *The Meaning of a Liberal Education*

Man tends to treat all his opinions as principles. ~Herbert Agar

Man is a credulous animal, and must believe something; in the absence of good grounds for belief, he will be satisfied with bad ones. ~Bertrand Russell

There are two ways to slide easily through life: to believe everything or to doubt everything; both ways save us from thinking. ~Alfred Korzybski

To accomplish great things, we must not only act, but also dream; not only plan, but also believe. ~Anatole France

Believe those who are seeking the truth; doubt those who find it. ~Andre Gide

In spite of everything I still believe that people are really good at heart. I simply can't build up my hopes on a foundation consisting of confusion, misery and death. ~Anne Frank

What a man believes upon grossly insufficient evidence is an index into his desires -- desires of which he himself is often unconscious. If a man is offered a fact which goes against his instincts, he will scrutinize it closely, and unless the evidence is overwhelming, he will refuse to believe it. If, on the other hand, he is offered something which affords a reason for acting in accordance to his instincts, he will accept it even on the slightest evidence. The origin of myths is explained in this way. ~Bertrand Russell

Believe nothing just because a so-called wise person said it. Believe nothing just because a belief is generally held. Believe nothing just because it is said in ancient books. Believe nothing just because it is said to be of divine origin. Believe nothing just because someone else believes it. Believe only what you yourself test and judge to be true. [paraphrased] ~Buddha

Habits of thought persist through the centuries; and while a healthy brain may reject the doctrine it no longer believes, it will continue to feel the same sentiments formerly associated with that doctrine. ~Charlotte Perkins Gilman

The mind can assert anything and pretend it has proved it. My beliefs I test on my body, on my intuitional consciousness, and when I get a response there, then I accept. ~D.H. Lawrence

Nothing is easier than self-deceit. For what each man wishes, that he also believes to be true.  
~Demosthenes

The thing always happens that you really believe in; and the belief in a thing makes it happen.  
~Frank Lloyd Wright

It is not bigotry to be certain we are right; but it is bigotry to be unable to imagine how we might possibly have gone wrong.  
~G.K. Chesterton

The fact that a believer is happier than a skeptic is no more to the point than the fact that a drunken man is happier than a sober one. The happiness of credulity is a cheap and dangerous quality.  
~George Bernard Shaw

Myths which are believed in tend to become true.  
~George Orwell

One needs something to believe in, something for which one can have whole-hearted enthusiasm. One needs to feel that one's life has meaning, that one is needed in this world.  
~Hannah Senesh

If you must tell me your opinions, tell me what you believe in. I have plenty of doubts of my own.  
~Johann Goethe

It is always easier to believe than to deny. Our minds are naturally affirmative. ~John Burroughs

I have known many good people who did not believe in God. But I have never known a human being who was good who did not believe in people. *[language slightly modified]* ~John Lovejoy Elliott

In religion and politics people's beliefs and convictions are in almost every case gotten at second-hand, and without examination, from authorities who have not themselves examined the questions at issue but have taken them at second-hand from other non-examiners, whose opinions about them were not worth a brass farthing.  
~Mark Twain

Loyalty to a petrified opinion never yet broke a chain or freed a human soul. ~Mark Twain

To succeed, we must first believe that we can.  
~Michael Korda

By believing passionately in something that does not yet exist, we create it. ~Nikos Kazantzakis

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Reality is that which, when you stop believing in it, doesn't go away. ~Philip K. Dick

Belief consists in accepting the affirmations of the soul; Unbelief, in denying them. ~Ralph Waldo Emerson

I always try to believe the best of everybody -- it saves so much trouble. ~Rudyard Kipling

Some beliefs are like walled gardens. They encourage exclusiveness, and the feeling of being especially privileged. Other beliefs are expansive and lead the way into wider and deeper sympathies. ~Sophia Lyon Fahs

An idealist believes the short run doesn't count. A cynic believes the long run doesn't matter. A realist believes that what is done or left undone in the short run determines the long run. ~Sydney J. Harris

The day will come when the mystical generation of Jesus by the Supreme Being in the womb of a virgin, will be classed with the fable of the generation of Minerva in the brain of Jupiter. ~Thomas Jefferson

Ignorance is preferable to error, and he is less remote from the truth who believes nothing than he who believes what is wrong. ~Thomas Jefferson

As long as people believe in absurdities, they will continue to commit atrocities. ~Voltaire

Belief in a certain series of myths was neither obligatory as a part of the true religion, nor was it supposed that, by believing, a man acquired religious merit and conciliated the favour of the gods. ~William Robertson Smith

## **CHANGE**

He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery. ~Harold Wilson

If you don't like something change it; if you can't change it, change the way you think about it. ~Mary Engelbreit

All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another. ~Anatole France

When we are no longer able to change a situation, we are challenged to change ourselves. ~Victor Frankl

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Change is inevitable - except from a vending machine. ~Robert C. Gallagher

If you're in a bad situation, don't worry it'll change. If you're in a good situation, don't worry it'll change. ~John A. Simone, Sr.

There is a certain relief in change, even though it be from bad to worse! As I have often found in travelling in a stagecoach, that it is often a comfort to shift one's position, and be bruised in a new place. ~Washington Irving

When you are through changing, you are through. ~Bruce Barton

Faced with the choice between changing one's mind and proving that there is no need to do so, almost everyone gets busy on the proof. ~John Kenneth Galbraith

They must often change, who would be constant in happiness or wisdom. ~Confucius

Change always comes bearing gifts. ~Price Pritchett

The only difference between a rut and a grave is their dimensions. ~Ellen Glasgow

Growth is the only evidence of life. ~John Henry Newman, *Apologia pro vita sua*, 1864

Just because everything is different doesn't mean anything has changed. ~Irene Peter

Time is a dressmaker specializing in alterations. ~Faith Baldwin

The circumstances of the world are so variable that an irrevocable purpose or opinion is almost synonymous with a foolish one. ~William H. Seward

The birds are molting. If only man could molt also - his mind once a year its errors, his heart once a year its useless passions. ~James Allen

The man who never alters his opinion is like standing water, and breeds reptiles of the mind. ~William Blake

You can avoid having ulcers by adapting to the situation: If you fall in the mud puddle, check your pockets for fish. ~Author Unknown

Time, which changes people, does not alter the image we have retained of them. ~Marcel Proust

Stubbornness does have its helpful features. You always know what you are going to be thinking tomorrow. ~Glen Beaman

If nothing ever changed, there'd be no butterflies. ~Author Unknown

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Nowadays change is around every corner; in my day it was only around the expected ones.  
~V.L. Allineare

I put a dollar in one of those change machines. Nothing changed. ~George Carlin

We did not change as we grew older; we just became more clearly ourselves. ~Lynn Hall

It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change. ~Author unknown, commonly misattributed to Charles Darwin

The wheel of change moves on, and those who were down go up and those who were up go down. ~Jawaharlal Nehru

We would rather be ruined than changed;  
We would rather die in our dread  
Than climb the cross of the moment  
And let our illusions die.  
~W.H. Auden

What you have become is the price you paid to get what you used to want. ~Mignon  
McLaughlin, *The Neurotic's Notebook*, 1960

Those who expect moments of change to be comfortable and free of conflict have not learned their history. ~Joan Wallach Scott

All change is not growth, as all movement is not forward. ~Ellen Glasgow

Oh, would that my mind could let fall its dead ideas, as the tree does its withered leaves!  
~Andre Gide

If you want to make enemies, try to change something. ~Woodrow Wilson

After you've done a thing the same way for two years, look it over carefully. After five years, look at it with suspicion. And after ten years, throw it away and start all over. ~Alfred Edward Perlman, *New York Times*, 3 July 1958

Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights. ~Pauline R. Kezer

There is no reason why the same man should like the same books at eighteen and forty-eight.  
~Ezra Pound

Every beginning is a consequence - every beginning ends some thing. ~Paul Valery

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It's the most unhappy people who most fear change. ~Mignon McLaughlin, *The Second Neurotic's Notebook*, 1966

God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me. ~Author Unknown

We all have big changes in our lives that are more or less a second chance. ~Harrison Ford

Neither a wise man nor a brave man lies down on the tracks of history to wait for the train of the future to run over him. ~Dwight D. Eisenhower

No two men ever judged alike of the same thing, and it is impossible to find two opinions exactly similar, not only in different men but in the same men at different times. ~Michel Montaigne

If you want to truly understand something, try to change it. ~Kurt Lewin

Things do not change; we change. ~Henry David Thoreau

Our only security is our ability to change. ~John Lilly

Because things are the way they are, things will not stay the way they are. ~Bertold Brecht

Things alter for the worse spontaneously, if they be not altered for the better designedly.  
~Francis Bacon

A scholar who loves comfort is not fit to be called a scholar. ~Confucius, *Analects*

Sudden resolutions, like the sudden rise of the mercury in the barometer, indicates nothing but the changeableness of the weather. ~Augustus William Hare and Julius Charles Hare, *Guesses at Truth, by Two Brothers*, 1827

The only man I know who behaves sensibly is my tailor; he takes my measurements anew each time he sees me. The rest go on with their old measurements and expect me to fit them.  
~George Bernard Shaw

The dogmas of the quiet past are inadequate to the stormy present. The occasion is piled high with difficulty, and we must rise with the occasion. As our case is new, so we must think anew and act anew.  
~Abraham Lincoln

The moment of change is the only poem.  
~Adrienne Rich

It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power. ~Alan Cohen

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Technological change is like an axe in the hands of a pathological criminal. ~Albert Einstein

There's only one corner of the universe you can be certain of improving, and that's your own self. ~Aldous Huxley

The art of progress is to preserve order amid change and to preserve change amid order.  
~Alfred North Whitehead

One thing that never ceases to amaze me, along with the growth of vegetation from the earth and of hair from the head, is the growth of understanding. ~Alice Walker

No person is your friend who demands your silence, or denies your right to grow. ~Alice Walker

This is how change happens, though. It is a relay race, and we're very conscious of that, that our job really is to do our part of the race, and then we pass it on, and then someone picks it up, and it keeps going. And that is how it is. And we can do this, as a planet, with the consciousness that we may not get it, you know, today, but there's always a tomorrow.  
*(interview broadcast on Nov. 11, 2008)*

~Alice Walker

In describing today's accelerating changes, the media fire blips of unrelated information at us. Experts bury us under mountains of narrowly specialized monographs. Popular forecasters present lists of unrelated trends, without any model to show us their interconnections or the forces likely to reverse them. As a result, change itself comes to be seen as anarchic, even lunatic.  
~Alvin Toffler

It doesn't work to leap a twenty-foot chasm in two ten-foot jumps. ~American Proverb:

We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations.  
~Anais Nin

Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death. ~Anais Nin

When we blindly adopt a religion, a political system, a literary dogma, we become automatons. We cease to grow.  
~Anais Nin

There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom.  
~Anais Nin

They say that time changes things, but you actually have to change them yourself. ~Andy Warhol

How wonderful it is that nobody need wait a single moment before starting to improve the world. ~Anne Frank

Then, without realizing it, you try to improve yourself at the start of each new day; of course, you achieve quite a lot in the course of time. Anyone can do this, it costs nothing and is certainly very helpful. Whoever doesn't know it must learn and find by experience that a quiet conscience makes one strong. ~Anne Frank

Life is a process. We are a process. The universe is a process. ~Anne Wilson Schaef

Become a student of change. It is the only thing that will remain constant. ~Anthony J. D'Angelo

Change alone is eternal, perpetual, immortal. ~Arthur Schopenhauer

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek. ~Barack Obama

It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change. ~Charles Darwin

The important thing is this: To be able at any moment to sacrifice what we are for what we could become. ~Charles Dubois

If you have always done it that way, it is probably wrong. ~Charles Kettering

... while we flatter ourselves that things remain the same, they are changing under our very eyes from year to year, from day to day. ~Charlotte Perkins Gilman

People grow through experience if they meet life honestly and courageously. This is how character is built. ~Eleanor Roosevelt

All change is not growth; as all movement is not forward. ~Ellen Glasgow

All but Death, can be Adjusted—  
Dynasties repaired—  
Systems—settled in their Sockets—  
Citadels—dissolved—

Wastes of Lives—resown with Colors

By Succeeding Springs—

Death—unto itself—Exception—

Is exempt from Change—

~Emily Dickenson

It is impossible for a man to learn what he thinks he already knows.

~Epictetus

In times of change, learners inherit the Earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists.

~Eric Hoffer

We cannot adopt the way of living that was satisfactory a hundred years ago. The world in which we live has changed, and we must change with it.

~Felix Adler

When you come to the end of your rope, tie a knot and hang on.

~Franklin D. Roosevelt

The object of a new year is not that we should have a new year. It is that we should have a new soul.

~G.K. Chesterton

All conservatism is based upon the idea that if you leave things alone you leave them as they are. But you do not. If you leave a thing alone you leave it to a torrent of change. ~G.K. Chesterton

The future has a way of arriving unannounced.

~George Will

The first problem for all of us, men and women, is not to learn, but to unlearn. ~Gloria Steinem

If you don't like change, you're going to like irrelevance even less. ~General Eric Shiniski [Chief of Staff, U. S. Army]

I cannot say whether things will get better if we change; what I can say is they must change if they are to get better.

~Georg C. Lichtenberg

The future has a way of arriving unannounced.

~George Will

The first problem for all of us, men and women, is not to learn, but to unlearn. ~Gloria Steinem

If the shoe doesn't fit, must we change the foot?

~Gloria Steinem

Although the connections are not always obvious, personal change is inseparable from social and political change.

~Harriet Lerner

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Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. ~Harriet Tubman

The heresy of one age becomes the orthodoxy of the next. ~Helen Keller

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly. ~Henry Bergson

Things do not change, we change. ~Henry David Thoreau

Change does not necessarily assure progress, but progress implacably requires change. Education is essential to change, for education creates both new wants and the ability to satisfy them. ~Henry Steele Commager

You cannot step twice into the same river, for other waters are continually flowing in. ~Heraclitus *ca. 500 BCE*

All is flux; nothing stays still. ~Heraclitus

Just because everything is different doesn't mean that everything has changed. ~Irene Peter

The world is round and the place which may seem like the end may also be the beginning. ~Ivy Baker Priest

For nothing is fixed, forever and forever and forever, it is not fixed; the earth is always shifting, the light is always changing, the sea does not cease to grind down rock. Generations do not cease to be born, and we are responsible to them because we are the only witnesses they have. The sea rises, the light fails, lovers cling to each other, and children cling to us. The moment we cease to hold each other, the sea engulfs us and the light goes out.

~James Baldwin

We are either progressing or retrograding all the while. There is no such thing as remaining stationary in this life. ~James Freeman Clarke

The most successful people are those who are good at plan B. ~James Yorke

Change is the law of life. And those who look only to the past or present are certain to miss the future. ~John F. Kennedy

A person needs at intervals to separate from family and companions and go to new places. One must go without familiars in order to be open to influences, to change. ~Katharine Butler Hathaway

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The inability of those in power to still the voices of their own consciences is the great force leading to change. ~Kenneth Kaunda

Everyone thinks of changing the world, but no one thinks of changing himself. ~Leo Tolstoy

The whole course of human history may depend on a change of heart in one solitary and even humble individual - for it is in the solitary mind and soul of the individual that the battle between good and evil is waged and ultimately won or lost. ~M. Scott Peck

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers. ~M. Scott Peck

The universe is transformation; our life is what our thoughts make it. ~Marcus Aurelius

If you don't like the way the world is, you change it. You have an obligation to change it You just do it one step at a time. ~Marian Wright Edelman

It's not so much that we're afraid of change or so in love with the old ways, but it's that place in between that we fear . . . . It's like being between trapezes. It's Linus when his blanket is in the dryer. There's nothing to hold on to. ~Marilyn Ferguson

Loyalty to a petrified opinion never yet broke a chain or freed a human soul. ~Mark Twain

To me success means effectiveness in the world, that I am able to carry my ideas and values into the world -- that I am able to change it in positive ways. ~Maxine Hong Kingston

History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again. ~Maya Angelou

If you were all alone in the universe with no one to talk to, no one with which to share the beauty of the stars, to laugh with, to touch, what would be your purpose in life? It is other life, it is love, which gives your life meaning. This is harmony. We must discover the joy of each other, the joy of challenge, the joy of growth. ~Mitsugi Saotome

The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live. ~Mortimer Adler

The main dangers in this life are the people who want to change everything or nothing. ~Nancy Astor  
Education is the most powerful weapon which you can use to change the world. ~Nelson Mandela

I'm not interested in preserving the status quo; I want to overthrow it. ~Niccolo Machiavelli

A man may fulfill the object of his existence by asking a question he cannot answer, and attempting a task he cannot achieve. ~Oliver Wendell Holmes

All things change; nothing perishes. ~Ovid

I am always doing that which I can not do, in order that I may learn how to do it. ~Pablo Picasso

You can judge your age by the amount of pain you feel when you come in contact with a new idea. ~Pearl S. Buck

I am comforted by life's stability, by earth's unchangeableness. What has seemed new and frightening assumes its place in the unfolding of knowledge. It is good to know our universe. What is new is only new to us. ~Pearl S. Buck

Growth itself contains the germ of happiness. ~Pearl S. Buck

Life is a progress, and not a station. ~Ralph Waldo Emerson

What the caterpillar calls the end of the world, the master calls a butterfly. ~Richard Bach

Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation. ~Robert F. Kennedy

Most of the change we think we see in life  
Is due to truths being in and out of favor. ~Robert Frost

Change means movement. Movement means friction. Only in the frictionless vacuum of a nonexistent abstract world can movement or change occur without that abrasive friction of conflict. ~Saul Alinsky

There are no prescriptive solutions, no grand designs for grand problems. Life's solutions lie in the minute particulars involving more and more individual people daring to create their own life and art, daring to listen to the voice within their deepest, original nature, and deeper still, the voice within the earth. ~Stephen Nachmanovitch

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Learn wisdom from the ways of a seedling. A seedling which is never hardened off through stressful situations will never become a strong productive plant. ~Stephen Sigmund

The dogmas of the quiet past are inadequate to the stormy present. The occasion is piled high with difficulty, and we must rise with the occasion. As our case is new, so we must think anew and act anew. ~Abraham Lincoln

I have inherited a belief in community, the promise that a gathering of the spirit can both create and change culture. In the desert, change is nurtured even in stone by wind, by water, through time. ~Terry Tempest Williams

Time changes everything except something within us which is always surprised by change. ~Thomas Hardy

I am not an advocate for frequent changes in laws and constitutions, but laws and institutions must go hand in hand with the progress of the human mind. As that becomes more developed, more enlightened, as new discoveries are made, new truths discovered and manners and opinions change, with the change of circumstances, institutions must advance also to keep pace with the times. We might as well require a man to wear still the coat which fitted him when a boy as civilized society to remain ever under the regimen of their barbarous ancestors. ~Thomas Jefferson

If we habitually focus on how to improve things that are already great, can you see how this spirit can transform ourselves, our organizations, families and communities? ~Tony Robbins

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be. ~Thomas A. Kempis

The bottom line is that (a) people are never perfect, but love can be, (b) that is the one and only way that the mediocre and vile can be transformed, and (c) doing that makes it that. We waste time looking for the perfect lover, instead of creating the perfect love. ~Tom Robbins *Still Life With Woodpecker*

In his later years Pablo Picasso was not allowed to roam an art gallery unattended, for he had previously been discovered in the act of trying to improve on one of his old masterpieces. ~Unknown

Change is inevitable, except from vending machines. ~Unknown

## **CHOICES**

The most decisive actions of our life ... are most often unconsidered actions. ~Andre Gide  
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Love is a choice you make from moment to moment.

~Barbara De Angelis

How is one to live a moral and compassionate existence when one is fully aware of the blood, the horror inherent in life, when one finds darkness not only in one's culture but within oneself? If there is a stage at which an individual life becomes truly adult, it must be when one grasps the irony in its unfolding and accepts responsibility for a life lived in the midst of such paradox. One must live in the middle of contradiction, because if all contradiction were eliminated at once life would collapse. There are simply no answers to some of the great pressing questions. You continue to live them out, making your life a worthy expression of leaning into the light. ~Barry Lopez

Freedom is not merely the opportunity to do as one pleases; neither is it merely the opportunity to choose between set alternatives. Freedom is, first of all, the chance to formulate the available choices, to argue over them -- and then, the opportunity to choose. ~C. Wright Mills

If we value independence, if we are disturbed by the growing conformity of knowledge, of values, of attitudes, which our present system induces, then we may wish to set up conditions of learning which make for uniqueness, for self-direction, and for self-initiated learning. ~Carl Rogers

The single clenched fist lifted and ready,  
Or the open hand held out and waiting.

Choose:

For we meet by one or the other.

~Carl Sandburg

My will shall shape the future. Whether I fail or succeed shall be no man's doing but my own. I am the force; I can clear any obstacle before me or I can be lost in the maze. My choice; my responsibility; win or lose, only I hold the key to my destiny. ~Elaine Maxwell

I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime. ~Elisabeth Kubler Ross

What you always do before you make a decision is consult. The best public policy is made when you are listening to people who are going to be impacted. Then, once policy is determined, you call on them to help you sell it. ~Elizabeth Dole

Love, like truth and beauty, is concrete. Love is not fundamentally a sweet feeling; not, at heart, a matter of sentiment, attachment, or being "drawn toward." Love is active, effective, a matter of making reciprocal and mutually beneficial relation with one's friends and enemies. ~Carter

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Heyward

My will shall shape the future. Whether I fail or succeed shall be no man's doing but my own. I am the force; I can clear any obstacle before me or I can be lost in the maze. My choice; my responsibility; win or lose, only I hold the key to my destiny. ~Elaine Maxwell

We can learn from history how past generations thought and acted, how they responded to the demands of their time and how they solved their problems. We can learn by analogy, not by example, for our circumstances will always be different than theirs were. The main thing history can teach us is that human actions have consequences and that certain choices, once made, cannot be undone. They foreclose the possibility of making other choices and thus they determine future events. ~Gerda Lerner

You must train your intuition -- you must trust the small voice inside you which tells you exactly what to say, what to decide. ~Ingrid Bergman

The self is not something ready-made, but something in continuous formation through choice of action. ~John Dewey

Politics is not the art of the possible. It consists in choosing between the disastrous and the unpalatable. ~John Kenneth Galbraith

By the choices and acts of our lives, we create the person that we are and the faces that we wear. By the choices and acts of our lives we give to the world wherein our lives are lived, hoping that our neighbors will find our contributions to be of worth, and hoping that the world will be a little more gracious for our time in it. ~Kenneth Patton

What we call the secret of happiness is no more a secret than our willingness to choose life. ~Leo Buscaglia

When choosing between two evils, I always like to try the one I've never tried before. ~Mae West

When motherhood becomes the fruit of a deep yearning, not the result of ignorance or accident, its children will become the foundation of a new race. ~Margaret Sanger

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. ~Martin Luther King, Jr.

Forgiveness is choosing to love. It is the first skill of self-giving love. ~Mohandas K. Gandhi

Consciously or unconsciously we all strive to make the kind of a world we like. ~Oliver Wendell Holmes

The power of choosing good and evil is within the reach of all. ~Origen

Only within the moment of time represented by the present century has one species -- man -- acquired significant power to alter the nature of his world. ~Rachel Carson

The greatest minds are capable of the greatest vices as well as of the greatest virtues. ~Rene Descartes

Abraham Lincoln did not go to Gettysburg having commissioned a poll to find out what would sell in Gettysburg. There were no people with percentages for him, cautioning him about this group or that group or what they found in exit polls a year earlier. When will we have the courage of Lincoln? ~Robert Coles

Liberty, taking the word in its concrete sense, consists in the ability to choose. ~Simone Weil

All too often arrogance accompanies strength, and we must never assume that justice is on the side of the strong. The use of power must always be accompanied by moral choice. ~Theodore Bikel

We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms -- to choose one's attitude in any given set of circumstances, to choose one's own way. ~Victor Frankl

To choose what is difficult all one's days, as if it were easy, that is faith. ~W.H. Auden

## **DECISIONS**

A peacefulness follows any decision, even the wrong one. ~Rita Mae Brown

When you have to make a choice and don't make it, that is in itself a choice. ~William James

It's not hard to make decisions when you know what your values are. ~Roy Disney

Choices are the hinges of destiny. ~Attributed to both Edwin Markham and Pythagoras

Consider what you think justice requires, and decide accordingly. But never give your reasons; for your judgment will probably be right, but your reasons will certainly be wrong. ~Lord Mansfield

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Some persons are very decisive when it comes to avoiding decisions. ~Brendan Francis

When one bases his life on principle, 99 percent of his decisions are already made. ~Author Unknown

You've got a lot of choices. If getting out of bed in the morning is a chore and you're not smiling on a regular basis, try another choice. ~Steven D. Woodhull

Life is the sum of all your choices. ~Albert Camus

The hardest thing to learn in life is which bridge to cross and which to burn. ~David Russell

Although every man believes that his decisions and resolutions involve the most multifarious factors, in reality they are mere oscillation between flight and longing. ~Herman Broch

Indecision becomes decision with time. ~Author Unknown

Using the power of decision gives you the capacity to get past any excuse to change any and every part of your life in an instant. ~Anthony Robbins

The doors we open and close each day decide the lives we live. ~Flora Whittemore

Decisions become easier when your will to please God outweighs your will to please the world. ~Anso Coetzer

In a minute there is time for decisions and revisions which a minute will reverse. ~T.S. Eliot

Good decisions come from experience, and experience comes from bad decisions. ~Author Unknown

Reconsider, v. To seek a justification for a decision already made. ~Ambrose Bierce

The inability to make a decision has often been passed off as patience. ~Author Unknown

Everything is something you decide to do, and there is nothing you have to do. ~Denis Waitley

Decision is a risk rooted in the courage of being free. ~Paul Tillich

## **DREAMS**

Dreaming is an act of pure imagination, attesting in all men a creative power, which if it were available in waking, would make every man a Dante or Shakespeare. ~H.F. Hedge

Dreams are answers to questions we haven't yet figured out how to ask. ~X-Files

All the things one has forgotten scream for help in dreams. ~Elias Canetti

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Dreams are only thoughts you didn't have time to think about during the day. ~Author Unknown

A dream which is not interpreted is like a letter which is not read. ~*The Talmud*

Dreams are illustrations... from the book your soul is writing about you. ~Marsha Norman

A dream has power to poison sleep. ~Percy Bysshe Shelley, "Mutability"

Dreaming permits each and every one of us to be quietly and safely insane every night of our lives. ~William Dement

Dreams are today's answers to tomorrow's questions. ~Edgar Cayce

I am accustomed to sleep and in my dreams to imagine the same things that lunatics imagine when awake. ~Rene Descartes

Dreams are excursions into the limbo of things, a semi-deliverance from the human prison. ~Henri Amiel

There's a long, long trail a-winding into the land of my dreams. ~Stoddard King, Jr.

One can write, think and pray exclusively of others; dreams are all egocentric. ~Evelyn Waugh

Dreams say what they mean, but they don't say it in daytime language. ~Gail Godwin

Dreams are free, so free your dreams. ~Astrid Alauda

I have always been amazed at the way an ordinary observer lends so much more credence and attaches so much more importance to waking events than to those occurring in dreams.... Man... is above all the plaything of his memory. ~Andre Breton

Dreams are free therapy. Consult your inner Freud. ~Grey Livingston

Dreams are free therapy, but you can only get appointments at night. ~Grey Livingston

The best reason for having dreams is that in dreams no reasons are necessary. ~Ashleigh Brilliant

Dreams are nature's answering service - don't forget to pick up your messages once in a while. ~Sarah Crestinn

We are not only less reasonable and less decent in our dreams... we are also more intelligent, wiser and capable of better judgment when we are asleep than when we are awake. ~Erich Fromm

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Channels are blocked in the mind, from the day. Lie down in blackness of night, forgotten remnants rush to the mind, or creeping slowly appear in the dreams. ~Nathaniel LeTonnerre

For a dreamer, night's the only time of day. ~From the movie *Newsies*

Those who have compared our life to a dream were right.... We sleeping wake, and waking sleep. ~Michel de Montaigne

## **EDUCATION**

No man who worships education has got the best out of education.... Without a gentle contempt for education no man's education is complete. ~G.K. Chesterton

The aim of education should be to teach us rather how to think, than what to think - rather to improve our minds, so as to enable us to think for ourselves, than to load the memory with thoughts of other men. ~Bill Beattie

The whole purpose of education is to turn mirrors into windows. ~Sydney J. Harris

Education is what remains after one has forgotten what one has learned in school. ~Albert Einstein

The school is the last expenditure upon which America should be willing to economize. ~Franklin D. Roosevelt

It'll be a great day when education gets all the money it wants and the Air Force has to hold a bake sale to buy bombers. ~Author unknown, quoted in *You Said a Mouthful*, Ronald D. Fuchs, ed.

An educational system isn't worth a great deal if it teaches young people how to make a living but doesn't teach them how to make a life. ~Author Unknown

If you think education is expensive, try ignorance. ~Attributed to both Andy McIntyre and Derek Bok

It is a thousand times better to have common sense without education than to have education without common sense. ~Robert G. Ingersoll

Education... has produced a vast population able to read but unable to distinguish what is worth reading. ~G.M. Trevelyan

To the uneducated, an A is just three sticks. ~A.A. Milne

Nations have recently been led to borrow billions for war; no nation has ever borrowed largely

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for education. Probably, no nation is rich enough to pay for both war and civilization. We must make our choice; we cannot have both. ~Abraham Flexner

Education is a better safeguard of liberty than a standing army. ~Edward Everett

Real education must ultimately be limited to men who *insist* on knowing, the rest is mere sheep-herding. ~Ezra Pound

Education should be exercise; it has become massage. ~Martin H. Fischer

The object of education is to prepare the young to educate themselves throughout their lives. ~Robert Maynard Hutchins

He who opens a school door, closes a prison. ~Victor Hugo

Every time you stop a school, you will have to build a jail. What you gain at one end you lose at the other. It's like feeding a dog on his own tail. It won't fatten the dog. ~Mark Twain

My idea of education is to unsettle the minds of the young and inflame their intellects. ~Robert Maynard Hutchins

Education is a progressive discovery of our own ignorance. ~Will Durant

Why should society feel responsible only for the education of children, and not for the education of all adults of every age? ~Erich Fromm

Education aims to give you a boost up the ladder of knowledge. Too often, it just gives you a cramp on one of its rungs. ~Martin H. Fischer

Education would be much more effective if its purpose was to ensure that by the time they leave school every boy and girl should know how much they do not know, and be imbued with a lifelong desire to know it. ~William Haley

I read Shakespeare and the Bible, and I can shoot dice. That's what I call a liberal education. ~Tallulah Bankhead

A child educated only at school is an uneducated child. ~George Santayana

Education's purpose is to replace an empty mind with an open one. ~Malcolm S. Forbes

An educated person is one who has learned that information almost always turns out to be at best incomplete and very often false, misleading, fictitious, mendacious - just dead wrong. ~R. Baker

What does education often do? It makes a straight-cut ditch of a free, meandering brook.  
~Henry David Thoreau

Education is an admirable thing, but it is well to remember from time to time that nothing worth knowing can be taught. ~Oscar Wilde, "The Critic as Artist," 1890

Did you know America ranks the lowest in education but the highest in drug use? It's nice to be number one, but we can fix that. All we need to do is start the war on education. If it's anywhere near as successful as our war on drugs, in no time we'll all be hooked on phonics.  
~Leighann Lord

What if man were required to educate his children without the help of talking animals. ~Robert Brault

To me education is a leading out of what is already there in the pupil's soul. To Miss Mackay it is a putting in of something that is not there, and that is not what I call education. I call it intrusion. ~Muriel Spark, *The Prime of Miss Jean Brodie*

If I had learned education I would not have had time to learn anything else. ~Cornelius Vanderbilt

Education is an ornament in prosperity and a refuge in adversity. ~Aristotle

Education is simply the soul of a society as it passes from one generation to another. ~G.K. Chesterton

In the education of children there is nothing like alluring the interest and affection; otherwise you only make so many asses laden with books. ~Michel de Montaigne

Education is the ability to listen to almost anything without losing your temper or your self-confidence. ~Robert Frost

Children have to be educated, but they have also to be left to educate themselves. ~Abbé Dimnet, *Art of Thinking*, 1928

Learning, n. The kind of ignorance distinguishing the studious. ~Ambrose Bierce, *The Devil's Dictionary*

The modern world belongs to the half-educated, a rather difficult class, because they do not realize how little they know. ~William R. Inge

It is the mark of an educated mind to be able to entertain a thought without accepting it.  
~Aristotle

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I have never let my schooling interfere with my education. ~Mark Twain

When a subject becomes totally obsolete we make it a required course. ~Peter Drucker

If a man is a fool, you don't train him out of being a fool by sending him to university. You merely turn him into a trained fool, ten times more dangerous. ~Desmond Bagley

Education is the movement from darkness to light. ~Allan Bloom

Much education today is monumentally ineffective. All too often we are giving young people cut flowers when we should be teaching them to grow their own plants. ~John W. Gardner

There is nothing so stupid as the educated man if you get him off the thing he was educated in. ~Will Rogers

Education is not filling a pail but the lighting of a fire. ~William Butler Yeats

Education, n. That which discloses to the wise and disguises from the foolish their lack of understanding. ~Ambrose Bierce, *The Devil's Dictionary*

A good teacher must know the rules; a good pupil, the exceptions. ~Martin H. Fischer

The regular course was Reeling and Writhing, of course, to begin with; and then the different branches of Arithmetic - Ambition, Distraction, Uglification, and Derision. ~Lewis Carroll

Too often we give children answers to remember rather than problems to solve. ~Roger Lewin

They say that we are better educated than our parents' generation. What they mean is that we go to school longer. It is not the same thing. ~Richard Yates

I think everyone should go to college and get a degree and then spend six months as a bartender and six months as a cabdriver. Then they would really be educated. ~Al McGuire

The tragedy of education is played in two scenes - incompetent pupils facing competent teachers and incompetent teachers facing competent pupils. ~Martin H. Fischer

A gentleman need not know Latin, but he should at least have forgotten it. ~Brander Matthews

If the Romans had been obliged to learn Latin, they would never have found time to conquer the world. ~Heinrich Heine

You send your child to the schoolmaster, but 'tis the schoolboys who educate him. ~Ralph Waldo Emerson

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One attraction of Latin is that you can immerse yourself in the poems of Horace and Catullus without fretting over how to say, "Have a nice day." ~Peter Brodie

Education is not preparation for life; education is life itself. ~John Dewey

Education: the inculcation of the incomprehensible into the indifferent by the incompetent.  
~John Maynard Keynes

Education is learning what you didn't even know you didn't know. ~Daniel J. Boorstin,  
*Democracy and Its Discontents*

I prefer the company of peasants because they have not been educated sufficiently to reason incorrectly. ~Michel Eyquem de Montaigne

Education is the process of driving a set of prejudices down your throats. ~Martin H. Fischer

It doesn't make much difference what you study, as long as you don't like it. ~Finley Peter Dunne

Do you know the difference between education and experience? Education is when you read the fine print; experience is what you get when you don't. ~Pete Seeger

We are students of words: we are shut up in schools, and colleges, and recitation-rooms, for ten or fifteen years, and come out at last with a bag of wind, a memory of words, and do not know a thing. ~Ralph Waldo Emerson

Intelligence appears to be the thing that enables a man to get along without education. Education enables a man to get along without the use of his intelligence. ~Albert Edward Wiggam

You can get all A's and still flunk life. ~Walker Percy

The more that learn to read the less learn how to make a living. That's one thing about a little education. It spoils you for actual work. The more you know the more you think somebody owes you a living. ~Will Rogers

My parents told me, "Finish your dinner. People in China and India are starving." I tell my daughters, "Finish your homework. People in India and China are starving for your job."  
~Thomas L. Friedman

Education is the transmission of civilization. ~Ariel and Will Durant

The one real object of education is to have a man in the condition of continually asking questions. ~Bishop Mandell Creighton

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If you sincerely desire a truly well-rounded education, you must study the extremists, the obscure and "nutty." You need the balance! Your poor brain is already being impregnated with middle-of-the-road crap, twenty-four hours a day, no matter what. Network TV, newspapers, radio, magazines at the supermarket... even if you never watch, read, listen, or leave your house, even if you are deaf and blind, the telepathic pressure alone of the uncountable normals surrounding you will insure that you are automatically well-grounded in consensus reality. ~Ivan Stang, *High Weirdness By Mail*

## **EFFORT**

All the so-called "secrets of success" will not work unless you do. ~Author Unknown

You cannot plough a field by turning it over in your mind. ~Author Unknown

Much good work is lost for the lack of a little more. ~Edward H. Harriman

God gives every bird its food, but He does not throw it into its nest. ~J.G. Holland

The one thing that matters is the effort. It continues, whereas the end to be attained is but an illusion of the climber, as he fares on and on from crest to crest; and once the goal is reached it has no meaning. ~Antoine de Saint-Exupéry, *The Wisdom of the Sands*, translated from French by Stuart Gilbert

I'm a great believer in luck, and I find the harder I work the more I have of it. ~Thomas Jefferson

Character is what emerges from all the little things you were too busy to do yesterday, but did anyway. ~Mignon McLaughlin, *The Second Neurotic's Notebook*, 1966

I've got a theory that if you give 100 percent all of the time, somehow things will work out in the end. ~Larry Bird

The difference between try and triumph is a little umph. ~Author Unknown

Many an opportunity is lost because a man is out looking for four-leaf clovers. ~Author Unknown

No one understands that you have given everything. You must give more. ~Antonio Porchia, *Voces*, 1943, translated from Spanish by W.S. Merwin

Opportunity is missed by most people because it is dressed in overalls and looks like work. ~Thomas Edison

Men are made stronger on realization that the helping hand they need is at the end of their own arm. ~Sidney J. Phillips

The person who is waiting for something to turn up might start with their shirt sleeves. ~Garth Henrichs

He who would learn to fly one day must first learn to stand and walk and run and climb and dance; one cannot fly into flying. ~Friedrich Nietzsche

The only place where success comes before work is in the dictionary. ~Attributed to both Vidal Sassoon and Donald Kendall

Nobody ever drowned in his own sweat. ~Ann Landers

When I was young, I observed that nine out of ten things I did were failures. So I did ten times more work. ~George Bernard Shaw

Put your heart, mind, intellect and soul even to your smallest acts. This is the secret of success. ~Swami Sivananda

Now I know, a refuge never grows  
from a chin in the hand and a thoughtful pose  
Gotta tend the earth if you want a rose.  
~Indigo Girls

There's nothing like biting off more than you can chew, and then chewing anyway. ~Mark Burnett

Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all. ~Sam Ewing

One saves oneself much pain, by taking pains; much trouble, by taking trouble. ~Augustus William Hare and Julius Charles Hare, *Guesses at Truth, by Two Brothers*, 1827

Some people dream of success... while others wake up and work hard at it. ~Author Unknown

Things may come to those who wait, but only the things left by those who hustle. ~Abraham Lincoln

The footprint of the owner is the best manure. ~English Proverb

Even if you're on the right track, you'll get run over if you just sit there. ~Will Rogers

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Most of us can easily do two things at once; what's all but impossible is to do one thing at once.  
~Mignon McLaughlin, *The Second Neurotic's Notebook*, 1966

The only thing that ever sat its way to success was a hen. ~Sarah Brown

Sweat is the cologne of accomplishment. ~Heywood Hale Broun

If a man is called a streetsweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and Earth will pause to say, Here lived a great streetsweeper who did his job well. ~Martin Luther King, Jr.

Gift, like genius, I often think only means an infinite capacity for taking pains. ~Jane Ellice Hopkins

The artist is nothing without the gift, but the gift is nothing without work. ~Emile Zola

We work for praise, and dawdle once we have it. ~Mignon McLaughlin, *The Neurotic's Notebook*, 1960

Effort is only effort when it begins to hurt. ~José Ortega y Gasset

People know you for what you've done, not for what you plan to do. ~Author Unknown

Plough deep while sluggards sleep. ~Benjamin Franklin

Man stands for long time with mouth open before roast duck flies in. ~Chinese Saying

For us, there is only the trying. The rest is not our business. ~T.S. Eliot

There are no easy methods of learning difficult things; the method is to close your door, give out that you are not at home, and work. ~Joseph de Maistre

Labor disgraces no man; unfortunately, you occasionally find men who disgrace labor.  
~Ulysses S. Grant

He was a self-made man who owed his lack of success to nobody. ~Joseph Heller, *Catch-22*, 1961

Success is a ladder you cannot climb with your hands in your pockets. ~American Proverb

God gave us two ends - one to sit on and one to think with. Success depends on which one you use. Head you win, tail you lose. ~Author Unknown

Doors don't slam open. ~John M. Shanahan, *The Most Brilliant Thoughts of All Time (In Two Lines or Less)*

About the only thing that comes to us without effort is old age. ~Gloria Pitzer

Many people think they want things, but they don't really have the strength, the discipline. They are weak. I believe that you get what you want if you want it badly enough. ~Sophia Loren

Be not afraid of going slowly; be afraid only of standing still. ~Chinese Proverb

If you can do a half-assed job of anything, you're a one-eyed man in a kingdom of the blind. ~Kurt Vonnegut, Jr.

No man ever wetted clay and then left it, as if there would be bricks by chance and fortune. ~Plutarch

He who is outside his door has the hardest part of his journey behind him. ~Dutch Proverb

## **ENCOURAGEMENT**

When you come to the end of your rope, tie a knot and hang on. ~Franklin D. Roosevelt

Fall seven times, stand up eight. ~Japanese Proverb

When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn. ~Harriet Beecher Stowe

The world is round and the place which may seem like the end may also be only the beginning. ~Ivy Baker Priest

What lies behind us and what lies before us are tiny matters compared to what lies within us. ~Ralph Waldo Emerson

Most of us, swimming against the tides of trouble the world knows nothing about, need only a bit of praise or encouragement - and we will make the goal. ~Jerome Fleishman

It is not the mountain we conquer but ourselves. ~Edmund Hillary

If one dream should fall and break into a thousand pieces, never be afraid to pick one of those pieces up and begin again. ~Flavia

Pain is inevitable. Suffering is optional. ~M. Kathleen Casey

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If you're going through hell, keep going. ~Winston Churchill

A bend in the road is not the end of the road... unless you fail to make the turn. ~Author Unknown

The robbed that smiles, steals something from the thief. ~William Shakespeare, *Othello*

I know God will not give me anything I can't handle. I just wish that He didn't trust me so much. ~Mother Teresa

We acquire the strength we have overcome. ~Ralph Waldo Emerson

Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had you known. ~Garrison Keillor

I ask not for a lighter burden, but for broader shoulders. ~Jewish Proverb

We must embrace pain and burn it as fuel for our journey. ~Kenji Miyazawa

Adversity is like a strong wind. It tears away from us all but the things that cannot be torn, so that we see ourselves as we really are. ~Arthur Golden, *Memoirs of a Geisha*

When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history it becomes more beautiful. ~Barbara Bloom

I have sometimes been wildly, despairingly, acutely miserable, but through it all I still know quite certainly that just to be alive is a grand thing. ~Agatha Christie

When it is dark enough, you can see the stars. ~Ralph Waldo Emerson

He who has a why to live can bear almost any how. ~Friedrich Nietzsche  
When written in Chinese the word "crisis" is composed of two characters - one represents danger and the other represents opportunity. ~John F. Kennedy, address, 12 April 1959

It's not easy taking my problems one at a time when they refuse to get in line. ~Ashleigh Brilliant

That some good can be derived from every event is a better proposition than that everything happens for the best, which it assuredly does not. ~James K. Feibleman

The soul would have no rainbow had the eyes no tears. ~John Vance Cheney

Defeat may serve as well as victory to shake the soul and let the glory out. ~Edwin Markham

Adversity is the first path to truth. ~Lord Byron

The difficulties of life are intended to make us better, not bitter. ~Author Unknown

Fortune knocks but once, but misfortune has much more patience. ~Author Unknown

Never give in... never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense. Never yield to force... never yield to the apparently overwhelming might of the enemy. ~Winston Churchill

It is said an Eastern monarch once charged his wise men to invent him a sentence to be ever in view, and which should be true and appropriate in all times and situations. They presented him the words: "And this, too, shall pass away."  
~Abraham Lincoln

When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us. ~Alexander Graham Bell

Nine tenths of education is encouragement. ~Anatole France

There are high spots in all of our lives and most of them have come about through encouragement from someone else. I don't care how great, how famous or successful a man or woman may be, each hungers for applause. ~George Matthew Adams

There are high spots in all of our lives and most of them have come about through encouragement from someone else. I don't care how great, how famous or successful a man or woman may be, each hungers for applause. ~George Matthew Adams

Correction does much, but encouragement does more. ~John Wolfgang Von Goethe

One of the most beautiful gifts in the world is the gift of encouragement. When someone encourages you, that person helps you over a threshold you might otherwise never have crossed on your own. ~John O'Donohue

Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you. Love me and I may be forced to love you. ~William Arthur Ward

## EXCUSES

The only man who is really free is the one who can turn down an invitation to dinner without giving an excuse. ~Jules Renard

Excuses are the nails used to build a house of failure. ~Don Wilder and Bill Rechin

Don't make excuses - make good. ~Elbert Hubbard

He who excuses himself accuses himself. ~Gabriel Meurier, *Trésor des sentences*

Several excuses are always less convincing than one. ~Aldous Huxley, *Point Counter Point*

Maybe you don't like your job, maybe you didn't get enough sleep, well nobody likes their job, nobody got enough sleep. Maybe you just had the worst day of your life, but you know, there's no escape, there's no excuse, so just suck up and be nice. ~Ani Difranco

How strange to use "You only live once" as an excuse to throw it away. ~Bill Copeland

Don't do what you'll have to find an excuse for. ~Proverb

No one ever excused his way to success. ~Dave Del Dotto

Excuses are the tools with which persons with no purpose in view build for themselves great monuments of nothing. ~Steven Grayhm

And oftentimes excusing of a fault  
Doth make the fault the worse by the excuse.  
~William Shakespeare

Bad excuses are worse than none. ~Thomas Fuller

A lie is an excuse guarded. ~Jonathan Swift

Hold yourself responsible for a higher standard than anyone else expects of you. Never excuse yourself. ~Henry Ward Beecher

If you don't want to do something, one excuse is as good as another. ~Yiddish Proverb

We excuse our sloth under the pretext of difficulty. ~Marcus Fabius Quintilian

Whoever wants to be a judge of human nature should study people's excuses. ~Hebbel

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We have more ability than will power, and it is often an excuse to ourselves that we imagine that things are impossible. ~François de la Rochefoucauld

Two wrongs don't make a right, but they make a good excuse. ~Thomas Szasz, *The Second Sin*

Difficulty is the excuse history never accepts. ~Edward R. Murrow

Pessimism is an excuse for not trying and a guarantee to a personal failure. ~Bill Clinton

Destiny: A tyrant's authority for crime and a fool's excuse for failure. ~Ambrose Bierce

Every vice has its excuse ready. ~Publilius Syrus

We are all manufacturers - some make good, others make trouble, and still others make excuses. ~Author Unknown

One of the most important tasks of a manager is to eliminate his people's excuses for failure. ~Robert Townsend

Success is a tale of obstacles overcome, and for every obstacle overcome, an excuse not used. ~Robert Brault

Bad men excuse their faults; good men abandon them. ~Author Unknown

He that is good for making excuses is seldom good for anything else. ~Benjamin Franklin

It is wise to direct your anger towards problems - not people, to focus your energies on answers - not excuses. ~William Arthur Ward

Any excuse will serve a tyrant. ~Aesop

We have forty million reasons for failure, but not a single excuse. ~Rudyard Kipling

The person who really wants to do something finds a way; the other person finds an excuse. ~Author Unknown

Justifying a fault doubles it. ~French Proverb

The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours - it is an amazing journey - and you alone are responsible for the quality of it. This is the day your life really begins. ~Bob Moawad

The absent are never without fault, nor the present without excuse. ~Benjamin Franklin

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Usually, terrible things that are done with the excuse that progress requires them are not really progress at all, but just terrible things. ~Russell Baker

Sometimes I wish I had a terrible childhood, so that at least I'd have an excuse. ~Jimmy Fallon

Never ruin an apology with an excuse. ~Kimberly Johnson

## **EXPECTATION**

The best thing about the future is that it only comes one day at a time. ~Abraham Lincoln

'Blessed is the man who expects nothing, for he shall never be disappointed' was the ninth beatitude. ~Alexander Pope

Expect nothing, live frugally on surprise. ~Alice Walker

It's important to remember that feminism is no longer a group of organizations or leaders. It's the expectations that parents have for their daughters, and their sons, too. It's the way we talk about and treat one another. It's who makes the money and who makes the compromises and who makes the dinner. It's a state of mind. It's the way we live now. ~Anna Quindlen

Whatever we expect with confidence becomes our own self-fulfilling prophecy. ~Brian Tracy

Those who will play with cats must expect to be scratched. ~Cervantes

Life is so constructed that an event does not, cannot, will not, match the expectation. ~Charlotte Bronte

I can't imagine going on when there are no more expectations. ~Dame Edith Evans

Don't bunt. Aim out of the ball park. Aim for the company of immortals. ~David Ogilvy

Don't bunt. Aim out of the ball park. Aim for the company of immortals. ~David Ogilvy

Expecting the world to treat you fairly  
because you are a good person  
is a little like expecting the bull not to attack you  
because you are a vegetarian. ~Dennis  
Wholey

Unhappiness is best defined as the difference between our talents and our expectations.

~Edward De Bono

Cultural expectations shade and color the images that parents-to-be form. The baby product ads, showing a woman serenely holding her child, looking blissfully and mysteriously contented, or the television parents, wisely and humorously solving problems, influence parents-to-be.

~Ellen Galinsky

Treat a man as he is, he will remain so. Treat a man the way he can be and ought to be, and he will become as he can be and should be.

~Goethe

We must learn to reawaken and keep ourselves awake, not by mechanical aid, but by an infinite expectation of the dawn.

~Henry David Thoreau

We are always paid for our suspicion by finding what we suspect.

~Henry David Thoreau

Our circumstances answer to our expectations and the demand of our natures.

~Henry David Thoreau

If you think you can, you can. And if you think you can't, you're right.

~Henry Ford

To free us from the expectations of others, to give us back to ourselves -- there lies the great, singular power of self-respect.

~Joan Didion

What we see depends mainly on what we look for.

~John Lubbock

Never idealize others. They will never live up to your expectations.

~Leo Buscaglia

Always do right--this will gratify some and astonish the rest.

~Mark Twain

A thing long expected takes the form of the unexpected when at last it comes.

~Mark Twain

Climate is what we expect, weather is what we get.

~Mark Twain

I've always got such high expectations for myself. I'm aware of them, but I can't relax them.

~Mary Decker Stanley

Aerodynamically, the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that so it goes on flying anyway.

~Mary Kay Ash

If you accept the expectations of others, especially negative ones, then you never will change the outcome.

~Michael Jordan

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A master can tell you what he expects of you. A teacher, though, awakens your own expectations. ~Patricia Neal

As I know more of mankind I expect less of them, and am ready now to call a man a good man, upon easier terms than I was formerly. ~Samuel Johnson

If we did the things we are capable of, we would astound ourselves. ~Thomas Alva Edison

I'm a great believer in luck and I find the harder I work, the more I have of it. ~Thomas Jefferson

A man who becomes conscious of the responsibility he bears toward a human being who affectionately waits for him, or to an unfinished work, will never be able to throw away his life. He knows the "why" for his existence, and will be able to bear almost any "how." ~Victor Frankl

Reexamine all that you have been told in school, or in church or in any book. Dismiss whatever insults your soul. ~Walt Whitman

You got to be careful if you don't know where you're going, because you might not get there. ~Yogi Berra

## **EXPERIENCE**

Learn all you can from the mistakes of others. You won't have time to make them all yourself. ~Alfred Sheinwold

Experience is not what happens to a man. It is what a man does with what happens to him. ~Aldous Leonard Huxley, *Texts and Pretexts*, 1932

Experience is a comb which nature gives us when we are bald. ~Proverb

Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so. ~Douglas Adams, *Last Chance to See*

We should be careful to get out of an experience only the wisdom that is in it - and stop there; lest we be like the cat that sits down on a hot stove-lid. She will never sit down on a hot stove-lid again - and that is well; but also she will never sit down on a cold one anymore. ~Mark Twain, *Pudd'nhead Wilson's New Calendar, Following the Equator*, 1897

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The trouble with using experience as a guide is that the final exam often comes first and then the lesson. ~Author Unknown

No physician is really good before he has killed one or two patients. ~Hindu Proverb

Nothing is a waste of time if you use the experience wisely. ~Auguste Rodin

God will not look you over for medals, degrees or diplomas, but for scars. ~Elbert Hubbard

Life is like playing a violin solo in public and learning the instrument as one goes along.  
~Samuel Butler, "Speech at the Somerville Club," 27 February 1895

Experience is what you got by not having it when you need it. ~Author Unknown

Good judgment comes from experience, and often experience comes from bad judgment. ~Rita Mae Brown

If experience was so important, we'd never have had anyone walk on the moon. ~Doug Rader

If you want to understand democracy, spend less time in the library with Plato, and more time in the buses with people. ~Simeon Strunsky

You cannot help but learn more as you take the world into your hands. Take it up reverently, for it is an old piece of clay, with millions of thumbprints on it. ~John Updike

Experience is the name everyone gives to his mistakes. ~Oscar Wilde, *Lady Windemere's Fan*, 1896

Do you know the difference between education and experience? Education is when you read the fine print; experience is what you get when you don't. ~Pete Seeger

Life can only be understood backward, but it must be lived forward. ~Soren Kierkegaard

A man who carries a cat by the tail learns something he can learn in no other way. ~Mark Twain

Fool me once, shame on you; fool me twice, shame on me. ~Chinese Proverb

Experience makes more timid men than it does wise ones. ~Josh Billings

Idealism is what precedes experience; cynicism is what follows. ~David T. Wolf

A happy childhood is poor preparation for human contacts. ~Colette

Experience is what causes a person to make new mistakes instead of old ones. ~Author Unknown

The problem is that when you get it, you're too damned old to do anything about it. ~Jimmy Connors, on experience

In youth we learn; in age we understand. ~Marie Ebner-Eschenbach

A man begins cutting his wisdom teeth the first time he bites off more than he can chew. ~Herb Caen

Wisdom before experience is only words; wisdom after experience is of no avail. ~Mark van Doren

Life is the art of drawing without an eraser. ~John Gardner

I learned more about economics from one South Dakota dust storm than I did in all my years in college. ~Hubert Humphrey, speech, 1960

All that I know I learned after I was thirty. ~Georges Clemenceau

There is only one thing more painful than learning from experience, and that is not learning from experience. ~Laurence J. Peter

You couldn't get hold of the things you'd done and turn them right again. Such a power might be given to the gods, but it was not given to women and men, and that was probably a good thing. Had it been otherwise, people would probably die of old age still trying to rewrite their teens. ~Stephen King, *The Stand*

The road to wisdom?

- Well, it's plain  
and simple to express:

Err

and err

and err again

but less

and less

and less.

~Piet Hein, "The Road to Wisdom," *Grooks*, 1966

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We have two lives - the one we learn with and the life we live after that. ~Bernard Malamud, *The Natural*

We receive three educations, one from our parents, one from our schoolmasters, and one from the world. The third contradicts all that the first two teach us. ~Charles Louis de Secondat, Baron de Montesquieu

If we could sell our experiences for what they cost us, we'd all be millionaires. ~Abigail Van Buren

Information's pretty thin stuff unless mixed with experience. ~Clarence Day, *The Crow's Nest*

Everything has been said before, but since nobody listens we have to keep going back and beginning all over again. ~Andre Gide, *Le traite du Narcisse*, 1891

Experience keeps a dear school, but fools will learn in no other. ~Ben Franklin

It is very difficult and expensive to undo after you are married the things that your mother and father did to you while you were putting your first six birthdays behind you. ~Bureau of Social Hygiene study, 1928

Never, "for the sake of peace and quiet," deny your own experience or convictions. ~Dag Hammarskjold

Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so. ~Douglas Adams

Life is the only real counselor; wisdom unfiltered through personal experience does not become a part of the moral tissue. ~Edith Wharton

There is science, logic, reason; there is thought verified by experience. And then there is California. ~Edward Abbey

I have but one lamp by which my feet are guided, and that is the lamp of experience. I know no way of judging of the future but by the past. ~Edward Gibbon

Intuition is the very force or activity of the soul in its experience through whatever has been the experience of the soul itself. ~Henry Reed

We can only learn to love by loving. ~Iris Murdoch

Education, therefore, is a process of living and not a preparation for future living. ~John Dewey

Experience is simply the name we give our mistakes. ~Oscar Wilde

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One faces the future with one's past.

~Pearl S. Buck

I believe that imagination is stronger than knowledge -- myth is more potent than history -- dreams are more powerful than facts -- hope always triumphs over experience -- laughter is the cure for grief -- love is stronger than death.

~Robert Fulghum

We learn wisdom from failure much more than from success. We often discover what will do, by finding out what will not do; and probably he who never made a mistake never made a discovery.

~Samuel Smiles

These days people seek knowledge, not wisdom. Knowledge is of the past, wisdom is of the future.

~Vernon Cooper

## **EXERCISE**

Those who think they have not time for bodily exercise will sooner or later have to find time for illness. ~Edward Stanley

If it weren't for the fact that the TV set and the refrigerator are so far apart, some of us wouldn't get any exercise at all. ~Joey Adams

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~Plato

Fitness - if it came in a bottle, everybody would have a great body. ~Cher

There is a necessity for a regulating discipline of exercise that, whilst evoking the human energies, will not suffer them to be wasted. ~Thomas de Quincey

The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck! ~Author Unknown

Movement is a medicine for creating change in a person's physical, emotional, and mental states. ~Carol Welch

A man's health can be judged by which he takes two at a time - pills or stairs. ~Joan Welsh

The word aerobics came about when the gym instructors got together and said, "If we're going to charge \$10 an hour, we can't call it jumping up and down." ~Rita Rudner

I have to exercise in the morning before my brain figures out what I'm doing. ~Marsha Doble

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A bear, however hard he tries, grows tubby without exercise. ~A.A. Milne

I get my exercise acting as pallbearer to my friends who exercise. ~Chauncey Depew, also sometimes attributed in slightly different wording to Mark Twain

I really don't think I need buns of steel. I'd be happy with buns of cinnamon. ~Ellen DeGeneres

Commit to be fit. ~Author Unknown

It is exercise alone that supports the spirits, and keeps the mind in vigor. ~Marcus Tullius Cicero

My idea of exercise is a good brisk sit. ~Phyllis Diller

Aerobics: a series of strenuous exercises which help convert fats, sugars, and starches into aches, pains, and cramps. ~Author Unknown

Any workout which does not involve a certain minimum of danger or responsibility does not improve the body - it just wears it out. ~Norman Mailer

Exercise is a dirty word. Every time I hear it, I wash my mouth out with chocolate. ~Author Unknown

An hour of basketball feels like 15 minutes. An hour on a treadmill feels like a weekend in traffic school. ~David Walters

I consider exercise vulgar. It makes people smell. ~Alec Yuill Thornton

People say that losing weight is no walk in the park. When I hear that I think, yeah, that's the problem. ~Chris Adams

If the poor overweight jogger only knew how far he had to run to work off the calories in a crust of bread he might find it better in terms of pound per mile to go to a massage parlor. ~Christiaan Barnard

I believe that the Good Lord gave us a finite number of heartbeats and I'm damned if I'm going to use up mine running up and down a street. ~Neil Armstrong on jogging, in an interview with Walter Cronkite

If your dog is fat, you're not getting enough exercise. ~Author Unknown

I am pushing sixty. That is enough exercise for me. ~Mark Twain

Exercise is the yuppie version of bulimia. ~Barbara Ehrenreich

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Whenever I feel like exercise, I lie down until the feeling passes. ~Robert M. Hutchins

## **FAILURE**

If you're doing your best, you won't have any time to worry about failure. ~Quoted in *P.S. I Love You*, compiled by H. Jackson Brown, Jr.

Failure is an event, never a person. ~William D. Brown, *Welcome Stress!*

The only time you don't fail is the last time you try anything - and it works. ~William Strong

I have not failed. I've just found 10,000 ways that won't work. ~Thomas Edison

I don't know the key to success, but the key to failure is trying to please everybody. ~Bill Cosby

There is no failure except in no longer trying. ~Elbert Hubbard

Supposing you have tried and failed again and again. You may have a fresh start any moment you choose, for this thing we call "failure" is not the falling down, but the staying down. ~Mary Pickford

Try again. Fail again. Fail better. ~Samuel Beckett

Failure doesn't mean you are a failure... it just means you haven't succeeded yet. ~Robert Schuller

One fails forward toward success. ~Charles F. Kettering

One must be a god to be able to tell successes from failures without making a mistake. ~Anton Pavlovich Chekhov

A man may fall many times, but he won't be a failure until he says that someone pushed him. ~Elmer G. Letterman

Never confuse a single defeat with a final defeat. ~F. Scott Fitzgerald

In a world flagrant with the failures of civilization, what is there particularly immortal about our own? ~G.K. Chesterton

There are defeats more triumphant than victories. ~Michel de Montaigne

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Failure sometimes enlarges the spirit. You have to fall back upon humanity and God. ~Charles Horton Cooley

Notice the difference between what happens when a man says to himself, "I have failed three times," and what happens when he says, "I am a failure." ~S.I. Hayakawa

A failure is a man who has blundered, but is not able to cash in the experience. ~Elbert Hubbard

No man is a failure who is enjoying life. ~William Feather

Failure is only the opportunity to begin again more intelligently. ~Henry Ford

Because a fellow has failed once or twice or a dozen times, you don't want to set him down as a failure till he's dead or loses his courage. ~George Horace Lorimer

You can't have any successes unless you can accept failure. ~George Cukor

There is no failure. Only feedback. ~Robert Allen

Failure changes for the better, success for the worse. ~Lucius Annaeus Seneca

There is much to be said for failure. It is more interesting than success. ~Max Beerbohm, *Mainly on the Air*, 1946

You always pass failure on your way to success. ~Mickey Rooney

Nothing fails like success because we don't learn from it. We learn only from failure. ~Kenneth Boudling

Our business in life is not to succeed, but to continue to fail in good spirits. ~Robert Louis Stevenson

It is a mistake to suppose that people succeed through success; they often succeed through failures. ~Author Unknown

The men who try to do something and fail are infinitely better than those who try to do nothing and succeed. ~Lloyd Jones

Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death. ~Anais Nin

The deepest human defeat suffered by human beings is constituted by the difference between what one was capable of becoming and what one has in fact become. ~Ashley Montagu

Making your mark on the world is hard. If it were easy, everybody would do it. But it's not. It takes patience, it takes commitment, and it comes with plenty of failure along the way. The real test is not whether you avoid this failure, because you won't. It's whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere.

~Barack Obama

Love the moment. Flowers grow out of dark moments. Therefore, each moment is vital. It affects the whole. Life is a succession of such moments and to live each, is to succeed. ~Cortia Kent

It is better to have enough ideas for some of them to be wrong, than to be always right by having no ideas at all. ~Edward De Bono

My will shall shape the future. Whether I fail or succeed shall be no man's doing but my own. I am the force; I can clear any obstacle before me or I can be lost in the maze. My choice; my responsibility; win or lose, only I hold the key to my destiny. ~Elaine Maxwell

A failure is a man who has blundered but is not capable of cashing in on the experience. ~Elbert Hubbard

There is no failure except in no longer trying. ~Elbert Hubbard

The torment of human frustration, whatever its immediate cause, is the knowledge that the self is in prison, its vital force and "mangled mind" leaking away in lonely, wasteful self-conflict. ~Elizabeth Drew

A life spent making mistakes is not only more honorable but more useful than a life spent in doing nothing. ~George Bernard Shaw

My reputation grows with every failure. ~George Bernard Shaw

It is on our failures that we base a new and different and better success. ~Havelock Ellis

I cannot give you the formula for success, but I can give you the formula for failure: which is: Try to please everybody. ~Herbert B. Swope

Remember, no man is a failure who has friends. ~*It's a Wonderful Life*

If you bungle raising your children, I don't think whatever else you do well matters very much. ~Jacqueline Kennedy Onassis

Mishaps are like knives, that either serve us or cut us, as we grasp them by the blade or the handle.

~James Russell Lowell

It is very easy to forgive others their mistakes; it takes more grit and gumption to forgive them for having witnessed your own.

~Jessamyn West

Failure is instructive. The person who really thinks learns quite as much from his failures as from his successes.

~John Dewey

There are two kinds of failures: those who thought and never did, and those who did and never thought.

~Laurence J. Peter

Those who try to do something and fail are infinitely better than those who try nothing and succeed.

~Lloyd Jones

The mystery of existence is the connection between our faults and our misfortunes. ~Madame De Stael

If you have made mistakes, there is always another chance for you. You may have a fresh start any moment you choose, for this thing we call "failure" is not the falling down, but the staying down.

~Mary Pickford

A garden is always a series of losses set against a few triumphs, like life itself. ~Mary Sarton

I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life and that is why I succeed.

~Michael Jordan

Freedom is not worth having if it does not connote freedom to err. ~Mohandas K. Gandhi

Keep in mind that our community is not composed of those who are already saints, but of those who are trying to become saints. Therefore let us be extremely patient with each other's faults and failures.

~Mother Teresa

I don't believe in failure. It's not failure if you enjoyed the process. ~Oprah Winfrey

But there is suffering in life, and there are defeats. No one can avoid them. But it's better to lose some of the battles in the struggles for your dreams than to be defeated without ever knowing what you're fighting for.

~Paul Coehlo

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Every great mistake has a halfway moment, a split second when it can be recalled and perhaps remedied. ~Pearl S. Buck

There is nothing so useless as doing efficiently that which should not be done at all. ~Peter Drucker

Only those who dare to fail greatly can ever achieve greatly. ~Robert F. Kennedy

The best way out is always through. ~Robert Frost

You've got to take the bitter with the sour. ~Samuel Goldwyn

It is a mistake to suppose that men succeed through success; they much oftener succeed through failures. Precept, study, advice, and example could never have taught them so well as failure has done.  
~Samuel Smiles

We learn wisdom from failure much more than from success. We often discover what will do, by finding out what will not do; and probably he who never made a mistake, never made a discovery.  
~Samuel Smiles

Many of life's failures are people who did not realize how close they were to success when they gave up. ~Thomas Alva Edison

I have not failed. I've just found 10,000 ways that won't work. ~Thomas Alva Edison

No garden is without its weeds. ~Thomas Fuller

Most things break, including hearts. The lessons of life amount not to wisdom, but to scar tissue and callus. ~Wallace Stegner

Not doing more than the average is what keeps the average down. ~William M. Winans

Good people are good because they've come to wisdom through failure. We get very little wisdom from success, you know. ~William Saroyan

Success consists of going from failure to failure without loss of enthusiasm. ~Winston Churchill

## **FEAR**

You block your dream when you allow your fear to grow bigger than your faith. ~Mary Manin Morrissey

Nothing in life is to be feared. It is only to be understood. ~Marie Curie

Fear is a darkroom where negatives develop. ~Usman B. Asif

Keep your fears to yourself but share your courage with others. ~Robert Louis Stevenson

Panic at the thought of doing a thing is a challenge to do it. ~Henry S. Haskins

The one permanent emotion of the inferior man is fear - fear of the unknown, the complex, the inexplicable. What he wants above everything else is safety. ~Henry Louis Mencken

There is a time to take counsel of your fears, and there is a time to never listen to any fear. ~George S. Patton

Many of our fears are tissue-paper-thin, and a single courageous step would carry us clear through them. ~Brendan Francis

There is much in the world to make us afraid. There is much more in our faith to make us unafraid. ~Frederick W. Cropp

There are very few monsters who warrant the fear we have of them. ~Andre Gide

Fear is faith that it won't work out. ~Sister Mary Tricky

Fear is the lengthened shadow of ignorance. ~Arnold Glasow

Fear is the father of courage and the mother of safety. ~Henry H. Tweedy

Fear is the highest fence. ~Dudley Nichols

Obstacles are like wild animals. They are cowards but they will bluff you if they can. If they see you are afraid of them... they are liable to spring upon you; but if you look them squarely in the eye, they will slink out of sight. ~Orison Swett Marden

Fear is the needle that pierces us that it may carry a thread to bind us to heaven. ~James Hastings

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To fear is one thing. To let fear grab you by the tail and swing you around is another.  
~Katherine Paterson, *Jacob Have I Loved*

Fear has a large shadow, but he himself is small. ~Ruth Gendler

Fear makes strangers of people who would be friends. ~Shirley Maclaine

To conquer fear is the beginning of wisdom. ~Bertrand Russell

Every man, through fear, mugs his aspirations a dozen times a day. ~Brendan Francis

He has not learned the lesson of life who does not every day surmount a fear. ~Ralph Waldo Emerson

Those who fear life are already three parts dead. ~Bertrand Russell

Fear makes us feel our humanity. ~Benjamin Disraeli

A cheerful frame of mind, reinforced by relaxation... is the medicine that puts all ghosts of fear on the run. ~George Matthew Adams

There are times when fear is good. It must keep its watchful place at the heart's controls.  
~Aeschylus

Fear is static that prevents me from hearing myself. ~Samuel Butler

Fear makes the wolf bigger than he is. ~German Proverb

If a man harbors any sort of fear, it percolates through all thinking, damages his personality and makes him a landlord to a ghost. ~Lloyd Douglas

A cat bitten once by a snake dreads even rope. ~Arab Proverb

Fear prejudices courage. ~Abigail Charleson

Who is more foolish, the child afraid of the dark or the man afraid of the light? ~Maurice Freehill

Fear: False Evidence Appearing Real. ~Author Unknown

Fear is a slinking cat I find beneath the lilacs of my mind. ~Sophie Tunnell

I would sort out all the arguments and see which belonged to fear and which to creativeness. Other things being equal, I would make the decision which had the larger number of creative reasons on its side. ~Katharine Butler Hathaway

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He who fears something gives it power over him. ~Moorish Proverb

Feed your faith and your fears will starve to death. ~Author Unknown

He who fears to suffer, suffers from fear. ~French Proverb

There are several good protections against temptation, but the surest is cowardice. ~Mark Twain

Fear can be headier than whiskey, once man has acquired a taste for it. ~Donald Dowes

Fear dances with courage. ~Ever Garrison

The wise man in the storm prays God, not for safety from danger, but for deliverance from fear. ~Ralph Waldo Emerson, *Journals*, 1833

Anything I've ever done that ultimately was worthwhile... initially scared me to death. ~Betty Bender

To lead is difficult when you're a follower of fear. ~T.A. Sachs

I have accepted fear as a part of life - specifically the fear of change.... I have gone ahead despite the pounding in the heart that says: turn back. ~Erica Jong

The way you overcome shyness is to become so wrapped up in something that you forget to be afraid. ~Lady Bird Johnson

## **FAITH**

Faith is like radar that sees through the fog. ~Corrie Ten Boom, *Tramp for the Lord*

Reason is our soul's left hand, Faith her right. ~John Donne

Faith is reason grown courageous. ~Sherwood Eddy

Doubt is a pain too lonely to know that faith is his twin brother. ~Kahlil Gibran

Fear knocked at the door. Faith answered. And lo, no one was there. ~Author Unknown

If there was no faith there would be no living in this world. We couldn't even eat hash with safety. ~Josh Billings, *His Complete Works*, 1888

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Faith, to my mind, is a stiffening process, a sort of mental starch. ~E.M. Forster

Faith is spiritualized imagination. ~Henry Ward Beecher

Faithless is he that says farewell when the road darkens. ~J.R.R. Tolkien

Faith is courage; it is creative while despair is always destructive. ~David S. Muzzey

Faith is a passionate intuition. ~William Wordsworth

To me faith means not worrying. ~John Dewey

Faith is putting all your eggs in God's basket, then counting your blessings before they hatch.  
~Ramona C. Carroll

Every tomorrow has two handles. We can take hold of it by the handle of anxiety, or by the handle of faith. ~Author Unknown

Faith is the bird that sings when the dawn is still dark. ~Rabindranath Tagore

He who has faith has... an inward reservoir of courage, hope, confidence, calmness, and assuring trust that all will come out well - even though to the world it may appear to come out most badly. ~B.C. Forbes

A faith of convenience is a hollow faith. ~Father Mulcahy, M\*A\*S\*H, "A Holy Mess," 1982

Be like the bird that, passing on her flight awhile on boughs too slight, feels them give way beneath her, and yet sings, knowing that she hath wings. ~Victor Hugo

Faith makes things possible, not easy. ~Author Unknown

Faith is raising the sail of our little boat until it is caught up in the soft winds above and picks up speed, not from anything within itself, but from the vast resources of the universe around us.  
~W. Ralph Ward

Faith... must be enforced by reason.... When faith becomes blind it dies. ~Mahatma Gandhi

Faith and doubt both are needed - not as antagonists, but working side by side to take us around the unknown curve. ~Lillian Smith

As your faith is strengthened you will find that there is no longer the need to have a sense of control, that things will flow as they will, and that you will flow with them, to your great delight and benefit. ~Emmanuel

In faith there is enough light for those who want to believe and enough shadows to blind those who don't. ~Blaise Pascal

Faith enables persons to be persons because it lets God be God. ~Carter Lindberg

Weave in faith and God will find the thread. ~Author Unknown

A little faith will bring your soul to heaven, but a lot of faith will bring heaven to your soul.  
~Author Unknown

Faith can move mountains, but don't be surprised if God hands you a shovel. ~Author Unknown

A casual stroll through the lunatic asylum shows that faith does not prove anything. ~Friedrich Nietzsche

Faith, indeed, has up to the present not been able to move real mountains.... But it can put mountains where there are none. ~Friedrich Nietzsche, *Human, All Too Human*, 1879

Faith is believing in things when common sense tells you not to. ~George Seaton

Faith is taking the first step even when you don't see the whole staircase. ~Martin Luther King Jr.

Faith makes the discords of the present the harmonies of the future. ~Robert Collyer

Feed your faith and your fears will starve to death. ~Author Unknown

Life without faith in something is too narrow a space to live. ~George Lancaster Spalding

## **FOREGIVENESS**

I can forgive, but I cannot forget, is only another way of saying, I will not forgive. Forgiveness ought to be like a cancelled note - torn in two, and burned up, so that it never can be shown against one. ~Henry Ward Beecher

Forgiveness is the fragrance the violet sheds on the heel that has crushed it. ~Mark Twain

Once a woman has forgiven her man, she must not reheat his sins for breakfast. ~Marlene

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Dietrich

It's easier to ask forgiveness than it is to get permission. ~Grace Hopper

The weak can never forgive. Forgiveness is the attribute of the strong. ~Mahatma Gandhi

To forgive is to set a prisoner free and discover that the prisoner was you. ~Lewis B. Smedes

Forgiveness is a funny thing. It warms the heart and cools the sting. ~William Arthur Ward

Forgiveness does not change the past, but it does enlarge the future. ~Paul Boese

You can make up a quarrel, but it will always show where it was patched. ~Edgar Watson Howe

It is easier to forgive an enemy than to forgive a friend. ~William Blake

Forgiveness is the sweetest revenge. ~Isaac Friedmann

Forgive all who have offended you, not for them, but for yourself. ~Harriet Nelson

He who cannot forgive breaks the bridge over which he himself must pass. ~George Herbert

There's no point in burying a hatchet if you're going to put up a marker on the site. ~Sydney Harris

Nobody forgets where he buried the hatchet. ~Frank McKinney

Yes, this is what good is: to forgive evil. There is no other good. ~Antonio Porchia

It's far easier to forgive an enemy after you've got even with him. ~Olin Miller

Forgiving is love's toughest work, and love's biggest risk. If you twist it into something it was never meant to be, it can make you a doormat or an insufferable manipulator. Forgiving seems almost unnatural. Our sense of fairness tells us people should pay for the wrong they do. But forgiving is love's power to break nature's rule. ~Lewis B. Smedes

Without forgiveness life is governed by... an endless cycle of resentment and retaliation.  
~Roberto Assagioli

One thing you will probably remember well is any time you forgive and forget. ~Franklin P. Jones

Never does the human soul appear so strong as when it forgoes revenge, and dares forgive an injury. ~E.H. Chapin

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Always forgive your enemies - nothing annoys them so much. ~Oscar Wilde

The more you know yourself, the more you forgive yourself. ~Confucius

The remarkable thing is that we really love our neighbor as ourselves: we do unto others as we do unto ourselves. We hate others when we hate ourselves. We are tolerant toward others when we tolerate ourselves. We forgive others when we forgive ourselves. We are prone to sacrifice others when we are ready to sacrifice ourselves. ~Eric Hoffer

Repentance is another name for aspiration. ~Henry Ward Beecher

In the Bible it says they asked Jesus how many times you should forgive, and he said 70 times 7. Well, I want you all to know that I'm keeping a chart. ~Hillary Rodham Clinton

It is very easy to forgive others their mistakes; it takes more grit and gumption to forgive them for having witnessed your own. ~Jessamyn West

Forgive your enemies, but never forget their names. ~John F. Kennedy

Wrongs are often forgiven, but contempt never is. Our pride remembers it forever. ~Lord Chesterfield

We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies. ~Martin Luther King, Jr.

Forgiveness is freeing up and putting to better use the energy once consumed by holding grudges, harboring resentments, and nursing unhealed wounds. It is rediscovering the strengths we always had and relocating our limitless capacity to understand and accept other people and ourselves. ~Sidney and Suzanne Simon

We read that we ought to forgive our enemies; but we do not read that we ought to forgive our friends. ~Sir Francis Bacon

The practice of peace and reconciliation is one of the most vital and artistic of human actions. ~Thich Nhat Hanh

No snowflake in an avalanche ever feels responsible. ~Voltaire

Do as the heavens have done, forget your evil;  
With them forgive yourself. ~William Shakespeare

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## FREEDOM

The fact, in short, is that freedom, to be meaningful in an organized society must consist of an amalgam of hierarchy of freedoms and restraints. ~Samuel Hendel

He that would make his own liberty secure, must guard even his enemy from opposition; for if he violates this duty he establishes a precedent that will reach himself. ~Thomas Paine

History does not teach fatalism. There are moments when the will of a handful of free men breaks through determinism and opens up new roads. ~Charles de Gaulle

Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die. ~Dwight D. Eisenhower

Liberty is the possibility of doubting, of making a mistake,... of searching and experimenting,... of saying No to any authority - literary, artistic, philosophical, religious, social, and even political. ~Ignazio Silone, *The God That Failed*, 1950

Liberty: One of Imagination's most precious possessions. ~Ambrose Bierce

The patriot's blood is the seed of Freedom's tree. ~Thomas Campbell

Nothing is more difficult, and therefore more precious, than to be able to decide. ~Napoleon Bonaparte

Here is my advice as we begin the century that will lead to 2081. First, guard the freedom of ideas at all costs. Be alert that dictators have always played on the natural human tendency to blame others and to oversimplify. And don't regard yourself as a guardian of freedom unless you respect and preserve the rights of people you disagree with to free, public, unhampered expression. ~Gerard K. O'Neill

Those who deny freedom to others deserve it not for themselves. ~Abraham Lincoln

I wish that every human life might be pure transparent freedom. ~Simone de Beauvoir

My definition of a free society is a society where it is safe to be unpopular. ~Adlai Stevenson

It is easy to take liberty for granted, when you have never had it taken from you. ~Dick Cheney

We on this continent should never forget that men first crossed the Atlantic not to find soil for their ploughs but to secure liberty for their souls. ~Robert J. McCracken

You have freedom when you're easy in your harness. ~Robert Frost

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For what avail the plough or sail, or land or life, if freedom fail? ~Ralph Waldo Emerson

Those who expect to reap the blessings of freedom, must, like men, undergo the fatigue of supporting it. ~Thomas Paine

In the truest sense, freedom cannot be bestowed; it must be achieved. ~Franklin D. Roosevelt

We have to call it "freedom": who'd want to die for "a lesser tyranny"? ~Mignon McLaughlin, *The Neurotic's Notebook*, 1960

Freedom is the oxygen of the soul. ~Moshe Dayan

There are two freedoms - the false, where a man is free to do what he likes; the true, where he is free to do what he ought. ~Charles Kingsley

No one is free when others are oppressed. ~Author Unknown

Nations grown corrupt  
Love bondage more than liberty;  
Bondage with ease than strenuous liberty.  
~John Milton

Freedom means choosing your burden. ~Hephzibah Menuhin

Most people want security in this world, not liberty. ~H.L. Mencken

We feel free when we escape - even if it be but from the frying pan into the fire. ~Eric Hoffer

Men fight for freedom, then they begin to accumulate laws to take it away from themselves.  
~Author Unknown

Freedom is that instant between when someone tells you to do something and when you decide how to respond. ~Jeffrey Borenstein

Liberty is always dangerous, but it is the safest thing we have. ~Harry Emerson Fosdick

Freedom is not enough. ~Lyndon B. Johnson

Liberty has never come from the government. Liberty has always come from the subjects of it. The history of liberty is a history of resistance. ~Woodrow Wilson

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The sound of tireless voices is the price we pay for the right to hear the music of our own opinions. ~Adlai Stevenson

We must be free not because we claim freedom, but because we practice it. ~William Faulkner

They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety. ~Benjamin Franklin

We have enjoyed so much freedom for so long that we are perhaps in danger of forgetting how much blood it cost to establish the Bill of Rights. ~Felix Frankfurter

No man can put a chain about the ankle of his fellow man without at last finding the other end fastened about his own neck. ~Frederick Douglass

Let freedom never perish in your hands. ~Joseph Addison

Who speaks of liberty while the human mind is in chains? ~Francis Wright, 1828

Liberty, when it begins to take root, is a plant of rapid growth. ~George Washington

I believe there are more instances of the abridgment of the freedom of the people by gradual and silent encroachments of those in power than by violent and sudden usurpations. ~James Madison

Liberty doesn't work as well in practice as it does in speeches. ~Will Rogers

Freedom is not worth having if it does not connote freedom to err. ~Mahatma Gandhi

Order without liberty and liberty without order are equally destructive. ~Theodore Roosevelt

We cannot defend freedom abroad by deserting it at home. ~Edward R. Murrow

The contest for ages has been to rescue liberty from the grasp of executive power. ~Daniel Webster

Freedom is nothing else but a chance to be better. ~Albert Camus

Men fight for liberty and win it with hard knocks. Their children, brought up easy, let it slip away again, poor fools. And their grandchildren are once more slaves. ~D.H. Lawrence

I prefer liberty with danger to peace with slavery. ~Author Unknown

Freedom is the will to be responsible to ourselves. ~Nietzsche

The greatest dangers to liberty lurk in insidious encroachment by men of zeal, well-meaning but without understanding. ~Louis D. Brandeis

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When the People contend for their liberty, they seldom get anything for their Victory but new Masters. ~George Savile

Without freedom, no one really has a name. ~Milton Acorda

A nation may lose its liberties in a day and not miss them in a century. ~Baron de Montesquieu

Liberty means responsibility. That is why most men dread it. ~George Bernard Shaw

The people never give up their liberties but under some delusion. ~Edmund Burke

We anarchists do not want to emancipate the people; we want the people to emancipate themselves. ~Errico Malatesta

Freedom is never free. ~Author Unknown

We are free, truly free, when we don't need to rent our arms to anybody in order to be able to lift a piece of bread to our mouths. ~Ricardo Flores Magon

Many politicians are in the habit of laying it down as a self-evident proposition that no people ought to be free till they are fit to use their freedom. The maxim is worthy of the fool in the old story who resolved not to go into the water till he had learned to swim. ~Thomas Macaulay

## **GOALS**

Obstacles are those frightful things you see when you take your eyes off your goal. ~Henry Ford

Shoot for the moon. Even if you miss, you'll land among the stars. ~Les Brown

The important thing is to strive towards a goal which is not immediately visible. That goal is not the concern of the mind, but of the spirit. ~Antoine de Saint-Exupéry

One half of knowing what you want is knowing what you must give up before you get it. ~Sidney Howard

If you don't know where you are going, you will probably end up somewhere else. ~Lawrence J. Peter

It is a most mortifying reflection for a man to consider what he has done, compared to what he might have done. ~Samuel Johnson

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Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible. ~Doug Larson

Goals are dreams with deadlines. ~Diana Scharf Hunt

Only those who will risk going too far can possibly find out how far one can go. ~T.S. Eliot

The road leading to a goal does not separate you from the destination; it is essentially a part of it. ~Charles DeLint

Success isn't a result of spontaneous combustion. You must set yourself on fire. ~Arnold H. Glasow

A deadline is negative inspiration. Still, it's better than no inspiration at all. ~Rita Mae Brown

I love deadlines. I like the whooshing sound they make as they fly by. ~Douglas Adams

The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher. ~Thomas Henry Huxley

If you want to make your dreams come true, the first thing you have to do is wake up. ~J.M. Power

Great ideas need landing gear as well as wings. ~C.D. Jackson

Life's problems wouldn't be called "hurdles" if there wasn't a way to get over them. ~Author Unknown

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending. ~Author Unknown

God gives us dreams a size too big so that we can grow in them. ~Author Unknown

Between the great things we cannot do and the small things we will not do, the danger is that we shall do nothing. ~Adolph Monod

The question isn't who is going to let me; it's who is going to stop me. ~Ayn Rand

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein. ~*Life's Little Instruction Book*, compiled by H. Jackson Brown, Jr.

Life is full of obstacle illusions. ~Grant Frazier

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It is never too late to be who you might have been. ~George Eliot

Success is 10% inspiration, 90% last-minute changes. ~From a billboard advertisement

Seventy percent of success in life is showing up. ~Woody Allen

To think too long about doing a thing often becomes its undoing. ~Eva Young

I don't care how much power, brilliance or energy you have, if you don't harness it and focus it on a specific target, and hold it there you're never going to accomplish as much as your ability warrants. ~Zig Ziglar

The best angle from which to approach any problem is the try-angle. ~Author Unknown

How am I going to live today in order to create the tomorrow I'm committed to? ~Anthony Robbins

Sometimes the path you're on is not as important as the direction you're heading. ~Kevin Smith

The impossible is often the untried. ~Jim Goodwin

The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs. ~Vance Havner

It is easier to go down a hill than up, but the view is best from the top. ~Arnold Bennett

I am looking for a lot of men who have an infinite capacity to not know what can't be done. ~Henry Ford

Motivation is when your dreams put on work clothes. ~Author Unknown

When I was a Boy Scout, we played a game when new Scouts joined the troop. We lined up chairs in a pattern, creating an obstacle course through which the new Scouts, blindfolded, were supposed to maneuver. The Scoutmaster gave them a few moments to study the pattern before our adventure began. But as soon as the victims were blindfolded, the rest of us quietly removed the chairs. I think life is like this game. Perhaps we spend our lives avoiding obstacles we have created for ourselves and in reality exist only in our minds. We're afraid to apply for that job, take violin lessons, learn a foreign language, call an old friend, write our Congressman - whatever it is that we would really like to do but don't because of personal obstacles. Don't avoid any chairs until you run smack into one. And if you do, at least you'll have a place to sit down. ~Pierce Vincent Eckhart

Try not. Do or do not. There is no try. ~Yoda in *The Empire Strikes Back*

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Don't waste time learning the "tricks of the trade." Instead, learn the trade. ~Attributed to both James Charlton and H. Jackson Brown, Jr.

One of the secrets of life is to make stepping stones out of stumbling blocks. ~Jack Penn

There are no shortcuts to any place worth going. ~Beverly Sills

Providence seldom vouchsafes to mortals any more than just that degree of encouragement which suffices to keep them at a reasonably full exertion of their powers. ~Nathaniel Hawthorne

Hell! There *ain't* no rules around here! We're trying to accomplish somep'n. ~Thomas Alva Edison

A straight path never leads anywhere except to the objective. ~Andre Gide

Nothing interferes with my concentration. You could put on an orgy in my office and I wouldn't look up. Well, maybe once. ~Isaac Asimov

The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do. ~Sarah Ban Breathnach

The distance is nothing; it is only the first step that is difficult. ~Marie de Vichy-Chamrond

The distance between insanity and genius is measured only by success. ~Bruce Feirstein

If you don't have time to do it right you must have time to do it over. ~Author Unknown

If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them. ~Henry David Thoreau

tell you that as long as I can conceive something better than myself I cannot be easy unless I am striving to bring it into existence or clearing the way for it. ~George Bernard Shaw

There is one quality more important than "know-how" and we cannot accuse the United States of any undue amount of it. This is "know-what" by which we determine not only how to accomplish our purposes, but what our purposes are to be. ~Norbert Wiener

Don't be afraid to take a big step if one is indicated; you can't cross a chasm in two small jumps. ~David Lloyd George

In Italy for thirty years under the Borgias they had warfare, terror, murder, bloodshed - they produced Michelangelo, Leonardo da Vinci, and the Renaissance. In Switzerland they had brotherly love, five hundred years of democracy and peace, and what did they produce? - the cuckoo clock. ~Graham Greene & Orson Wells

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Know your limits, but never stop trying to exceed them. ~Author Unknown

It is amazing what you can accomplish if you do not care who gets the credit. ~Harry S. Truman

Part of the issue of achievement is to be able to set realistic goals, but that's one of the hardest things to do because you don't always know exactly where you're going, and you shouldn't.  
~George Lucas

The greatest dreams are always unrealistic. ~Will Smith

Out of the strain of the doing,  
Into the peace of the done.  
~Julia Woodruff

The only thing that has to be finished by next Tuesday is next Monday. ~Jennifer Yane

All men dream: but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act their dream with open eyes, to make it possible. ~T.E. Lawrence

Map out your future, but do it in pencil. ~Jon Bon Jovi

We are too busy mopping the floor to turn off the faucet. ~Author Unknown

In the measurement world, we set a goal and strive to achieve it. In the universe of possibility, we set the context and let life unfold. ~B. Zander

You must have long-range goals to keep you from being frustrated by short-range failures.  
~Charles C. Noble

Many are stubborn in pursuit of the path they have chosen, few in pursuit of the goal. ~Friedrich Wilhelm Nietzsche

The world is moving so fast these days that the man who says it can't be done is generally interrupted by someone doing it. ~Elbert Hubbard

We're still not where we're going, but we're not where we were. ~Natash Jasefowitz

Arriving at one goal is the starting point to another. ~John Dewey

The young do not know enough to be prudent, and therefore they attempt the impossible - and achieve it, generation after generation. ~Pearl S. Buck

As long as I have a want, I have a reason for living. Satisfaction is death. ~George Bernard Shaw

If you aim at nothing, you'll hit it every time. ~Author Unknown

Vision without action is a daydream. Action without vision is a nightmare. ~Japanese Proverb

When the horse is dead, get off. ~Author Unknown

This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anyone could have. ~Author Unknown

If you would hit the mark, you must aim a little above it; every arrow that flies feels the attraction of earth. ~Henry Wadsworth Longfellow

One may miss the mark by aiming too high as too low. ~Thomas Fuller

When people say to me: "How do you do so many things?" I often answer them, without meaning to be cruel: "How do you do so little?" It seems to me that people have vast potential. Most people can do extraordinary things if they have the confidence or take the risks. Yet most people don't. They sit in front of the telly and treat life as if it goes on forever. ~Philip Adams

Establishing goals is all right if you don't let them deprive you of interesting detours. ~Doug Larson

## **GRATITUDE**

God gave you a gift of 86,400 seconds today. Have you used one to say "thank you?" ~William A. Ward

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving. ~H.U. Westermayer

Silent gratitude isn't much use to anyone. ~G.B. Stern

If the only prayer you said in your whole life was, "thank you," that would suffice. ~Meister Eckhart

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There is no such thing as gratitude unexpressed. If it is unexpressed, it is plain, old-fashioned ingratitude. ~Robert Brault

Gratitude is the memory of the heart. ~Jean Baptiste Massieu

When we were children we were grateful to those who filled our stockings at Christmas time. Why are we not grateful to God for filling our stockings with legs? ~G.K. Chesterton

The only people with whom you should try to get even are those who have helped you. ~John E. Southard

If you have lived, take thankfully the past. ~John Dryden

As each day comes to us refreshed and anew, so does my gratitude renew itself daily. The breaking of the sun over the horizon is my grateful heart dawning upon a blessed world.  
~Adabella Radici

I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder. ~G.K. Chesterton

You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink. ~G.K. Chesterton

For each new morning with its light,  
For rest and shelter of the night,  
For health and food, for love and friends,  
For everything Thy goodness sends.  
~Ralph Waldo Emerson

If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get.  
~Frank A. Clark

The unthankful heart... discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings!  
~Henry Ward Beecher

Grace isn't a little prayer you chant before receiving a meal. It's a way to live. ~Attributed to Jacqueline Winspear

Praise the bridge that carried you over. ~George Colman

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If you count all your assets, you always show a profit. ~Robert Quillen

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has. ~Epictetus

What a miserable thing life is: you're living in clover, only the clover isn't good enough. ~Bertolt Brecht

Gratitude is the best attitude. ~Author Unknown

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving. ~W.T. Purkiser

We can only be said to be alive in those moments when our hearts are conscious of our treasures. ~Thornton Wilder

Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all. ~William Faulkner

If you want to turn your life around, try thankfulness. It will change your life mightily. ~Gerald Good

Gratitude is the least of the virtues, but ingratitude is the worst of vices. ~Thomas Fuller

There is not a more pleasing exercise of the mind than gratitude. It is accompanied with such an inward satisfaction that the duty is sufficiently rewarded by the performance. ~Joseph Addison

I feel a very unusual sensation - if it is not indigestion, I think it must be gratitude. ~Benjamin Disraeli

There is no greater difference between men than between grateful and ungrateful people. ~R.H. Blyth

Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart. ~Henry Clay

Who does not thank for little will not thank for much. ~Estonian Proverb

The hardest arithmetic to master is that which enables us to count our blessings. ~Eric Hoffer

Gratitude is the fairest blossom which springs from the soul. ~Henry Ward Beecher

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When our perils are past, shall our gratitude sleep? ~George Canning

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John Fitzgerald Kennedy

We often take for granted the very things that most deserve our gratitude. ~Cynthia Ozick

Only a stomach that rarely feels hungry scorns common things. ~Horace

The grateful person, being still the most severe exacter of himself, not only confesses, but proclaims, his debts. ~Robert South

Grow flowers of gratitude in the soil of prayer. ~Verbena Woods

Gratitude is merely the secret hope of further favors. ~François Duc de La Rochefoucauld

Most human beings have an almost infinite capacity for taking things for granted. ~Aldous Huxley

When eating bamboo sprouts, remember the man who planted them. ~Chinese Proverb

In this world of sin and sorrow there is always something to be thankful for; as for me, I rejoice that I am not a Republican. ~H.L. Mencken

Feeling gratitude and not expressing it is like wrapping a present and not giving it. ~William Arthur Ward

Hem your blessings with thankfulness so they don't unravel. ~Author Unknown

## **HAPPINESS**

The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself. ~Benjamin Franklin

Even if happiness forgets you a little bit, never completely forget about it. ~Jacques Prévert

If you want to be happy, be. ~Leo Tolstoy

Happiness is never stopping to think if you are. ~Palmer Soudreal

Most people would rather be certain they're miserable, than risk being happy. ~Robert Anthony

The best way to cheer yourself up is to try to cheer somebody else up. ~Mark Twain

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If only we'd stop trying to be happy we could have a pretty good time. ~Edith Wharton

Happiness is excitement that has found a settling down place. But there is always a little corner that keeps flapping around. ~E.L. Konigsburg

Nobody really cares if you're miserable, so you might as well be happy. ~Cynthia Nelms

Happiness is always a by-product. It is probably a matter of temperament, and for anything I know it may be glandular. But it is not something that can be demanded from life, and if you are not happy you had better stop worrying about it and see what treasures you can pluck from your own brand of unhappiness. ~Robertson Davies

Those who can laugh without cause have either found the true meaning of happiness or have gone stark raving mad. ~Norm Papernick

Man is fond of counting his troubles, but he does not count his joys. If he counted them up as he ought to, he would see that every lot has enough happiness provided for it. ~Fyodor Dostoevsky

What a wonderful life I've had! I only wish I'd realized it sooner. ~Colette

The foolish man seeks happiness in the distance; the wise grows it under his feet. ~James Openheim

Happiness often sneaks in through a door you didn't know you left open. ~John Barrymore

"Well," said Pooh, "what I like best," and then he had to stop and think. Because although Eating Honey was a very good thing to do, there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called. ~A.A. Milne

People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost. ~H. Jackson Browne

It's pretty hard to tell what does bring happiness. Poverty and wealth have both failed. ~Frank McKinney "Kin" Hubbard

Happiness and sadness run parallel to each other. When one takes a rest, the other one tends to take up the slack. ~Hazelmarie Elliott ("Mattie")

Often people attempt to live their lives backwards; they try to have more things, or more money, in order to do more of what they want, so they will be happier. The way it actually works is the reverse. You must first be who you really are, then do what you need to do, in order to have what you want. ~Margaret Young

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Indeed, man wishes to be happy even when he so lives as to make happiness impossible. ~St. Augustine

Can anything be so elegant as to have few wants, and to serve them one's self? ~Ralph Waldo Emerson

There are two things to aim at in life: first, to get what you want; and after that, to enjoy it. Only the wisest of mankind achieve the second. ~Logan Pearsall Smith

This is my "depressed stance." When you're depressed, it makes a lot of difference how you stand. The worst thing you can do is straighten up and hold your head high because then you'll start to feel better. If you're going to get any joy out of being depressed, you've got to stand like this. ~Charlie Brown

Happiness is like a butterfly which, when pursued, is always beyond our grasp, but, if you will sit down quietly, may alight upon you. ~Nathaniel Hawthorne

Most folks are about as happy as they make up their minds to be. ~Abraham Lincoln

Happiness is a form of courage. ~Holbrook Jackson

We must laugh before we are happy, for fear of dying without having laughed at all. ~Jean de La Bruyere

Tranquil pleasures last the longest; we are not fitted to bear the burden of great joys. ~Christian Nestell Bovee

We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have. ~Frederick Keonig

Happiness pulses with every beat of my heart. ~Emily Logan Decens

It's never too late to have a happy childhood. ~Berke Breathed

Happiness is the soundtrack of my life. ~Grey Livingston

Happiness? That's nothing more than health and a poor memory. ~Albert Schweitzer

Happiness is not a goal; it is a by-product. ~Eleanor Roosevelt

Happiness is a direction, not a place. ~Sydney J. Harris

Of all the things you wear, your expression is the most important. ~Janet Lane

A truly happy person is one who can enjoy the scenery while on a detour. ~Author Unknown

If you want others to be happy, practice compassion. If you want to be happy, practice compassion. ~Dalai Lama

Happiness held is the seed; happiness shared is the flower. ~Author Unknown

There is no cosmetic for beauty like happiness. ~Lady Blessington

The best vitamin to be a happy person is B1. ~Author Unknown

A great obstacle to happiness is to expect too much happiness. ~Bernard de Fontenelle

Is it not clear, however, that bliss and envy are the numerator and denominator of the fraction called happiness? ~Yevgeny Zamyatin

Happiness is not an ideal of reason, but of imagination. ~Immanuel Kant

Man must search for what is right, and let happiness come on its own. ~Johann Pestalozzi

He is rich or poor according to what he is, not according to what he has. ~Henry Ward Beecher

If you search the world for happiness, you may find it in the end, for the world is round and will lead you back to your door. ~Robert Brault

Just as a cautious businessman avoids investing all his capital in one concern, so wisdom would probably admonish us also not to anticipate all our happiness from one quarter alone. ~Sigmund Freud

There are some days when I think I'm going to die from an overdose of satisfaction. ~Salvador Dali

We are no longer happy so soon as we wish to be happier. ~Walter Savage Landor

The only way to avoid being miserable is not to have enough leisure to wonder whether you are happy or not. ~George Bernard Shaw

Real elation is when you feel you could touch a star without standing on tiptoe. ~Doug Larson

The search for happiness is one of the chief sources of unhappiness. ~Eric Hoffer

If there were in the world today any large number of people who desired their own happiness more than they desired the unhappiness of others, we could have a paradise in a few years.  
~Bertrand Russell

The world is full of people looking for spectacular happiness while they snub contentment.  
~Doug Larson

Cheerfulness is what greases the axles of the world. Don't go through life creaking. ~H.W. Byles

What I'm looking for is a blessing that's not in disguise. ~Kitty O'Neill Collins

My crown is called content, a crown that seldom kings enjoy. ~William Shakespeare

Ask yourself whether you are happy and you cease to be so. ~John Stuart Mill

We are seldom happy with what we now have, but would go to pieces if we lost any part of it.  
~Mignon McLaughlin

The happiness which is lacking makes one think even the happiness one has unbearable.  
~Joseph Roux

As people spin faster and faster in the pursuit of merely personal happiness, they become exhausted in the futile effort of chasing themselves. ~Andrew Delbanco

Happiness is the feeling you're feeling when you want to keep feeling it. ~Author Unknown

Joy is a flower that blooms when you do. ~Author Unknown

So long as we can lose any happiness, we possess some. ~Booth Tarkington

Jumping for joy is good exercise. ~Author Unknown

She thinks that happiness is a mat that sits on her doorway. ~Rob Thomas

The art of living does not consist in preserving and clinging to a particular mode of happiness, but in allowing happiness to change its form without being disappointed by the change; happiness, like a child, must be allowed to grow up. ~Charles L. Morgan

Happiness is a matter of one's most ordinary and everyday mode of consciousness being busy and lively and unconcerned with self. ~Iris Murdoch

Happiness is... usually attributed by adults to children, and by children to adults. ~Thomas Szasz

When neither their property nor their honor is touched, the majority of men live content.  
~Niccolo Machiavelli

You cannot always have happiness, but you can always give happiness. ~Author Unknown

The happiness of most people is not ruined by great catastrophes or fatal errors, but by the repetition of slowly destructive little things. ~Ernest Dimnet

One joy scatters a hundred griefs. ~Chinese Proverb

We have no more right to consume happiness without producing it than to consume wealth without producing it. ~George Bernard Shaw

A man's as miserable as he thinks he is. ~Seneca

One filled with joy preaches without preaching. ~Mother Teresa

Misery is almost always the result of thinking. ~Joseph Joubert

My advice to you is not to inquire why or whither, but just enjoy your ice cream while it's on your plate. ~Thornton Wilder

Be happy. It's one way of being wise. ~Colette

Precisely the least, the softest, lightest, a lizard's rustling, a breath, a flash, a moment - a little makes the way of the best happiness. ~Frederich Nietzsche

Happiness grows at our own firesides, and is not to be picked in strangers' gardens. ~Douglas Jerrold

Unhappiness is not knowing what we want and killing ourselves to get it. ~Don Herold

If you are not happy here and now, you never will be. ~Taisen Deshimaru

It is strange what a contempt men have for the joys that are offered them freely. ~Georges Duhamel

The fact is always obvious much too late, but the most singular difference between happiness and joy is that happiness is a solid and joy a liquid. ~J.D. Salinger

The only time I was truly happy was as a child, before I knew what happiness was - or wasn't.  
~D.H. Mondfleur

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Eden is that old-fashioned house we dwell in every day  
Without suspecting our abode until we drive away.  
~Emily Dickinson

Happiness is a function of accepting what is. ~Werner Erhard

Happiness always looks small while you hold it in your hands, but let it go, and you learn at once how big and precious it is. ~Maxim Gorky

Three grand essentials to happiness in this life are something to do, something to love, and something to hope for. ~Joseph Addison

Pleasure is very seldom found where it is sought. Our brightest blazes are commonly kindled by unexpected sparks. ~Samuel Johnson

There can be no happiness if the things we believe in are different from the things we do.  
~Freya Stark

In order to have great happiness you have to have great pain and unhappiness - otherwise how would you know when you're happy? ~Leslie Caron

On the whole, the happiest people seem to be those who have no particular cause for being happy except that they are so. ~William R. Inge

Happiness is when what you think, what you say, and what you do are in harmony. ~Mahatma Gandhi

When you're really happy, the birds chirp and the sun shines even on cold dark winter nights - and flowers will bloom on a barren land. ~Grey Livingston

Happiness is like the penny candy of our youth: we got a lot more for our money back when we had no money. ~Mignon McLaughlin

Now and then it's good to pause in our pursuit of happiness and just be happy. ~Guillaume Apollinaire

When a man has lost all happiness, he's not alive. Call him a breathing corpse. ~Sophocles

Some pursue happiness, others create it. ~Author Unknown

The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things. ~Epictetus

Gather the crumbs of happiness and they will make you a loaf of contentment. ~Author Unknown

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Give a man health and a course to steer, and he'll never stop to trouble about whether he's happy or not. ~George Bernard Shaw

Happiness is the natural flower of duty. ~Phillips Brooks

But what is happiness except the simple harmony between a man and the life he leads?  
~Albert Camus

Happiness is not being pained in body or troubled in mind. ~Thomas Jefferson

We act as though comfort and luxury were the chief requirements in life, when all we need to make us really happy is something to be enthusiastic about. ~Charles Kingsley

You need to learn to be happy by nature, because you'll seldom have the chance to be happy by circumstance. ~Lavetta Sue Wegman

It is a comely fashion to be glad; Joy is the grace we say to God. ~Jean Ingelow

If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden, or looking for dinosaur eggs in the Gobi desert. He will not be searching for happiness as if it were a collar button that has rolled under the radiator. He will not be striving for it as a goal in itself. He will have become aware that he is happy in the course of living life twenty-four crowded hours of the day. ~W. Beran Wolfe

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life. ~Albert Camus

Happiness is the resultant of the relative strengths of positive and negative feelings rather than an absolute amount of one or the other. ~Norman Bradburn

If you ever find happiness by hunting for it, you will find it, as the old woman did her lost spectacles, safe on her own nose all the time. ~Josh Billings

Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it. ~William Feather

For every minute you are angry, you lose sixty seconds of happiness. ~Author Unknown

Happiness makes up in height for what it lacks in length. ~Robert Frost

The best way for a person to have happy thoughts is to count his blessings and not his cash.  
~Author Unknown

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Happiness is not a state to arrive at, but a manner of traveling. ~Margaret Lee Runbeck

Many people are extremely happy, but are absolutely worthless to society. ~Charles Gow

The pursuit of happiness is a most ridiculous phrase: if you pursue happiness you'll never find it. ~C.P. Snow

Happiness: an agreeable sensation arising from contemplating the misery of another.  
~Ambrose Bierce, *The Devil's Dictionary*

## HEALTH

The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind. ~G.K. Chesterton

There's lots of people in this world who spend so much time watching their health that they haven't the time to enjoy it. ~Josh Billings

The greatest wealth is health. ~Virgil

I reckon being ill as one of the great pleasures of life, provided one is not too ill and is not obliged to work till one is better. ~Samuel Butler

Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. ~Doug Larson

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. ~World Health Organization, 1948

The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around.... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing. ~Larry Dossey

Eat right, exercise regularly, die anyway. ~Author Unknown

Health nuts are going to feel stupid someday, lying in hospitals dying of nothing. ~Redd Foxx

As a people, we have become obsessed with Health. There is something fundamentally, radically unhealthy about all this. We do not seem to be seeking more exuberance in living as much as staving off failure, putting off dying. We have lost all confidence in the human body.  
~Lewis Thomas

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In order to change we must be sick and tired of being sick and tired. ~Author Unknown

The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.

These six will gladly you attend  
If only you are willing  
Your mind they'll ease  
Your will they'll mend  
And charge you not a shilling.

~Nursery rhyme quoted by Wayne Fields, *What the River Knows*, 1990

He who takes medicine and neglects to diet wastes the skill of his doctors. ~Chinese Proverb

If I'd known I was going to live so long, I'd have taken better care of myself. ~Leon Eldred

Be careful about reading health books. You may die of a misprint. ~Mark Twain

Red meat is *not* bad for you. Now blue-green meat, *that's* bad for you! ~Tommy Smothers

They claim red meat is bad for you. But I never saw a sick-looking tiger. ~Chi Chi Rodriguez

Physical ills are the taxes laid upon this wretched life; some are taxed higher, and some lower, but all pay something. ~Lord Chesterfield

If the pain wanders, do not waste your time with doctors. ~Mignon McLaughlin

The... patient should be made to understand that he or she must take charge of his own life.  
Don't take your body to the doctor as if he were a repair shop. ~Quentin Regestein

I drive way too fast to worry about cholesterol. ~Author Unknown

If I had my way I'd make health catching instead of disease. ~Robert Ingersoll

Sickness comes on horseback but departs on foot. ~Dutch Proverb

Like everybody else, when I don't know what else to do, I seem to go in for catching colds.  
~George Jean Nathan

Diseases of the soul are more dangerous and more numerous than those of the body. ~Cicero

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If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want. ~Elbert Hubbard

People who are always taking care of their health are like misers who are hoarding a treasure which they have never spirit enough to enjoy. ~Laurence Sterne

To feel keenly the poetry of a morning's roses, one has to have just escaped from the claws of this vulture which we call sickness. ~Henri Frederic Amiel

The longer I live the less confidence I have in drugs and the greater is my confidence in the regulation and administration of diet and regimen. ~John Redman Coxe

A good laugh and a long sleep are the best cures in the doctor's book. ~Irish Proverb

Fresh air impoverishes the doctor. ~Danish Proverb

There are two things in life that a sage must preserve at every sacrifice, the coats of his stomach and the enamel of his teeth. Some evils admit of consolations, but there are no comforters for dyspepsia and the toothache. ~Henry Lytton Bulwer

Water, air, and cleanliness are the chief articles in my pharmacopoeia. ~Napoleon I

The *I* in illness is isolation, and the crucial letters in wellness are *we*. ~Author unknown, as quoted in Mimi Guarneri, *The Heart Speaks: A Cardiologist Reveals the Secret Language of Healing*

What some call health, if purchased by perpetual anxiety about diet, isn't much better than tedious disease. ~George Dennison Prentice

Illness is the most heeded of doctors: to goodness and wisdom we only make promises; pain we obey. ~Marcel Proust

When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease. ~V.L. Allineare

My own prescription for health is less paperwork and more running barefoot through the grass. ~Leslie Grimutter

We drink one another's health and spoil our own. ~Jerome K. Jerome

In a disordered mind, as in a disordered body, soundness of health is impossible. ~Cicero

I think you might dispense with half your doctors if you would only consult Dr. Sun more. ~Henry Ward Beecher

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open. ~B.K.S. Iyengar

Sickness is the vengeance of nature for the violation of her laws. ~Charles Simmons

A healthy body and soul come from an unencumbered mind and body. ~Ymber Delecto

Adam and Eve ate the first vitamins, including the package. ~E.R. Squibb

Our body is a machine for living. It is organized for that, it is its nature. Let life go on in it unhindered and let it defend itself, it will do more than if you paralyze it by encumbering it with remedies. ~Leo Tolstoy

Sometimes I get the feeling the aspirin companies are sponsoring my headaches. ~V.L. Allineare

A healthy body is the guest-chamber of the soul; a sick, its prison. ~Francis Bacon

An imaginary ailment is worse than a disease. ~Yiddish Proverb

Health is a large word. It embraces not the body only, but the mind and spirit as well;... and not today's pain or pleasure alone, but the whole being and outlook of a man. ~James H. West

Hear your heart. Heart your health. ~Faith Seehill

Preserving the health by too strict a regimen is a wearisome malady. ~François Duc de la Rochefoucauld

From the bitterness of disease man learns the sweetness of health. ~Catalan Proverb

If man thinks about his physical or moral state he usually discovers that he is ill. ~Johann Wolfgang von Goethe

It's bizarre that the produce manager is more important to my children's health than the pediatrician. ~Meryl Streep

An illness of the mind is an illness of the body, and vice versa. ~Madrienne Arvore

Just because you're not sick doesn't mean you're healthy. ~Author Unknown

Every man's disease is his personal property. ~Alonzo Clark

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Know, then, whatever cheerful and serene  
Supports the mind supports the body too.  
~John Armstrong

When an illness knocks you on your ass, you should stay down and relax for a while before  
trying to get back up. ~Candea Core-Starke

I am pretty sure that, if you will be quite honest, you will admit that a good rousing sneeze, one  
that tears open your collar and throws your hair into your eyes, is really one of life's sensational  
pleasures. ~Robert Benchley

Men make use of their illnesses at least as much as they are made use of by them. ~Aldous  
Huxley

I see rejection in my skin, worry in my cancers, bitterness and hate in my aching joints. I failed  
to take care of my mind, and so my body now goes to hospital. ~Astrid Alauda

If you don't take care of yourself, the undertaker will overtake that responsibility for you. ~Carrie  
Latet

The most important thing in illness is never to lose heart. ~Nikolai Lenin

The part can never be well unless the whole is well. ~Plato

The scientific truth may be put quite briefly; eat moderately, having an ordinary mixed diet, and  
don't worry. ~Robert Hutchison

If by gaining knowledge we destroy our health, we labour for a thing that will be useless in our  
hands. ~John Locke

To avoid sickness eat less; to prolong life worry less. ~Chu Hui Weng

When the head aches, all the body is the worse. ~English Proverb

Healthy people are invalids who don't know it. ~Jules Romains, *Dr. Knock*, 1923

If your body's not right, the rest of your day will go all wrong. Take care of yourself. ~V.L.  
Allineare

The deviation of man from the state in which he was originally placed by nature seems to have  
proved to him a prolific source of disease. ~Edward Jenner

There is something in sickness that breaks down the pride of manhood. ~Charles Dickens

Bacteria keeps us from heaven and puts us there. ~Martin H. Fischer

Health and cheerfulness naturally beget each other. ~Joseph Addison

It is a lot harder to keep people well than it is to just get them over a sickness. ~DeForest Clinton Jarvis

Life is not merely to be alive, but to be well. ~Marcus Valerius Martial

The mind has great influence over the body, and maladies often have their origin there.  
~Moliere

Half the modern drugs could well be thrown out the window, except that the birds might eat them. ~Martin H. Fischer

If you wish to keep as well as possible, the less you think about your health the better. ~Oliver Wendell Holmes

In the face of such overwhelming statistical possibilities hypochondria has always seems to me to be the only rational position to take on life. ~John Diamond

He who has health has hope; and he who has hope has everything. ~Arabic Proverb

A bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part. ~Nathaniel Hawthorne

It's no coincidence that four of the six letters in health are "heal." ~Ed Northstrum

If you do everything you should do, and do not do anything you should not do, you will, according to the best available statistics, live exactly eighteen hours longer than you would otherwise. ~Logain Clendenning

It's no longer a question of staying healthy. It's a question of finding a sickness you like.  
~Jackie Mason

Those obsessed with health are not healthy; the first requisite of good health is a certain calculated carelessness about oneself. ~Sydney J. Harris

I refuse to spend my life worrying about what I eat. There is no pleasure worth forgoing just for an extra three years in the geriatric ward. ~John Mortimer

Nothing is more fatal to Health, than an over Care of it. ~Benjamin Franklin

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## HONESTY

It is hard to believe that a man is telling the truth when you know that you would lie if you were in his place. ~Henry Louis Mencken

If you tell the truth you don't have to remember anything. ~Mark Twain

Who lies for you will lie against you. ~Bosnian Proverb

No man has a good enough memory to make a successful liar. ~Abraham Lincoln

Make yourself an honest man, and then you may be sure there is one less rascal in the world. ~Thomas Carlyle

A half truth is a whole lie. ~Yiddish Proverb

A lie will easily get you out of a scrape, and yet, strangely and beautifully, rapture possesses you when you have taken the scrape and left out the lie. ~Charles Edward Montague

Those who think it is permissible to tell white lies soon grow color-blind. ~Austin O'Malley

A truth that's told with bad intent beats all the lies you can invent. ~William Blake,

The least initial deviation from the truth is multiplied later a thousandfold. ~Aristotle

The most dangerous untruths are truths moderately distorted. ~Georg Christoph Lichtenberg

Dare to be true: nothing can need a lie: A fault, which needs it most, grows two thereby. ~George Herbert

With lies you may get ahead in the world - but you can never go back. ~Russian proverb

Honesty is the rarest wealth anyone can possess, and yet all the honesty in the world ain't lawful tender for a loaf of bread. ~Josh Billings

The hardest tumble a man can make is to fall over his own bluff. ~Ambrose Bierce

A lie has speed, but truth has endurance. ~Edgar J. Mohn

When you stretch the truth, watch out for the snapback. ~Bill Copeland

Truth is the most valuable thing we have, so I try to conserve it. ~Mark Twain

Honesty is never seen sitting astride the fence. ~Lemuel K. Washburn

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A lie may take care of the present, but it has no future. ~Author Unknown

We tell lies when we are afraid... afraid of what we don't know, afraid of what others will think, afraid of what will be found out about us. But every time we tell a lie, the thing that we fear grows stronger. ~Tad Williams

Truth fears no questions. ~Unknown

There are only two ways of telling the complete truth - anonymously and posthumously.  
~Thomas Sowell

Honesty is the first chapter of the book of wisdom. ~Thomas Jefferson

I don't mind lying, but I hate inaccuracy. ~Samuel Butler

Pretty much all the honest truth telling in the world is done by children. ~Oliver Wendell

The truth brings with it a great measure of absolution, always. ~R.D. Laing

Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing had happened. ~Winston Churchill

If you want to ruin the truth, stretch it. ~Author Unknown

The truth is more important than the facts. ~Frank Lloyd Wright

Like all valuable commodities, truth is often counterfeited. ~James Cardinal Gibbons

Respect for the truth is an acquired taste. ~Mark Van Doren

If falsehood, like truth, had but one face, we would be more on equal terms. For we would consider the contrary of what the liar said to be certain. But the opposite of truth has a hundred thousand faces and an infinite field. ~Michel Eyquem de Montaigne

A lie gets halfway around the world before the truth has a chance to put its pants on. ~Winston Churchill

It is not without good reason said, that he who has not a good memory should never take upon him the trade of lying. ~Michel de Montaigne

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It is not without good reason said, that he who has not a good memory should never take upon him the trade of lying. ~Michel de Montaigne

Beware of the half truth. You may have gotten hold of the wrong half. ~Author Unknown

When truth is divided, errors multiply. ~Eli Siegel

Truth is such a rare thing, it is delightful to tell it. ~Emily Dickinson

Honesty pays, but it don't seem to pay enough to suit some people. ~Frank McKinney "Kin" Hubbard

It is not difficult to deceive the first time, for the deceived possesses no antibodies; unvaccinated by suspicion, she overlooks lateness, accepts absurd excuses, permits the flimsiest patching to repair great rents in the quotidian. ~John Updike

No mask like open truth to cover lies,  
As to go naked is the best disguise.  
~William Congreve

Truth is mighty and will prevail. There is nothing the matter with this, except that it ain't so.  
~Mark Twain

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~Mark Twain

Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth. ~Oscar Wilde

Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true. ~Robert Brault

The truth needs so little rehearsal. ~Barbara Kingsolver

Society can exist only on the basis that there is some amount of polished lying and that no one says exactly what he thinks. ~Lin Yutang

A little inaccuracy sometimes saves tons of explanation. ~Saki

Some people will not tolerate such emotional honesty in communication. They would rather defend their dishonesty on the grounds that it might hurt others. Therefore, having rationalized their phoniness into nobility, they settle for superficial relationships. ~Author Unknown

One of the most striking differences between a cat and a lie is that a cat has only nine lives.  
~Mark Twain

It is always the best policy to tell the truth, unless, of course, you are an exceptionally good liar.  
~Jerome K. Jerome

Always tell the truth. If you can't always tell the truth, don't lie. ~Author Unknown

I am different from Washington; I have a higher, grander standard of principle. Washington could not lie. I can lie, but I won't. ~Mark Twain

## **HOPE**

Hope, deceitful as it is, serves at least to lead us to the end of our lives by an agreeable route.  
~François Duc de La Rochefoucauld

Once you choose hope, anything's possible. ~Christopher Reeve

Hope is the only universal liar who never loses his reputation for veracity. ~Robert G. Ingersoll

Things which you do not hope happen more frequently than things which you do hope. ~Titus Maccius Plautus

Hope is some extraordinary spiritual grace that God gives us to control our fears, not to oust them. ~Vincent McNabb

In reality, hope is the worst of all evils, because it prolongs man's torments. ~Friedrich Nietzsche

When the world says, "Give up,"  
Hope whispers, "Try it one more time."  
~Author Unknown

Love floods us with hope. ~Jareb Teague

There is nothing so well known as that we should not expect something for nothing - but we all do and call it Hope. ~Edgar Howe

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Hope itself is a species of happiness, and, perhaps, the chief happiness which this world affords; but, like all other pleasures immoderately enjoyed, the excesses of hope must be expiated by pain. ~Samuel Johnson

Hope is that thing with feathers that perches in the soul and sings the tune without the words and never stops... at all. ~Emily Dickinson

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. ~Anne Lamott

The miserable have no other medicine  
But only hope.  
~William Shakespeare

The road that is built in hope is more pleasant to the traveler than the road built in despair, even though they both lead to the same destination. ~Marian Zimmer Bradley

You've gotta have hope. Without hope life is meaningless. Without hope life is meaning less and less. ~Author Unknown

Hope is the feeling we have that the feeling we have is not permanent. ~Mignon McLaughlin

Lord save us all from... a hope tree that has lost the faculty of putting out blossoms. ~Mark Twain

Hope is faith holding out its hand in the dark. ~George Iles

When hope is hungry, everything feeds it. ~Mignon McLaughlin

Hope is putting faith to work when doubting would be easier. ~Author Unknown

If one truly has lost hope, one would not be on hand to say so. ~Eric Bentley

The sudden disappointment of a hope leaves a scar which the ultimate fulfillment of that hope never entirely removes. ~Thomas Hardy

Hope is independent of the apparatus of logic. ~Norman Cousins

Sanity may be madness but the maddest of all is to see life as it is and not as it should be.  
~Don Quixote

Hope is necessary in every condition. The miseries of poverty, sickness, of captivity, would, without this comfort, be insupportable. ~Samuel Johnson

Hope is the physician of each misery. ~Irish Proverb

Take hope from the heart of man and you make him a beast of prey. ~Ouida

It is the around-the-corner brand of hope that prompts people to action, while the distant hope acts as an opiate. ~Eric Hoffer

To eat bread without hope is still slowly to starve to death. ~Pearl S. Buck

Hope is but the dream of those who wake. ~Matthew Prior

Hope is grief's best music. ~Author Unknown

There is no hope unmingled with fear, and no fear unmingled with hope. ~Baruch Spinoza

He that lives upon hope will die fasting. ~Benjamin Franklin

When you say a situation or a person is hopeless, you're slamming the door in the face of God.  
~Charles L. Allen

Hope never abandons you, you abandon it. ~George Weinberg

Some see a hopeless end, while others see an endless hope. ~Author Unknown

Hope is patience with the lamp lit. ~Tertullian

Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence. ~Lin Yutang

Hope is the poor man's bread. ~Gary Herbert

Hope is the word which God has written on the brow of every man. ~Victor Hugo

Hope is the only bee that makes honey without flowers. ~Robert Ingersoll

## **HUMOR**

Humor is a reminder that no matter how high the throne one sits on, one sits on one's bottom.  
~Taki

Humor is perhaps a sense of intellectual perspective: an awareness that some things are really important, others not; and that the two kinds are most oddly jumbled in everyday affairs.  
~Christopher Morley

Humor is merely tragedy standing on its head with its pants torn. ~Irvin S. Cobb

Imagination was given to man to compensate him for what he is not; a sense of humor to console him for what he is. ~Francis Bacon

Humor results when society says you can't scratch certain things in public, but they itch in public. ~Tom Walsh

Humor has a way of bringing people together. It unites people. In fact, I'm rather serious when I suggest that someone should plant a few whoopee cushions in the United Nations. ~Ron Dentinger

Every survival kit should include a sense of humor. ~Author Unknown

Humor is the great thing, the saving thing. The minute it crops up, all our irritation and resentments slip away, and a sunny spirit takes their place. ~Mark Twain

Humor is emotional chaos remembered in tranquillity. ~James Thurber

Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense, dancing. ~William James

After God created the world, He made man and woman. Then, to keep the whole thing from collapsing, He invented humor. ~Bill Kelly

If I had no sense of humor, I would long ago have committed suicide. ~Mahatma Gandhi

The satirist shoots to kill while the humorist brings his prey back alive and eventually releases him again for another chance. ~Peter De Vries

Humor is just another defense against the universe. ~Mel Brooks

Humor is reason gone mad. ~Groucho Marx

A sense of humor is a major defense against minor troubles. ~Mignon McLaughlin

Comedy is simply a funny way of being serious. ~Peter Ustinov

Comedy has to be based on truth. You take the truth and you put a little curlicue at the end. ~Sid Caesar

Warning: Humor may be hazardous to your illness. ~Ellie Katz

Nothing is more curious than the almost savage hostility that humor excites in those who lack it.

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~George Saintsbury

Humor is... despair refusing to take itself seriously. ~Arland Ussher

Humor is a rubber sword - it allows you to make a point without drawing blood. ~Mary Hirsch

The kind of humor I like is the thing that makes me laugh for five seconds and think for ten minutes. ~William Davis

Many a true word is spoken in jest. ~English Proverb

I think the next best thing to solving a problem is finding some humor in it. ~Frank A. Clark

Above all else: go out with a sense of humor. It is needed armor. Joy in one's heart and some laughter on one's lips is a sign that the person down deep has a pretty good grasp of life.  
~Hugh Sidey

There is no defense against adverse fortune which is so effectual as an habitual sense of humor. ~Thomas W. Higginson

Humor prevents one from becoming a tragic figure even though he/she is involved in tragic events. ~E.T. "Cy" Eberhart

Humor is the instinct for taking pain playfully. ~Max Eastman

A person without a sense of humor is like a wagon without springs - jolted by every pebble in the road. ~Henry Ward Beecher

There is more logic in humor than in anything else. Because, you see, humor is truth. ~Victor Borge

Someone once defined humor as a way to keep from killing yourself. I keep my sense of humor and I stay alive. ~Abe Burrows

Humor is an affirmation of dignity, a declaration of man's superiority to all that befalls him.  
~Roman Gary

Humor is, I think, the subtlest and chanciest of literary forms. It is surely not accidental that there are a thousand novelists, essayists, poets or journalists for each humorist. It is a long, long time between James Thurbers. ~Leo Rosten

## **IDEALS**

Ideals are like stars: you will not succeed in touching them with your hands, but like the seafaring man on the desert of waters, you choose them as your guides, and following them you reach your destiny. ~Carl Schurz

Our ideals, like the gods of old, are constantly demanding human sacrifices. ~George Bernard Shaw

Some people never have anything except ideals. ~E.W. Howe

When a man forgets his ideals he may hope for happiness, but not till then. ~John Oliver Hobbes

There is nothing the matter with Americans except their ideals. The real American is all right; it is the ideal American who is all wrong. ~G.K. Chesterton

You can tell the ideals of a nation by its advertisements. ~Norman Douglas

We are all inclined to judge ourselves by our ideals; others, by their acts. ~Harold Nicolson

Idealism increases in direct proportion to one's distance from the problem. ~John Galsworthy

Reality shouts; ideals whisper. ~Nathaniel LeTonnerre

Idealism is what precedes experience; cynicism is what follows. ~David T. Wolf

Don't let the alarm clock of life wake you from the dream of your ideals. ~Irisa Hail

An idealist is one who, on noticing that roses smell better than a cabbage, concludes that it will also make better soup. ~Henry L. Mencken

Every dogma has its day, but ideals are eternal. ~Israel Zangwill

## **IMAGINATION**

A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral. ~Antoine de Saint-Exupéry

I saw the angel in the marble and carved until I set him free. ~Michelangelo

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I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living, it's a way of looking at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities. ~Theodore Geisel

Nothing encourages creativity like the chance to fall flat on one's face. ~James D. Finley

Some stories are true that never happened. ~Elie Weisel

It's a poor sort of memory that only works backwards. ~Lewis Carroll

My alphabet starts with this letter called *yuzz*. It's the letter I use to spell *yuzz-a-ma-tuzz*. You'll be sort of surprised what there is to be found once you go beyond 'Z' and start poking around!  
~Dr. Seuss

The lunatic, the lover, and the poet, are of imagination all compact. ~William Shakespeare

They are ill discoverers that think there is no land, when they can see nothing but sea. ~Francis Bacon

Think left and think right and think low and think high. Oh, the thinks you can think up if only you try! ~Dr. Seuss

A fool-proof method for sculpting an elephant: first, get a huge block of marble; then you chip away everything that doesn't look like an elephant. ~Author Unknown

The Possible's slow fuse is lit  
By the Imagination.  
~Emily Dickinson

Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity. ~George Smith Patton

The creative person is both more primitive and more cultivated, more destructive, a lot madder and a lot saner, than the average person. ~Frank Barron

You can't depend on your eyes when your imagination is out of focus. ~Mark Twain

Don't expect anything original from an echo. ~Author Unknown

I paint objects as I think them, not as I see them. ~Pablo Picasso

You can't wait for inspiration. You have to go after it with a club. ~Jack London

There are no rules of architecture for a castle in the clouds. ~G.K. Chesterton

Imagination and fiction make up more than three-quarters of our real life. ~Simone Weil

Personally, I would sooner have written Alice in Wonderland than the whole Encyclopedia Britannica. ~Stephen Leacock

Sometimes imagination pounces; mostly it sleeps soundly in the corner, purring. ~Leslie Grimmer

Creativity represents a miraculous coming together of the uninhibited energy of the child with its apparent opposite and enemy, the sense of order imposed on the disciplined adult intelligence. ~Norman Podhoretz

They who dream by day are cognizant of many things which escape those who dream only by night. ~Edgar Allan Poe

He who has imagination without learning has wings but no feet. ~Joseph Joubert

Sometimes I've believed as many as six impossible things before breakfast. ~Lewis Carroll

There is nothing worse than a sharp image of a fuzzy concept. ~Ansel Adams

Things are only impossible until they're not. ~Jean-Luc Picard, *Star Trek: The Next Generation*

When you are describing,  
A shape, or sound, or tint;  
Don't state the matter plainly,  
But put it in a hint;  
And learn to look at all things,  
With a sort of mental squint.  
~Lewis Carroll

The theoretician believes in logic and believes that he despises dreams, intuition, and poetry. He does not recognize that these three fairies have only disguised themselves in order to dazzle him.... He does not know that he owes his greatest discoveries to them. ~Antoine de Saint-Exupéry

I think the world really boils down to two types of people - those who see shapes in cloud formations, and those who just see clouds. ~Danae Pace

Trust that little voice in your head that says "Wouldn't it be interesting if..." And then do it. ~Duane Michals

Perhaps imagination is only intelligence having fun. ~George Scialabba

It's not what you look at that matters, it's what you see. ~Henry David Thoreau

The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom the emotion is a stranger, who can no longer pause and stand wrapped in awe, is as good as dead; his eyes are closed. ~Albert Einstein

Anyone who can be replaced by a machine deserves to be. ~Dennis Gunton

Really we create nothing. We merely plagiarize nature. ~Jean Baitaillon

Fiction reveals truths that reality obscures. ~Jessamyn West

People who lean on logic and philosophy and rational exposition end by starving the best part of the mind. ~William Butler Yeats

I remembered a story of how Bach was approached by a young admirer one day and asked, "But Papa Bach, how do you manage to think of all these new tunes?" "My dear fellow," Bach is said to have answered, according to my version, "I have no need to think of them. I have the greatest difficulty not to step on them when I get out of bed in the morning and start moving around my room." ~Laurens Van der Post

I doubt that the imagination can be suppressed. If you truly eradicated it in a child, he would grow up to be an eggplant. ~Ursula K. Le Guin

Discovery consists of seeing what everybody has seen and thinking what nobody has thought. ~Albert Szent-Györgyi

I believe in the imagination. What I cannot see is infinitely more important than what I can see. ~Duane Michals

I never did very well in math - I could never seem to persuade the teacher that I hadn't meant my answers literally. ~Calvin Trillin

Creative minds have always been known to survive any kind of bad training. ~Anna Freud

To think creatively, we must be able to look afresh at what we normally take for granted. ~George Kneller

When patterns are broken, new worlds emerge. ~Tuli Kupferberg

It is the eye of ignorance that assigns a fixed and unchangeable color to every object; beware of this stumbling block. ~Paul Gauguin

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## KNOWLEDGE

The larger the island of knowledge, the longer the shoreline of wonder. ~Ralph W. Sockman

Knowledge is a sacred cow, and my problem will be how we can milk her while keeping clear of her horns. ~Albert Szent-Györgyi

Real knowledge is to know the extent of one's ignorance. ~Confucius

Knowledge is haunted by the ghost of past opinion. ~Author Unknown

A love affair with knowledge will never end in heartbreak. ~Michael Garrett Marino

In your thirst for knowledge, be sure not to drown in all the information. ~Anthony J. D'Angelo

What we want is to see the child in pursuit of knowledge, and not knowledge in pursuit of the child. ~George Bernard Shaw

One part of knowledge consists in being ignorant of such things as are not worthy to be known.  
~Crates

The greatest obstacle to discovering the shape of the earth, the continents and the ocean was not ignorance but the illusion of knowledge. ~Daniel J. Boorstin

Of course there's a lot of knowledge in universities: the freshmen bring a little in; the seniors don't take much away, so knowledge sort of accumulates. ~Abbott Lawrence Lowell

All our knowledge merely helps us to die a more painful death than animals that know nothing.  
~Maurice Maeterlinck

Knowledge is the true organ of sight, not the eyes. ~Panchatantra

We are here and now. Further than that, all knowledge is moonshine. ~H.L. Mencken

If we would have new knowledge, we must get a whole world of new questions. ~Susanne K. Langer

To be master of any branch of knowledge, you must master those which lie next to it; and thus to know anything you must know all. ~Oliver Wendell Holmes, Jr.

Oftentimes the supposed increasers of knowledge have only given a new name, and a worse, to what every body knew before. ~Augustus William Hare and Julius Charles Hare

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If a little knowledge is dangerous, where is the man who has so much as to be out of danger?  
~Thomas Henry Huxley

Knowledge rests not upon truth alone, but upon error also. ~Carl G. Jung

## **LEADERSHIP**

Remember the difference between a boss and a leader; a boss says "Go!" - a leader says "Let's go!" ~E.M. Kelly

A chief is a man who assumes responsibility. He says "I was beaten," he does not say "My men were beaten." ~Antoine de Saint-Exupery

A leader leads by example, whether he intends to or not. ~Author Unknown

Leadership is action, not position. ~Donald H. McGannon

You can't lead anyone else further than you have gone yourself. ~Gene Mauch

The leadership instinct you are born with is the backbone. You develop the funny bone and the wishbone that go with it. ~Elaine Agather

You don't have to hold a position in order to be a leader. ~Anthony J. D'Angelo

Example is not the main thing in influencing others. It is the only thing. ~Albert Schweitzer

Leaders are visionaries with a poorly developed sense of fear and no concept of the odds against them. ~Robert Jarvik

You do not lead by hitting people over the head. That's assault, not leadership. ~Dwight D. Eisenhower

Nothing so conclusively proves a man's ability to lead others as what he does from day to day to lead himself. ~Thomas J. Watson

If two or three persons should come with a high spiritual aim and with great powers, the world would fall into their hands like a ripe peach. ~Ralph Waldo Emerson

A leader is a dealer in hope. ~Napoleon Bonaparte, attributed

Leaders don't create followers, they create more leaders. ~Tom Peters

One measure of leadership is the caliber of people who choose to follow you. ~Dennis A. Peer

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A good leader is a person who takes a little more than his share of the blame and a little less than his share of the credit. ~John C. Maxwell

A leader is best  
When people barely know that he exists.  
~Witter Bynner

The real leader has no need to lead - he is content to point the way. ~Henry Miller

I am more afraid of an army of one hundred sheep led by a lion than an army of one hundred lions led by a sheep. ~Charles Maurice

A man is only a leader when a follower stands beside him. ~Mark Brouwer

I suppose that leadership at one time meant muscle; but today it means getting along with people. ~Indira Gandhi

Leaders need to be optimists. Their vision is beyond the present. ~Rudy Giuliani

A leader leads by example not by Force. ~Sun Tzu

A leader who doesn't hesitate before he sends his nation into battle is not fit to be a leader.  
~Golda Meir

The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it. ~Theodore Roosevelt

Leadership is based on a spiritual quality; the power to inspire, the power to inspire others to follow. ~Vince Lombardi

We have great managers who haven't spent a day in management school. Do we have great surgeons that haven't spent a day in surgical school? ~Henry Mintzberg

Every leader needs to look back once in a while to make sure he has followers. ~Author Unknown

The art of leadership is saying no, not yes. It is very easy to say yes. ~Tony Blair

Leadership: the art of getting someone else to do something you want done because he wants to do it. ~Dwight D. Eisenhower

When trouble arises and things look bad, there is always one individual who perceives a solution and is willing to take command. Very often, that person is crazy. ~Dave Barry

Authority without wisdom is like a heavy axe without an edge, fitter to bruise than polish. ~Anne Bradstreet

A leader has the vision and conviction that a dream can be achieved. He inspires the power and energy to get it done. ~Ralph Nader

Inside my empty bottle I was constructing a lighthouse while all the others were making ships. ~Charles Simic

Management is nothing more than motivating other people. ~Lee Iacocca

There go my people. I must find out where they are going so I can lead them. ~Alexandre Ledru-Rollin

I am not a labor leader. I don't want you to follow me or anyone else. If you are looking for a Moses to lead you out of the capitalist wilderness you will stay right where you are. I would not lead you into this promised land if I could, because if I could lead you in, someone else could lead you out. ~Eugene V. Debs

To lead the people, walk behind them. ~Lao-Tzu

Charlatanism of some degree is indispensable to effective leadership. ~Eric Hoffer

## **LAZINESS**

Laziness is nothing more than the habit of resting before you get tired. ~Jules Renard

I like the word "indolence." It makes my laziness seem classy. ~Bern Williams

All of the biggest technological inventions created by man - the airplane, the automobile, the computer - says little about his intelligence, but speaks volumes about his laziness. ~Mark Kennedy

Efficiency is intelligent laziness. ~David Dunham

People who throw kisses are mighty hopelessly lazy. ~Bob Hope

Tomorrow is the only day in the year that appeals to a lazy man. ~Jimmy Lyons

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It's true hard work never killed anybody, but I figure, why take the chance? ~Ronald Reagan

What is right is often forgotten by what is convenient. ~Bodie Thoene

Laziness will cause you pain. ~Slogan on T-shirt worn at the Vee Arnis Jitsu School of Self-Defense

There is no cure for laziness but a large family helps. ~Herbert Prochnov

Ambition is a poor excuse for not having sense enough to be lazy. ~Charlie McCarthy

We have produced a world of contented bodies and discontented minds. ~Adam Clayton Powell,

The time will come when winter will ask you what you were doing all summer. ~Henry Clay

That destructive siren, sloth, is ever to be avoided. ~Horace

How can a society that exists on instant mashed potatoes, packaged cake mixes, frozen dinners, and instant cameras teach patience to its young? ~Paul Sweeney

The present generation, wearied by its chimerical efforts, relapses into complete indolence. Its condition is that of a man who has only fallen asleep towards morning: first of all come great dreams, then a feeling of laziness, and finally a witty or clever excuse for remaining in bed. ~Søren Kierkegaard

It is easier to mend neglect than to quicken love. ~Saint Jerome

The modern sympathy with invalids is morbid. Illness of any kind is hardly a thing to encourage in others. ~Oscar Wilde

We have a system that increasingly taxes work and subsidizes nonwork. ~Milton Friedman

## **LEARNING**

You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives. ~Clay P. Bedford

Get over the idea that only children should spend their time in study. Be a student so long as you still have something to learn, and this will mean all your life. ~Henry L. Doherty

I am learning all the time. The tombstone will be my diploma. ~Eartha Kitt

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It's what you learn after you know it all that counts. ~Attributed to Harry S. Truman

A single conversation with a wise man is better than ten years of study. ~Chinese Proverb

In the spider-web of facts, many a truth is strangled. ~Paul Eldridge

When the student is ready, the master appears. ~Buddhist Proverb

Give me a fruitful error any time, full of seeds, bursting with its own corrections. You can keep your sterile truth for yourself. ~Vilfredo Pareto

It is important that students bring a certain ragamuffin, barefoot irreverence to their studies; they are not here to worship what is known, but to question it. ~Jacob Bronowski

Education consists mainly of what we have unlearned. ~Mark Twain

Man's mind, once stretched by a new idea, never regains its original dimensions. ~Oliver Wendell Holmes

You learn something every day if you pay attention. ~Ray LeBlond

The most useful piece of learning for the uses of life is to unlearn what is untrue. ~Antisthenes

Some people will never learn anything, for this reason, because they understand everything too soon. ~Alexander Pope

Sit down before fact as a little child, be prepared to give up every conceived notion, follow humbly wherever and whatever abysses nature leads, or you will learn nothing. ~Thomas Huxley

Children have to be educated, but they have also to be left to educate themselves. ~Abbé Dimnet

I don't think much of a man who is not wiser today than he was yesterday. ~Abraham Lincoln

The ink of the scholar is more sacred than the blood of the martyr. ~Mohammed

Learning is a treasure that will follow its owner everywhere. ~Chinese Proverb

All the world is a laboratory to the inquiring mind. ~Martin H. Fischer

I am always ready to learn although I do not always like being taught. ~Winston Churchill

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The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live. ~Mortimer Adler

There are some things you learn best in calm, and some in storm. ~Willa Cather

There are many things which we can afford to forget which it is yet well to learn. ~Oliver Wendell Holmes, Jr.

I am defeated, and know it, if I meet any human being from whom I find myself unable to learn anything. ~George Herbert Palmer

Always walk through life as if you have something new to learn and you will. ~Vernon Howard

Beware of the man who works hard to learn something, learns it, and finds himself no wiser than before. ~Kurt Vonnegut, Jr.

I find four great classes of students: The dumb who stay dumb. The dumb who become wise. The wise who go dumb. The wise who remain wise. ~Martin H. Fischer

No matter how one may think himself accomplished, when he sets out to learn a new language, science, or the bicycle, he has entered a new realm as truly as if he were a child newly born into the world. ~Frances Willard

Anyone who stops learning is old, whether at twenty or eighty. ~Henry Ford

It is not hard to learn more. What is hard is to unlearn when you discover yourself wrong. ~Martin H. Fischer

If the past cannot teach the present and the father cannot teach the son, then history need not have bothered to go on, and the world has wasted a great deal of time. ~Russell Hoban

You have learned something. That always feels at first as if you had lost something. ~H.G. Wells

I have never in my life learned anything from any man who agreed with me. ~Dudley Field Malone

Every act of conscious learning requires the willingness to suffer an injury to one's self-esteem. That is why young children, before they are aware of their own self-importance, learn so easily. ~Thomas Szasz

I am what the librarians have made me with a little assistance from a professor of Greek and a few poets. ~Bernard Keble Sandwell

Learn as much as you can while you are young, since life becomes too busy later. ~Dana Stewart Scott

His studies were pursued but never effectually overtaken. ~H.G. Wells

The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn. ~Alvin Toffler

Learning is a lifetime process, but there comes a time when we must stop adding and start updating. ~Robert Brault

Learning without thought is labor lost. ~Confucius

The pupil can only educate himself. Teachers are the custodians of apparatus upon which he himself must turn and twist to acquire the excellencies that distinguish the better from the poorer of God's vessels. ~Martin H. Fischer

The best of my education has come from the public library... my tuition fee is a bus fare and once in a while, five cents a day for an overdue book. You don't need to know very much to start with, if you know the way to the public library. ~Lesley Conger

The man who is too old to learn was probably always too old to learn. ~Henry S. Haskins

We learn more by looking for the answer to a question and not finding it than we do from learning the answer itself. ~Lloyd Alexander

You don't understand anything until you learn it more than one way. ~Marvin Minsky

The important thing is not so much that every child should be taught, as that every child should be given the wish to learn. ~John Lubbock

Learning is like rowing upstream: not to advance is to drop back. ~Chinese Proverb

People learn something every day, and a lot of times it's that what they learned the day before was wrong. ~Bill Vaughan

## **MISTAKES**

The greatest mistake you can make in life is to be continually fearing you will make one. ~Elbert Hubbard

Mistakes are part of the dues one pays for a full life. ~Sophia Loren

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It was when I found out I could make mistakes that I knew I was on to something. ~Ornette Coleman

I never make stupid mistakes. Only very, very clever ones. ~John Peel

Never say, "oops." Always say, "Ah, interesting." ~Author Unknown

If you don't make mistakes, you're not working on hard enough problems. And that's a big mistake. ~F. Wiczek

While one person hesitates because he feels inferior, the other is busy making mistakes and becoming superior. ~Henry C. Link

An expert is a man who has made all the mistakes which can be made in a very narrow field. ~Niels Bohr

A man should never be ashamed to own he has been in the wrong, which is but saying... that he is wiser today than he was yesterday. ~Alexander Pope

The only real mistake is the one from which we learn nothing. ~John Powell

The man who makes no mistakes does not usually make anything. ~Edward Phelps

Making mistakes simply means you are learning faster. ~Weston H. Agor

If a mistake is not a stepping stone, it is a mistake. ~Eli Siegel

One cannot too soon forget his errors and misdemeanors; for to dwell upon them is to add to the offense. ~Henry David Thoreau

You will do foolish things, but do them with enthusiasm. ~Colette

As long as the world is turning and spinning, we're gonna be dizzy and we're gonna make mistakes. ~Mel Brooks

Our blunders mostly come from letting our wishes interpret our duties. ~Author Unknown

When we make mistakes they call it evil. When God makes mistakes they call it Nature! ~Jack Nicholson

Things could be worse. Suppose your errors were counted and published every day, like those of a baseball player. ~Author Unknown

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Mistakes fail in their mission of helping the person who blames them on the other fellow.  
~Henry S. Haskins

Error is a hardy plant; it flourishes in every soil. ~Martin F. Tupper

When you realize you've made a mistake, make amends immediately. It's easier to eat crow while it's still warm. ~Dan Heist

Mistakes are the usual bridge between inexperience and wisdom. ~Phyllis Theroux

The essence of success is that it is never necessary to think of a new idea oneself. It is far better to wait until somebody else does it, and then to copy him in every detail, except his mistakes. ~Aubrey Menen

If you shut your door to all errors truth will be shut out. ~Rabindranath Tagore

Just because you make mistakes doesn't mean you are one. ~Author Unknown

Truth will sooner come out of error than from confusion. ~Francis Bacon

Admit your errors before someone else exaggerates them. ~Andrew V. Mason

Errors to be dangerous must have a great deal of truth mingled with them. It is only from this alliance that they can ever obtain an extensive circulation. ~Sydney Smith

In the game of life it's a good idea to have a few early losses, which relieves you of the pressure of trying to maintain an undefeated season. ~Bill Vaughan

From the errors of others, a wise man corrects his own. ~Syrus

It is very easy to forgive others their mistakes; it takes more grit to forgive them for having witnessed your own. ~Jessamyn West

## **MONEY**

The safe way to double your money is to fold it over once and put it in your pocket. ~Frank Hubbard

We can tell our values by looking at our checkbook stubs. ~Gloria Steinem

There is a very easy way to return from a casino with a small fortune: go there with a large one. ~Jack Yelton

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My problem lies in reconciling my gross habits with my net income. ~Errol Flynn

Car sickness is the feeling you get when the monthly payment is due. ~Author Unknown

Inflation hasn't ruined everything. A dime can still be used as a screwdriver. ~Quoted in *P.S. I Love You*, compiled by H. Jackson Brown, Jr.

I am opposed to millionaires, but it would be dangerous to offer me the position. ~Mark Twain

They who are of the opinion that Money will do everything, may very well be suspected to do everything for Money. ~George Savile

I cannot afford to waste my time making money. ~Louis Agassiz

There's no money in poetry, but then there's no poetry in money, either. ~Robert Graves

When I have money, I get rid of it quickly, lest it find a way into my heart. ~John Wesley

It is an unfortunate human failing that a full pocketbook often groans more loudly than an empty stomach. ~Franklin Delano Roosevelt

After a visit to the beach, it's hard to believe that we live in a material world. ~Pam Shaw

The real measure of your wealth is how much you'd be worth if you lost all your money.  
~Author Unknown

Only when the last tree has died and the last river been poisoned and the last fish been caught will we realise we cannot eat money. ~Cree Indian Proverb

The only reason a great many American families don't own an elephant is that they have never been offered an elephant for a dollar down and easy weekly payments. ~*Mad Magazine*

I'd like to live as a poor man with lots of money. ~Pablo Picasso

No matter how hard you hug your money, it never hugs back. ~Quoted in *P.S. I Love You*, compiled by H. Jackson Brown, Jr.

Waste your money and you're only out of money, but waste your time and you've lost a part of your life. ~Michael Leboeuf

There are people who have money and people who are rich. ~Coco Chanel

Money is a headache, and money is the cure. ~Everett Mámor

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This planet has - or rather had - a problem, which was this: most of the people living on it were unhappy for pretty much of the time. Many solutions were suggested for this problem, but most of these were largely concerned with the movements of small green pieces of paper, which is odd because on the whole it wasn't the small green pieces of paper that were unhappy.

~Douglas Adams

Life shouldn't be printed on dollar bills. ~Clifford Odets

There are few sorrows, however poignant, in which a good income is of no avail. ~Logan Pearsall Smith

It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure that you haven't lost the things that money can't buy. ~George Horace Lorimer

"Your money, or your life." We know what to do when a burglar makes this demand of us, but not when God does. ~Mignon McLaughlin

Inflation is when you pay fifteen dollars for the ten-dollar haircut you used to get for five dollars when you had hair. ~Sam Ewing

A bank is a place that will lend you money if you can prove that you don't need it. ~Bob Hope

Business is the art of extracting money from another man's pocket without resorting to violence. ~Max Amsterdam

Always borrow money from a pessimist, he doesn't expect to be paid back. ~Author Unknown

If you lend someone \$20, and never see that person again, it was probably worth it. ~Author Unknown

Every day I get up and look through the Forbes list of the richest people in America. If I'm not there, I go to work. ~Robert Orben

Money is neither my god nor my devil. It is a form of energy that tends to make us more of who we already are, whether it's greedy or loving. ~Dan Millman

My old father used to have a saying: If you make a bad bargain, hug it all the tighter. ~Abraham Lincoln

If you think nobody cares if you're alive, try missing a couple of car payments. ~Earl Wilson

Money is better than poverty, if only for financial reasons. ~Woody Allen

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I don't like money, actually, but it quiets my nerves. ~Joe Louis

Budget: a mathematical confirmation of your suspicions. ~A.A. Latimer

Money is like manure. You have to spread it around or it smells. ~J. Paul Getty

We may see the small value God has for riches, by the people he gives them to. ~Alexander Pope

Too much money is as demoralizing as too little, and there's no such thing as exactly enough.  
~Mignon McLaughlin

It's a kind of spiritual snobbery that makes people think they can be happy without money.  
~Albert Camus

When it is a question of money, everybody is of the same religion. ~Voltaire

A bank book makes good reading - better than some novels. ~Harry Lauder

Women prefer men who have something tender about them - especially the legal kind. ~Kay Ingram

There are a handful of people whom money won't spoil, and we count ourselves among them.  
~Mignon McLaughlin

Money can't buy happiness, but it can buy you the kind of misery you prefer. ~Author Unknown

Money often costs too much. ~Ralph Waldo Emerson

The waste of money cures itself, for soon there is no more to waste. ~M.W. Harrison

They deem me mad because I will not sell my days for gold; and I deem them mad because they think my days have a price. ~Kahlil Gibran

I'm so poor I can't even pay attention. ~Ron Kittle

If you make money your god, it will plague you like the devil. ~Henry Fielding

It frees you from doing things you dislike. Since I dislike doing nearly everything, money is handy. ~Groucho Marx

We have profoundly forgotten everywhere that *Cash-payment* is not the sole relation of human beings. ~Thomas Carlyle

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We live by the Golden Rule. Those who have the gold make the rules. ~Buzzie Bavasi

A man's soul may be buried and perish under a dungheap or in a furrow of the field, just as well as under a pile of money. ~Nathaniel Hawthorne

There are several ways in which to apportion the family income, all of them unsatisfactory. ~Robert Benchley

Wealth - any income that is at least one hundred dollars more a year than the income of one's wife's sister's husband. ~H.L. Mencken

When I was young I thought that money was the most important thing in life; now that I am old I know that it is. ~Oscar Wilde

The economy depends about as much on economists as the weather does on weather forecasters. ~Jean-Paul Kauffmann

Money is power, freedom, a cushion, the root of all evil, the sum of blessings. ~Carl Sandburg

I am having an out of money experience. ~Author Unknown

If women didn't exist, all the money in the world would have no meaning. ~Aristotle Onassis

Money is much more exciting than anything it buys. ~Mignon McLaughlin

The only thing that can console one for being poor is extravagance. ~Oscar Wilde

Money isn't the most important thing in life, but it's reasonably close to oxygen on the "gotta have it" scale. ~Zig Ziglar

The little money I have - that is my wealth, but the things I have for which I would not take money, that is my treasure. ~Robert Brault

Money is the last enemy that shall never be subdued. While there is flesh there is money - or the want of money; but money is always on the brain so long as there is a brain in reasonable order. ~Samuel Butler

Money will buy you a pretty good dog, but it won't buy the wag of his tail. ~Henry Wheeler Shaw

When you let money speak for you, it drowns out anything else you meant to say. ~Mignon McLaughlin

People are living longer than ever before, a phenomenon undoubtedly made necessary by the 30-year mortgage. ~Doug Larson

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October: This is one of the peculiarly dangerous months to speculate in stocks in. The others are July, January, September, April, November, May, March, June, December, August and February. ~Mark Twain

I wish I'd said it first, and I don't even know who did: The only problems that money can solve are money problems. ~Mignon McLaughlin

He that wants money, means, and content is without three good friends. ~William Shakespeare

If inflation continues to soar, you're going to have to work like a dog just to live like one.  
~George Gobel

I once met an economist who believed that everything was fungible for money, so I suggested he enclose himself in a large bell-jar with as much money as he wanted and see how long he lasted. ~Amory Lovins

Money does not pay for anything, never has, never will. It is an economic axiom as old as the hills that goods and services can be paid for only with goods and services. ~Albert Jay Nock

In the old days a man who saved money was a miser; nowadays he's a wonder. ~Author Unknown

Money may be the husk of many things but not the kernel. It brings you food, but not appetite; medicine, but not health; acquaintance, but not friends; servants, but not loyalty; days of joy, but not peace or happiness. ~Henrik Ibsen

Those who live by numbers can also perish by them and it is a terrifying thing to have an adding machine write an epitaph, either way. ~George J.W. Goodman

A man is usually more careful of his money than of his principles. ~Oliver Wendell Holmes, Jr.

Inflation is taxation without legislation. ~Milton Friedman

Lack of money is the root of all evil. ~George Bernard Shaw

Put not your trust in money, but put your money in trust. ~Oliver Wendell Holmes

If money is your hope for independence you will never have it. The only real security that a man will have in this world is a reserve of knowledge, experience, and ability. ~Henry Ford

We all know how the size of sums of money appears to vary in a remarkable way according as they are being paid in or paid out. ~Julian Huxley

Money doesn't talk, it swears. ~Bob Dylan

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The best way for a person to have happy thoughts is to count his blessings and not his cash.  
~Author Unknown

A nickel ain't worth a dime anymore. ~Yogi Berra

It is better to have a permanent income than to be fascinating. ~Oscar Wilde

Do not value money for any more nor any less than its worth; it is a good servant but a bad master. ~Alexandre Dumas

To suppose as we all suppose, that we could be rich and not behave as the rich behave, is like supposing that we could drink all day and stay sober. ~Logan Pearsall Smith

If all the economists were laid end to end, they'd never reach a conclusion. ~George Bernard Shaw

If the nation's economists were laid end to end, they would point in all directions. ~Arthur H. Motley

Intoxication: Euphoria at getting a refund from the IRS, which lasts until you realize it was your money to start with. ~From a *Washington Post* word contest

Empty pockets never held anyone back. Only empty heads and empty hearts can do that.  
~Norman Vincent Peale

A rich man is nothing but a poor man with money. ~W.C. Fields

He is rich or poor according to what he is, not according to what he has. ~Henry Ward Beecher

By the time I have money to burn, my fire will have burnt out. ~Author Unknown

Ordinary riches can be stolen; real riches cannot. In your soul are infinitely precious things that cannot be taken from you. ~Oscar Wilde

## **MORALITY**

Morality is the best of all devices for leading mankind by the nose. ~Friedrich Nietzsche

Morality is a private and costly luxury. ~Henry B. Adams

Do not do an immoral thing for moral reasons. ~Thomas Hardy

The laws of conscience, which we pretend to be derived from nature, proceed from custom.  
~Michel de Montaigne

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Our morality seems to be only a check on the ultimate domination of force, just as our politeness is a check on the impulse of every pig to put his feet in the trough. ~Oliver Wendell Holmes, Jr.

Children lack morality, but they also lack fake morality. ~Mignon McLaughlin

We have two kinds of morality side by side: one which we preach but do not practice and another which we practice but seldom preach. ~Bertrand Russell

What we call "morals" is simply blind obedience to words of command. ~Havelock Ellis

The world of empirical morality consists for the most part of nothing but ill will and envy. ~Goethe

The Seven Deadly Sins are a litany of victimless crimes, compiled to distract attention from the bloody felonies of the righteous. ~Robert Brault

Morality comes with the sad wisdom of age, when the sense of curiosity has withered. ~Graham Greene

What is morality in any given time or place? It is what the majority then and there happen to like, and immorality is what they dislike. ~Alfred North Whitehead

## **OPPORTUNITIES**

Jumping at several small opportunities may get us there more quickly than waiting for one big one to come along. ~Hugh Allen

When I look back now over my life and call to mind what I might have had simply for taking and did not take, my heart is like to break. ~William Hale White

Opportunity is often difficult to recognize; we usually expect it to beckon us with beepers and billboards. ~William Arthur Ward

Opportunity is a bird that never perches. ~Claude McDonald

Opportunity is as scarce as oxygen; men fairly breathe it and do not know it. ~Doc Sane

Opportunities do not come with their values stamped upon them. ~Maltbie Babcock

Nothing is so often irretrievably missed as a daily opportunity. ~Marie von Ebner-Eschenbach

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It is often hard to distinguish between the hard knocks in life and those of opportunity.  
~Frederick Phillips

Seize the opportunity by the beard, for it is bald behind. ~Bulgarian Proverb

I was seldom able to see an opportunity until it had ceased to be one. ~Mark Twain

Ability is of little account without opportunity. ~Napoleon

The secret of success in life is for a man to be ready for his opportunity when it comes.  
~Benjamin Disraeli

If opportunity doesn't knock, build a door. ~Milton Berle

A wise man will make more opportunities than he finds. ~Francis Bacon

Opportunities are never lost; someone will take the one you miss. ~Author Unknown

Opportunity is a parade. Even as one chance passes, the next is a fife and drum echoing in the distance. ~Robert Brault

A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties. ~Harry Truman

Summing up, it is clear the future holds great opportunities. It also holds pitfalls. The trick will be to avoid the pitfalls, seize the opportunities, and get back home by six o'clock. ~Woody Allen

If one wants to get a boat ride, one must be near the river. ~Anchee Min

I held a moment in my hand, brilliant as a star, fragile as a flower, a tiny sliver of one hour. I dripped it carelessly, Ah! I didn't know, I held opportunity. ~Hazel Lee

Every day is an opportunity to make a new happy ending. ~Author Unknown

The follies which a man regrets most in his life are those which he didn't commit when he had the opportunity. ~Helen Rowland

All great work is preparing yourself for the accident to happen. ~Sidney Lumet

When written in Chinese the word "crisis" is composed of two characters - one represents danger and the other represents opportunity. ~John F. Kennedy

Problems are only opportunities with thorns on them. ~Hugh Miller

Many an opportunity is lost because a man is out looking for four-leaf clovers. ~Author Unknown

Opportunity is missed by most people because it is dressed in overalls and looks like work. ~Thomas Edison

Opportunities fly by while we sit regretting the chances we have lost, and the happiness that comes to us we heed not, because of the happiness that is gone. ~Jerome K. Jerome

Grasp your opportunities, no matter how poor your health; *nothing* is worse for your health than boredom. ~Mignon McLaughlin

## **OPTIMISM**

The average pencil is seven inches long, with just a half-inch eraser - in case you thought optimism was dead. ~Robert Brault

Both optimists and pessimists contribute to our society. The optimist invents the airplane and the pessimist the parachute. ~Gil Stern

A pessimist is a man who has been compelled to live with an optimist. ~Elbert Hubbard

The nice part about being a pessimist is that you are constantly being either proven right or pleasantly surprised. ~George F. Will

A pessimist sees only the dark side of the clouds, and mopes; a philosopher sees both sides, and shrugs; an optimist doesn't see the clouds at all - he's walking on them. ~Leonard Louis Levinson

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves. ~Bill Vaughan

An optimist is the human personification of spring. ~Susan J. Bissonette

A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties. ~Harry Truman

An optimist is a person who starts a new diet on Thanksgiving Day. ~Irv Kupcinet

Optimist: someone who figures that taking a step backward after taking a step forward is not a disaster, it's a cha-cha. ~Robert Brault

Being an optimist after you've got everything you want doesn't count. ~Kin Hubbard

Optimists are nostalgic about the future. ~Chicago Tribune

Optimism is the foundation of courage. ~Nicholas Murray Butler

Some people are so fond of ill-luck that they run half-way to meet it. ~Douglas Jerrold

In the long run the pessimist may be proved right, but the optimist has a better time on the trip.  
~Daniel L. Reardon

It doesn't hurt to be optimistic. You can always cry later. ~Lucimar Santos de Lima

It's still possible to be a cockeyed optimist these days - you just have to be a little more cockeyed. ~Robert Brault

The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true. ~James Branch Cabell

Optimism is a kind of heart stimulant - the digitalis of failure. ~Elbert Hubbard

An optimist is merely an ex-pessimist with his pockets full of money, his digestion in good condition, and his wife in the country. ~Helen Rowland

Pessimist: One who, when he has the choice of two evils, chooses both. ~Oscar Wilde

There is no sadder sight than a young pessimist. ~Mark Twain

The realist sees reality as concrete. The optimist sees reality as clay. ~Robert Brault

If an optimist had his left arm chewed off by an alligator, he might say, in a pleasant and hopeful voice, "Well, this isn't too bad. I don't have my left arm anymore, but at least nobody will ever ask me whether I am right-handed or left-handed," but most of us would say something more along the lines of "Aaaaah! My arm! My arm!" ~Lemony Snicket

The basis of optimism is sheer terror. ~Oscar Wilde

How many pessimists end up by desiring the things they fear, in order to prove that they are right? ~Robert Mallett

The place where optimism most flourishes is the lunatic asylum. ~Havelock Ellis

Always borrow money from a pessimist, he doesn't expect to be paid back. ~Author Unknown

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After 5000 years of recorded human history, you wonder, What part of 2,000,000 sunrises doesn't a pessimist understand? ~Robert Brault

## **PASSION**

We welcome passion, for the mind is briefly let off duty. ~Mignon McLaughlin

Love is often gentle, desire always a rage. ~Mignon McLaughlin

If passion drives you, let reason hold the reins. ~Benjamin Franklin

It is with our passions as it is with fire and water; they are good servants, but bad masters. ~Roger L'Estrange

Passion and prejudice govern the world, only under the name of reason. ~John Wesley

Passion, though a bad regulator, is a powerful spring. ~Ralph Waldo Emerson

Passion makes the world go round. Love just makes it a safer place. ~Ice T,

Chase down your passion like it's the last bus of the night. ~Glade Byron Addams

Passion spins around love and I am dizzy always around you. ~Albany Bach Reid

Follow your passion, and success will follow you. ~Arthur Buddhold

Were the passionate visible, all we would go blind. ~Jareb Teague

Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive. ~Harold Whitman

Renew your passions daily. ~Abbe Yeux-verdi

The same passions in man and woman nonetheless differ in tempo; hence man and woman do not cease misunderstanding one another. ~Friedrich Nietzsche

Without passion man is a mere latent force and possibility, like the flint which awaits the shock of the iron before it can give forth its spark. ~Amiel

Passion is universal humanity. Without it religion, history, romance and art would be useless. ~Honoré de Balzac

You taught me to be nice, so nice that now I am so full of niceness, I have no sense of right and wrong, no outrage, no passion. ~Garrison Keillor

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Every civilization is, among other things, an arrangement for domesticating the passions and setting them to do useful work. ~Aldous Huxley

## **PATIENCE**

How can a society that exists on instant mashed potatoes, packaged cake mixes, frozen dinners, and instant cameras teach patience to its young? ~Paul Sweeney

Patience is something you admire in the driver behind you and scorn in the one ahead. ~Mac McCleary

Patience is the ability to count down before you blast off. ~Author Unknown

Beware the fury of a patient man. ~John Dryden

Patience is a most necessary qualification for business; many a man would rather you heard his story than granted his request. ~Lord Chesterfield

Patience: A minor form of despair disguised as a virtue. ~Ambrose Bierce

You can learn many things from children. How much patience you have, for instance. ~Franklin P. Jones

Genius is nothing but a great aptitude for patience. ~George-Louis de Buffon

Adopt the pace of nature: her secret is patience. ~Ralph Waldo Emerson

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish. ~John Quincy Adams

Patience is the companion of wisdom. ~St. Augustine

Patience is also a form of action. ~Auguste Rodin

One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life. ~Chinese Proverb

Experience has taught me this, that we undo ourselves by impatience. Misfortunes have their life and their limits, their sickness and their health. ~Michel de Montaigne

Making your mark on the world is hard. If it were easy, everybody would do it. But it's not. It takes patience, it takes commitment, and it comes with plenty of failure along the way. The real test is not whether you avoid this failure, because you won't. It's whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere.

~Barack Obama

There was a time when Patience ceased to be a virtue. It was long ago. ~Charlotte Perkins  
ilman

We could never learn to be brave and patient if there were only joy in the world. ~Helen Keller

Patience and perseverance have a magical effect before which difficulties disappear and  
obstacles vanish. ~John Quincy Adams

There is a way that nature speaks, that land speaks. Most of the time we are simply not patient  
enough, quiet enough, to pay attention to the story. ~Linda Hogan

When we talk about equal pay for equal work, women in the workplace are beginning to catch  
up. If we keep going at this current rate, we will achieve full equality in about 475 years. I don't  
know about you, but I can't wait that long. ~Lya Sorano

Intuition is a suspension of logic due to impatience. ~Rita Mae Brown

## **PERFECTION**

Striving for excellence motivates you; striving for perfection is demoralizing. ~Harriet Braiker

Certain flaws are necessary for the whole. It would seem strange if old friends lacked certain  
quirks. ~Goethe

No one is perfect... that's why pencils have erasers. ~Author  
Unknown

Nothing that is complete breathes. ~Antonio Porchia

A man would do nothing if he waited until he could do it so well that no one could find fault.  
~John Henry Newman

Ring the bells that still can ring  
Forget your perfect offering.  
There is a crack in everything,  
That's how the light gets in.  
~Leonard Cohen

To escape criticism - do nothing, say nothing, be nothing. ~Elbert Hubbard

Only in grammar can you be more than perfect. ~William Safire

Use what talents you possess; the woods would be very silent if no birds sang except those that sang best. ~Henry van Dyke

Gold cannot be pure, and people cannot be perfect. ~Chinese  
Prover

Better a diamond with a flaw than a pebble without. ~Confucius, *Analects*

The most difficult part of attaining perfection is finding something to do for an encore. ~Author  
Unknown

When you aim for perfection, you discover it's a moving target. ~George Fisher

Once you accept the fact that you're not perfect, then you develop some confidence.  
~Rosalynn Carter

There are no perfect men in this world, only perfect intentions. ~Pen Densham

The imperfections of a man, his frailties, his faults, are just as important as his virtues. You can't separate them. They're wedded. ~Henry Miller

Does "anal-retentive" have a hyphen? ~Alison Bechdel

The closest to perfection a person ever comes is when he fills out a job application form. ~Stanley J. Randall

They say that nobody is perfect. Then they tell you practice makes perfect. I wish they'd make up their minds. ~Wilt Chamberlain

Always live up to your standards - by lowering them, if necessary. ~Mignon McLaughlin

Even the best needles are not sharp at both ends. ~Chinese Proverb

The pursuit of perfection, then, is the pursuit of sweetness and light. ~Matthew Arnold

I want to stay as close to the edge as I can without going over. Out on the edge you see all kinds of things you can't see from the center. ~Kurt Vonnegut, Jr.

Unless I accept my faults I will most certainly doubt my virtues. ~Hugh Prather

Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away. ~Antoine de Saint-Exupéry

Have no fear of perfection - you'll never reach it. ~Salvador Dali

All of us failed to match our dreams of perfection. ~William Faulkner

A good garden may have some weeds. ~Thomas Fuller

He that will have a perfect brother must resign himself to remain brotherless. ~Italian Proverb

You see, when weaving a blanket, an Indian woman leaves a flaw in the weaving of that blanket to let the soul out. ~Martha Graham

When nobody around you seems to measure up, it's time to check your yardstick. ~Bill Lemley

Living up to ideals is like doing everyday work with your Sunday clothes on. ~Ed Howe

Try as hard as we may for perfection, the net result of our labors is an amazing variety of imperfectness. We are surprised at our own versatility in being able to fail in so many different ways. ~Samuel McChord Crothers

Nobody is more dangerous than he who imagines himself pure in heart, for his purity, by definition, is unassailable. ~James Baldwin

Nothing is complete and thus nothing is exempt from criticism. ~James Luther Adams

Only mediocrity can be trusted to be always at its best. ~Max Beerbohm

The bottom line is that (a) people are never perfect, but love can be, (b) that is the one and only way that the mediocre and vile can be transformed, and (c) doing that makes it that. We waste time looking for the perfect lover, instead of creating the perfect love. ~Tom Robbins

## PERSEVERANCE

The difference between perseverance and obstinacy is that one comes from a strong will, and the other from a strong won't. ~Henry Ward Beecher

The road to success is dotted with many tempting parking places. ~Author Unknown

When the world says, "Give up,"  
Hope whispers, "Try it one more time."  
~Author Unknown

Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves. ~Dale Carnegie

Nobody trips over mountains. It is the small pebble that causes you to stumble. Pass all the pebbles in your path and you will find you have crossed the mountain. ~Author Unknown

When you come to the end of your rope, tie a knot and hang on. ~Franklin D. Roosevelt

Consider the postage stamp: its usefulness consists in the ability to stick to one thing till it gets there. ~Josh Billings

The greatest oak was once a little nut who held its ground. ~Author Unknown

Fall seven times, stand up eight. ~Japanese Proverb

Perseverance is the hard work you do after you get tired of doing the hard work you already did. ~Newt Gingrich

If one dream should fall and break into a thousand pieces, never be afraid to pick one of those pieces up and begin again. ~Flavia Weedn

He conquers who endures. ~Persius

You can't go through life quitting everything. If you're going to achieve anything, you've got to stick with something. ~From the television show *Family Matters*

It's not that I'm so smart, it's just that I stay with problems longer. ~Albert Einstein

Perseverance is not a long race; it is many short races one after another. ~Walter Elliott

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them. ~G.B. Shaw

There is no telling how many miles you will have to run while chasing a dream. ~Author Unknown

Perseverance... keeps honor bright: to have done, is to hang quite out of fashion, like a rusty nail in monumental mockery. ~William Shakespeare

The drops of rain make a hole in the stone not by violence but by oft falling. ~Lucretius

But the moment you turn a corner you see another straight stretch ahead and there comes some further challenge to your ambition. ~Oliver Wendell Holmes, Jr.

Don't be discouraged. It's often the last key in the bunch that opens the lock. ~Author Unknown

The great majority of men are bundles of beginnings. ~Ralph Waldo Emerson

Saints are sinners who kept on going. ~Robert Louis Stevenson

If we are facing in the right direction, all we have to do is keep on walking. ~Buddhist Saying

I may not be there yet, but I'm closer than I was yesterday. ~Author Unknown

Keep on going, and the chances are that you will stumble on something, perhaps when you are least expecting it. I never heard of anyone ever stumbling on something sitting down. ~Charles F. Kettering

One may go a long way after one is tired. ~French Proverb

Our greatest glory is not in never failing, but in rising up every time we fail. ~Ralph Waldo Emerson

Problems are not stop signs, they are guidelines. ~Robert Schuller

Vitality shows in not only the ability to persist but the ability to start over. ~F. Scott Fitzgerald

With ordinary talent and extraordinary perseverance, all things are attainable. ~Thomas Foxwell Buxton

When your dreams turn to dust, vacuum. ~Author Unknown

Most people never run far enough on their first wind to find out they've got a second. ~William James

Difficult things take a long time, impossible things a little longer. ~Author Unknown

Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use. ~Earl Nightingale

A door opens to me. I go in and am faced with a hundred closed doors. ~Antonio Porchia

Success seems to be largely a matter of hanging on after others have let go. ~William Feather

Big shots are only little shots who keep shooting. ~Christopher Morley

Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred-and-first blow it will split in two, and I know it was not the last blow that did it, but all that had gone before. ~Jacob A. Riis

## **PERSPECTIVE**

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## **PROCRASTINATION**

Nothing is so fatiguing as the eternal hanging on of an uncompleted task. ~William James

Procrastination is the art of keeping up with yesterday. ~Don Marquis

Only Robinson Crusoe had everything done by Friday. ~Author Unknown

Every duty which is bidden to wait returns with seven fresh duties at its back. ~Charles Kingsley

The sooner I fall behind, the more time I have to catch up. ~Author Unknown

If it weren't for the last minute, I wouldn't get anything done. ~Author Unknown

Anyone can do any amount of work, provided it isn't the work he is supposed to be doing at that moment. ~Robert Benchley

There are a million ways to lose a work day, but not even a single way to get one back. ~Tom DeMarco and Timothy Lister

It is an undoubted truth, that the less one has to do, the less time one finds to do it in. ~Earl of Chesterfield

The two rules of procrastination: 1) Do it today. 2) Tomorrow will be today tomorrow. ~Author Unknown

One of the greatest labor-saving inventions of today is tomorrow. ~Vincent T. Foss

You may delay, but time will not. ~Benjamin Franklin

Someday is not a day of the week. ~Author Unknown

To think too long about doing a thing often becomes its undoing. ~Eva Young

Don't fool yourself that important things can be put off till tomorrow; they can be put off forever, or not at all. ~Mignon McLaughlin

Procrastination is opportunity's assassin. ~Victor Kiam

If you want to make an easy job seem mighty hard, just keep putting off doing it. ~Olin Miller

What may be done at any time will be done at no time. ~Scottish Proverb

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There's nothing to match curling up with a good book when there's a repair job to be done around the house. ~Joe Ryan

Procrastination is something best put off until tomorrow. ~Gerald Vaughan

The best way to get something done is to begin. ~Author Unknown

You know you are getting old when it takes too much effort to procrastinate. ~Author Unknown

I do my work at the same time each day - the last minute. ~Author Unknown

Tomorrow is often the busiest day of the week. ~Spanish Proverb

The time to begin most things is ten years ago. ~Mignon McLaughlin

Putting off an easy thing makes it hard. Putting off a hard thing makes it impossible. ~George Claude Lorimer

Tomorrow is the day when idlers work, and fools reform. ~Edward Young

Never put off until tomorrow what you can do the day after tomorrow. ~Mark Twain

Tomorrow is the only day in the year that appeals to a lazy man. ~Jimmy Lyons

A year from now you may wish you had started today. ~Karen Lamb

One of these days is none of these days. ~Attributed to both Henri Tubach and H.G. Bohn

Procrastination is the thief of time. ~Edward Young

## **PURPOSE**

Men, like nails, lose their usefulness when they lose direction and begin to bend. ~Walter Savage Landor

The purpose of life is a life of purpose. ~Robert Byrne

To have no set purpose in one's life is the harlotry of the will. ~Stephen MacKenna

Great minds have purposes, others have wishes. ~Washington Irving

We should all be obliged to appear before a board every five years, and justify our existence... on pain of liquidation. ~George Bernard Shaw

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An "unemployed" existence is a worse negation of life than death itself. ~José Ortega y Gasset

A useless life is an early death. ~Johann Wolfgang von Goethe

Worry ducks when purpose flies overhead. ~C. Astrid Weber

When he walks he casts a shadow of purpose. ~Emme Woodhull-Bäche

We all possess the thunder of pure fury and the calm breeze of tranquility. If it wasn't for tomorrow, how much would we get done today? Whatever your purpose... embrace it completely. Get lost in the clouds every now and then so you never lose sight of God's wonder. ~Paul Vitale

When a man does not know what harbor he is making for, no wind is the right wind. ~Seneca

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. ~George Bernard Shaw

If Heaven made him - earth can find some use for him. ~Chinese Proverb

All religions, arts and sciences are branches of the same tree. All these aspirations are directed toward ennobling man's life, lifting it from the sphere of mere physical existence and leading the individual towards freedom. ~Albert Einstein

Focusing your life solely on making a buck shows a poverty of ambition. It asks too little of yourself. And it will leave you unfulfilled. ~Barack Obama

If you're walking down the right path and you're willing to keep walking, eventually you'll make progress. ~Barack Obama

My life has no purpose, no direction, no aim, no meaning, and yet I'm happy. I can't figure it out. What am I doing right? ~Charles Schulz

The human race may be compared to a writer. At the outset a writer has often only a vague general notion of the plan of his work, and of the thought he intends to elaborate. As he proceeds, penetrating his material, laboring to express himself fitly, he lays a firmer grasp on his thought; he finds himself. So the human race is writing its story, finding itself, discovering its own underlying purpose, revising, recasting a tale pathetic often, yet none the less sublime. ~Felix Adler

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This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. ~George Bernard Shaw

A useless life is an early death. ~Goethe

One needs something to believe in, something for which one can have whole-hearted enthusiasm. One needs to feel that one's life has meaning, that one is needed in this world. ~Hannah Senesh

Many people have a wrong idea of what constitutes true happiness. It is not attained through self-gratification, but through fidelity to a worthy purpose. ~Helen Keller

I have learned, that if one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with a success unexpected in common hours. ~Henry David Thoreau

The mere possession of a vision is not the same as living it, nor can we encourage others with it if we do not, ourselves, understand and follow its truths. The pattern of the Great Spirit is over us all, but if we follow our own spirits from within, our pattern becomes clearer. For centuries, others have sought their visions. They prepare themselves, so that if the Creator desires them to know their life's purpose, then a vision would be revealed. To be blessed with visions is not enough...we must live them! ~High Eagle

All men should strive to learn before they die, what they are running from, and to, and why. ~James Thurber

In leadership writ large, mutually agreed upon purposes help people achieve consensus, assume responsibility, work for the common good, and build community. ~Joseph Frost

It is not "history" which uses men as a means of achieving -- as if it were an individual person -- its own ends. History is nothing but the activity of men in pursuit of their ends. ~Karl Marx

Everything's got a moral, if only you can find it. ~Lewis Carroll

Yes there is a meaning; at least for me, there is one thing that matters - to set a chime of words tinkling in the minds of a few fastidious people. ~Logan Pearsall Smith

I don't know why we are here, but I'm pretty sure that it is not in order to enjoy ourselves. ~Ludwig Wittgenstein

It is more important to know where you are going than to get there quickly. Do not mistake activity for achievement. ~Mabel Newcomer

And thou wilt give thyself relief, if thou doest every act of thy life as if it were the last. ~Marcus Aurelius

I'm doing what I think I was put on this earth to do. And I'm really grateful to have something that I'm passionate about and that I think is profoundly important. ~Marian Wright Edelman

We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee. ~Marian Wright Edelman

Never work just for money or for power. They won't save your soul or help you sleep at night. ~Marian Wright Edelman

Service is the rent we pay to be living. It is the very purpose of life and not something you do in your spare time. ~Marian Wright Edelman

I never see what has been done; I only see what remains to be done. ~Marie Curie

Good friends, good books and a sleepy conscience: this is the ideal life. ~Mark Twain

My mother said to me, "If you become a soldier, you'll be a general; if you become a monk, you'll end up as the Pope." Instead, I became a painter and wound up as Picasso. ~Pablo Picasso

But there is suffering in life, and there are defeats. No one can avoid them. But it's better to lose some of the battles in the struggles for your dreams than to be defeated without ever knowing what you're fighting for. ~Paulo Coelho

In the world to come, I shall not be asked, "Why were you not Moses?" I shall be asked, "Why were you not Zusya?" ~Rabbi Zusya

Good luck is another name for tenacity of purpose. ~Ralph Waldo Emerson

Don't waste life in doubts and fears; spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours and ages that will follow it. ~Ralph Waldo Emerson

What is a weed? A plant whose virtues have not yet been discovered. ~Ralph Waldo Emerson

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The purpose of life is a life of purpose.

~Robert Byrne

Let yourself be silently drawn by the stronger pull of what you really love. ~Rumi

Work for something because it is good, not just because it stands a chance to succeed. ~Vaclav Havel

What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him. What he needs is not the discharge of tension at any cost, but the call of a potential meaning waiting to be fulfilled by him. ~Victor Frankl

A man who becomes conscious of the responsibility he bears toward a human being who affectionately waits for him, or to an unfinished work, will never be able to throw away his life. He knows the "why" for his existence, and will be able to bear almost any "how." ~Victor Frankl

People do not lack strength, they lack will.

~Victor Hugo

We are here on earth to do good for others. What the others are here for, I don't know. ~W.H. Auden

That is happiness; to be dissolved into something completely great.

~Willa Cather

Never forget that the purpose for which a man lives is the improvement of the man himself, so that he may go out of this world having, in his great sphere or his small one, done some little good for his fellow creatures and labored a little to diminish the sin and sorrow that are in the world. ~William E. Gladstone

## **RELATIONSHIPS**

Having someone wonder where you are when you don't come home at night is a very old human need. ~Margaret Mead

Shared joy is a double joy; shared sorrow is half a sorrow. ~Swedish Proverb

Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand. ~Emily Kimbrough

If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting? ~Stephen Levine

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Don't smother each other. No one can grow in the shade. ~Leo Buscaglia

Assumptions are the termites of relationships. ~Henry Winkler

I like her because she smiles at me and means it. ~Anonymous

Someone to tell it to is one of the fundamental needs of human beings. ~Miles Franklin

You can kiss your family and friends good-bye and put miles between you, but at the same time you carry them with you in your heart, your mind, your stomach, because you do not just live in a world but a world lives in you. ~Frederick Buechner

Present your family and friends with their eulogies now - they won't be able to hear how much you love them and appreciate them from inside the coffin. ~Anonymous

Piglet sidled up to Pooh from behind. "Pooh!" he whispered. "Yes, Piglet?" "Nothing," said Piglet, taking Pooh's paw. "I just wanted to be sure of you." ~A.A. Milne

I felt it shelter to speak to you. ~Emily Dickinson

Are we not like two volumes of one book? ~Marceline Desbordes-Valmore

Trouble is part of your life, and if you don't share it, you don't give the person who loves you enough chance to love you enough. ~Dinah Shore

Lust is easy. Love is hard. Like is most important. ~Carl Reiner

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom. ~Marcel Proust

To know when to go away and when to come closer is the key to any lasting relationship. ~Doménico Cieri Estrada

Some people come into our lives and quickly go. Some stay for a while, leave footprints on our hearts, and we are never, ever the same. ~Flavia Weedn

No road is long with good company. ~Turkish Proverb

If fame were based on kindness instead of popularity, on understanding and not on worldwide attention, you would be the biggest celebrity on earth. And to my heart, you already are. ~Anonymous

Lots of people want to ride with you in the limo, but what you want is someone who will take the

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bus with you when the limo breaks down. ~Oprah Winfrey

Good company upon the road is the shortest cut. ~Author Unknown

Soul-mates are people who bring out the best in you. They are not perfect but are always perfect for you. ~Author Unknown

People change and forget to tell each other. ~Lillian Hellman

Sometimes you have to get to know someone really well to realize you're really strangers.  
~Mary Tyler Moore

Once the realization is accepted that even between the closest human beings infinite distances continue, a wonderful living side by side can grow, if they succeed in loving the distance between them which makes it possible for each to see the other whole against the sky. ~Rainer Maria Rilke

You cannot be lonely if you like the person you're alone with. ~Wayne W. Dyer

How lucky I am to have something that makes saying goodbye so hard. ~From the movie *Annie*

We have to believe that even the briefest of human connections can heal. Otherwise, life is unbearable. ~Agate Nesaule

Treasure your relationships, not your possessions. ~Anthony J. D'Angelo

Love life and life will love you back. Love people and they will love you back. ~Arthur Rubinstein

Living with integrity means:

- Not settling for less than what you know you deserve in your relationships.
- Asking for what you want and need from others.
- Speaking your truth, even though it might create conflict or tension.
- Behaving in ways that are in harmony with your personal values.
- Making choices based on what you believe, and not what others believe. ~Barbara De Angelis

When you are content to be simply yourself and don't compare or compete, everybody will respect you. ~Lao Tzu

Relationships are all there is. Everything in the universe only exists because it is in relationship to everything else. Nothing exists in isolation. We have to stop pretending we are individuals  
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We say we exchange words when we meet. What we exchange is souls. ~Minot J. Savage

Reason guides our attempt to understand the world about us. Both reason and compassion guide our efforts to apply that knowledge ethically, to understand other people, and have ethical relationships with other people. ~Molleen Matsumura

There is an energy field between humans. And, when we reach out in passion, it is met with an answering passion and changes the relationship forever. ~Rollo May

You would think that those who are always talking about family values would want to create an environment of permanent relationships for people of the same sex. But they're not advocating family values. They're advocating their values. ~Willie Brown

## **RESPONSIBILITY**

If you want children to keep their feet on the ground, put some responsibility on their shoulders. ~Abigail Van Buren

"I must do something" always solves more problems than "Something must be done." ~Author Unknown

A man sooner or later discovers that he is the master-gardener of his soul, the director of his life. ~James Allen

If you mess up, 'fess up. ~Author Unknown

"It's a question of discipline," the little prince told me later on. "When you've finished washing and dressing each morning, you must tend your planet." ~Antoine de Saint-Exupéry

Responsibility: A detachable burden easily shifted to the shoulders of God, Fate, Fortune, Luck or one's neighbor. In the days of astrology it was customary to unload it upon a star. ~Ambrose Bierce

The willingness to accept responsibility for one's own life is the source from which self-respect springs. ~Joan Didion

Most of us can read the writing on the wall; we just assume it's addressed to someone else. ~Ivern Ball

The great thought, the great concern, the great anxiety of men is to restrict, as much as possible, the limits of their own responsibility. ~Giosué Borsi

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We need to restore the full meaning of that old word, duty. It is the other side of rights. ~Pearl Buck

Why do children want to grow up? Because they experience their lives as constrained by immaturity and perceive adulthood as a condition of greater freedom and opportunity. But what is there today, in America, that very poor and very rich adolescents want to do but cannot do? Not much: they can "do" drugs, "have" sex, "make" babies, and "get" money (from their parents, crime, or the State). For such adolescents, adulthood becomes synonymous with responsibility rather than liberty. Is it any surprise that they remain adolescents? ~Thomas Szasz

With every civil right there has to be a corresponding civil obligation. ~Edison Haines

I believe that every right implies a responsibility; every opportunity, an obligation; every possession, a duty. ~John D. Rockefeller, Jr.

We have the Bill of Rights. What we need is a Bill of Responsibilities. ~Bill Maher

Take your life in your own hands, and what happens? A terrible thing: no one to blame. ~Erica Jong

When you blame others, you give up your power to change. ~Author Unknown

The ultimate folly is to think that something crucial to your welfare is being taken care of for you. ~Robert Brault

Even when we know what is right, too often we fail to act. More often we grab greedily for the day, letting tomorrow bring what it will, putting off the unpleasant and unpopular. ~Bernard M. Baruch

I don't see the point of being a human being if you're not going to be responsible to your fellow human beings. Selfishness thefts away the human and reduces you to just a being. ~Candea Core-Starke

The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny. ~Albert Ellis

Duty is what one expects from others. ~Oscar Wilde

A new position of responsibility will usually show a man to be a far stronger creature than was

Mistakes fail in their mission of helping the person who blames them on the other fellow. ~Henry S. Haskins

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You are not responsible for the programming you picked up in childhood. However, as an adult, you are one hundred percent responsible for fixing it. ~Ken Keyes, Jr.

Few things help an individual more than to place responsibility upon him, and to let him know that you trust him. ~Booker T. Washington

God has entrusted me with myself. ~Epictetus

We have not passed that subtle line between childhood and adulthood until... we have stopped saying "It got lost," and say "I lost it." ~Sidney J. Harris

It is easy to ignore responsibility when one is only an intermediate link in a chain of action. ~Stanley Milgram

When a man points a finger at someone else, he should remember that four of his fingers are pointing at himself. ~Louis Nizer

Whether or not you have children yourself, you are a parent to the next generation. If we can only stop thinking of children as individual property and think of them as the next generation, then we can realize we all have a role to play. ~Charlotte Davis Kasl

Action springs not from thought, but from a readiness for responsibility. ~Dietrich Bonhoeffer

The commands of democracy are as imperative as its privileges and opportunities are wide and generous. Its compulsion is upon us. ~Woodrow Wilson

No man was ever endowed with a right without being at the same time saddled with a responsibility. ~Gerald W. Johnson

Those who are unwilling to invest in the future haven't earned one. ~H.W. Lewis

Dr. Miller says we are pessimistic because life seems like a very bad, very screwed-up film. If you ask "What the hell is wrong with the projector?" and go up to the control room, you find it's empty. You *are* the projectionist, and you should have been up there all the time. ~Colin Wilson

We all participate in weaving the social fabric; we should therefore all participate in patching the fabric when it develops holes. ~Anne C. Weisberg

We are made wise not by the recollection of our past, but by the responsibility for our future. ~George Bernard Shaw

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## **SELF-CONTROL, SELF-RESPECT**

Self-respect is the root of discipline: The sense of dignity grows with the ability to say no to oneself. ~Abraham Joshua Heschel

Not being able to govern events, I govern myself, and apply myself to them, if they will not apply themselves to me. ~Michel de Montaigne

How like herrings and onions our vices are in the morning after we have committed them.  
~Samuel Taylor Coleridge

The best day of your life is the one on which you decide your life is your own. No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours - it is an amazing journey - and you alone are responsible for the quality of it. This is the day your life really begins. ~Bob Moawad

I have been my own disciple and my own master. And I have been a good disciple but a bad master. ~Antonio Porchia

All men are tempted. There is no man that lives that can't be broken down, provided it is the right temptation, put in the right spot. ~Henry Ward Beecher

The cyclone derives its powers from a calm center. So does a person. ~Norman Vincent Peale

Those who flee temptation generally leave a forwarding address. ~Lane Olinghouse

It is a man's own mind, not his enemy or foe, that lures him to evil ways. ~Buddha

Being out of control is one of the worst feelings in the world, sometimes even worse than pain. It is its own kind of pain. ~Danzae Pace

The only way to get rid of a temptation is to yield to it. ~Oscar Wilde

You must admit you have self-control before you can use it. ~Carrie Latet

What makes resisting temptation difficult for many people is they don't want to discourage it completely. ~Franklin P. Jones

Do you really think it is weakness that yields to temptation? I tell you that there are terrible temptations which it requires strength, strength and courage to yield to. ~Oscar Wilde

It's all right letting yourself go, as long as you can get yourself back. ~Mick Jagger

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You have to decide what your highest priorities are and have the courage - pleasantly, smilingly, nonapologetically - to say 'no' to other things. And the way to do that is by having a bigger 'yes' burning inside. The enemy of the 'best' is often the 'good.' ~Stephen Covey

If we resist our passions, it is more because of their weakness than because of our strength.  
~François, duc de La Rochefoucauld

For every man there exists a bait which he cannot resist swallowing. ~Friedrich Nietzsche

The first attribute that characterizes the greater man from the moron is his thicker layer of inhibition. ~Martin H. Fischer

An element of abstention, of restraint, must enter into all finer joys. ~Vida D. Scudder

Conscience whispers, but interest screams aloud. ~J. Petit-Senn

The trouble with resisting temptation is it may never come your way again. ~Korman's Law

Who is fit to govern others?

He who governs himself.

You might as well have said: nobody.

~Augustus William Hare and Julius Charles Hare

Most people want to be delivered from temptation but would like it to keep in touch. ~Robert Orben

Nothing makes it easier to resist temptation than a proper bringing-up, a sound set of values - and witnesses. ~Franklin P. Jones

About the only time losing is more fun than winning is when you're fighting temptation. ~Tom Wilson

There is a charm about the forbidden that makes it unspeakably desirable. ~Mark Twain

Do not bite at the bait of pleasure till you know there is no hook beneath it. ~Thomas Jefferson

If passion drives you, let reason hold the reins. ~Benjamin Franklin

A silly idea is current that good people do not know what temptation means. This is an obvious lie. Only those who try to resist temptation know how strong it is.... A man who gives in to

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temptation after five minutes simply does not know what it would have been like an hour later. That is why bad people, in one sense, know very little about badness. They have lived a sheltered life by always giving in. ~C.S. Lewis

Opportunity may knock only once, but temptation leans on the doorbell. ~Author Unknown

Abstainer, n. A weak person who yields to the temptation of denying himself a pleasure. ~Ambrose Bierce

Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself. ~Abraham J. Heschel

There's only one corner of the universe you can be certain of improving, and that's your own self. ~Aldous Huxley

If one is estranged from oneself, then one is estranged from others too. If one is out of touch with oneself, then one cannot touch others. ~Anne Morrow Lindbergh

We are all something, but none of us are everything. ~Blaise Pascal

Perhaps the most important thing we can undertake toward the reduction of fear is to make it easier for people to accept themselves, to like themselves. ~Bonaro W. Overstreet

A man who doesn't trust himself can never really trust anyone else. ~Cardinal De Retz

If someone in your life talked to you the way you talk to yourself, you would have left them long ago. ~Carla Gordon

I think somehow we learn who we really are and then live with that decision. ~Eleanor Roosevelt

Patriotism ... is a superstition artificially created and maintained through a network of lies and falsehoods; a superstition that robs man of his self-respect and dignity, and increases his arrogance and conceit. ~Emma Goldman

The capacity for getting along with our neighbor depends to a large extent on the capacity for getting along with ourselves. The self-respecting individual will try to be as tolerant of his neighbor's shortcomings as he is of his own. ~Eric Hoffer

I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence. ~Frederick Douglass

It is good to be helpful and kindly, but don't give yourself to be melted into candle grease for the benefit of the tallow trade. ~George Eliot

In my day, we didn't have self-esteem, we had self-respect, and no more of it than we had earned. ~Jane Haddam

Where did we ever get the crazy idea that in order to make children do better, first we have to make them feel worse? Think of the last time you felt humiliated or treated unfairly. Did you feel like cooperating or doing better? ~Jane Nelson

To free us from the expectations of others, to give us back to ourselves -- there lies the great, singular power of self-respect. ~Joan Didion

Self-respect is a question of recognizing that anything worth having has a price. ~Joan Didion

The American city should be a collection of communities where every member has a right to belong. It should be a place where every man feels safe on his streets and in the house of his friends. It should be a place where each individual's dignity and self-respect is strengthened by the respect and affection of his neighbors. It should be a place where each of us can find the satisfaction and warmth which comes from being a member of the community of man. This is what man sought at the dawn of civilization. It is what we seek today. ~Lyndon B. Johnson

No one, Eleanor Roosevelt said, can make you feel inferior without your consent. Never give it. ~Marian Wright Edelman

And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others. ~Marianne Williamson

The worst loneliness is to not be comfortable with yourself. ~Mark Twain

Whatever you have forgotten, you can remember. Whatever you have buried you can unearth. If you are willing to look deep into your own nature, if you are willing to peel away the layers of not-self you have adopted in making your way through the tribulations of life, you will find that your true self is not as far removed as you think. ~Meredith Jordan

I care not so much what I am to others as what I am to myself. I will be rich by myself, and not by borrowing. ~Michel De Montaigne

They cannot take away our self-respect if we do not give it to them. ~Mohandas K. Gandhi

To safeguard democracy the people must have a keen sense of independence, self-respect, and their oneness. ~Mohandas K. Gandhi

They cannot take away our self-respect if we do not give it to them. ~Mohandas K. Gandhi

Whatever games are played with us, we must play no games with ourselves. ~Ralph Waldo Emerson

When I go into the garden with a spade, and dig a bed, I feel such an exhilaration and health that I discover that I have been defrauding myself all this time in letting others do for me what I should have done with my own hands. ~Ralph Waldo Emerson

To value his own good opinion, a child has to feel that he is a worthwhile person. He has to have confidence in himself as an individual. ~Sidonie Gruenberg

Without self-confidence we are as babes in the cradle. And how can we generate this imponderable quality, which is yet so invaluable, most quickly? By thinking that other people are inferior to oneself. ~Virginia Woolf

That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong. ~William J. H. Boetcker

We do not believe in ourselves until someone reveals that deep inside us is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit. ~E.E. Cummings

## **SILENCE**

True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment. ~William Penn

Silence is the true friend that never betrays. ~Confucius

An inability to stay quiet is one of the most conspicuous failings of mankind. ~Walter Bagehot

Silence is a source of great strength. ~Lao Tzu

Silence is the universal refuge, the sequel to all dull discourses and all foolish acts, a balm to our every chagrin, as welcome after satiety as after disappointment. ~Henry David Thoreau

Accustomed to the veneer of noise, to the shibboleths of promotion, public relations, and market research, society is suspicious of those who value silence. ~John Lahr

The Arctic expresses the sum of all wisdom: Silence. ~Walter Bauer

Soon silence will have passed into legend. Man has turned his back on silence. Day after day he invents machines and devices that increase noise and distract humanity from the essence of life, contemplation, meditation... tooting, howling, screeching, booming, crashing, whistling, grinding, and trilling bolster his ego. His anxiety subsides. His inhuman void spreads monstrously like a gray vegetation. ~Jean Arp

I have often lamented that we cannot close our ears with as much ease as we can our eyes. ~Richard Steele

Nowadays most men lead lives of noisy desperation. ~James Thurber

Now all my teachers are dead except silence. ~W.S. Merwin

The silence depressed me. It wasn't the silence of silence. It was my own silence. ~Sylvia Plath

Everybody should have his personal sounds to listen for - sounds that will make him exhilarated and alive or quite and calm.... One of the greatest sounds of them all - and to me it is a sound - is utter, complete silence. ~Andre Kostelanetz

All noise is waste. So cultivate quietness in your speech, in your thoughts, in your emotions. Speak habitually low. Wait for attention and then you low words will be charged with dynamite. ~Elbert Hubbard

Silence is a fence around wisdom. ~German Proverb

Silence is as deep as eternity; speech, shallow as time. ~Thomas Carlyle

You hesitate to stab me with a word, and know not - silence is the sharper sword. ~Samuel Johnson

Silence is medication for sorrow. ~Arab Proverb

To silence another, first be silent yourself. ~Latin Proverb

Silence was never written down. ~Italian Proverb

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Silence is exhilarating at first - as noise is - but there is a sweetness to silence outlasting exhilaration, akin to the sweetness of listening and the velvet of sleep. ~Edward Hoagland

Nature and silence go better together. ~Astrid Alauda

You can hear the footsteps of God when silence reigns in the mind. ~Sri Sathya Sai Baba

Not merely an absence of noise, Real Silence begins when a reasonable being withdraws from the noise in order to find peace and order in his inner sanctuary. ~Peter Minard

Silence is a text easy to misread. ~A.A. Attanasio

Learn to get in touch with the silence within yourself and know that everything in this life has a purpose. ~Elisabeth Kubler-Ross

Silence is more musical than any song. ~Christina Rossetti

Nothing is more useful than silence. ~Menander of Athens

Silence is a sounding thing, to one who listens hungrily. ~Gwendolyn Bennet

Silence is the mother of truth. ~Benjamin Disraeli

What shall I say to you? What can I say  
Better than silence is? ~Henry Wadsworth Longfellow

Honk if you hate noise pollution. ~Author unknown, as seen on a bumper sticker

Her hearing was keener than his, and she heard silences he was unaware of. ~D.M. Thomas

We must have reasons for speech but we need none for silence. ~Proverb

All was silent as before -  
All silent save the dripping rain.  
~Henry Wadsworth Longfellow

There is no need to go to India or anywhere else to find peace. You will find that deep place of silence right in your room, your garden or even your bathtub. ~Elisabeth Kubler-Ross

Silence is the secret to sanity. ~Astrid Alauda

Silence is one of the hardest arguments to refute. ~Josh Billings

There are times when silence has the loudest voice. ~Leroy Brownlow

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Silences make the real conversations between friends. Not the saying but the never needing to say is what counts. ~Margaret Lee Runbeck

The best answer to anger is silence. ~Author Unknown

Let us be silent, that we may hear the whispers of the gods. ~Ralph Waldo Emerson

Silence is also speech. ~Proverb

Words can make a deeper scar than silence can heal. ~Author Unknown

Spiteful words can hurt your feelings but silence breaks your heart. ~Author Unknown

We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence.... We need silence to be able to touch souls. ~Mother Teresa

## **SIMPLICITY**

The ability to simplify means to eliminate the unnecessary so that the necessary may speak. ~Hans Hofmann

To poke a wood fire is more solid enjoyment than almost anything else in the world. ~Charles Dudley Warner

Eliminate physical clutter. More importantly, eliminate spiritual clutter. ~D.H. Mondfleur

Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius - and a lot of courage - to move in the opposite direction. ~E.F. Schumacker

Everything should be made as simple as possible, but not simpler. ~Albert Einstein

Life is really simple, but we insist on making it complicated. ~Confucius

Simplicity is making the journey of this life with just baggage enough. ~Author Unknown

Frugality is one of the most beautiful and joyful words in the English language, and yet one that we are culturally cut off from understanding and enjoying. The consumption society has made us feel that happiness lies in having things, and has failed to teach us the happiness of not having things. ~Elise Boulding

Everything we possess that is not necessary for life or happiness becomes a burden, and

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The trouble with simple living is that, though it can be joyful, rich, and creative, it isn't simple.  
~Doris Janzen Longacre

To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter... to be thrilled by the stars at night; to be elated over a bird's nest or a wildflower in spring - these are some of the rewards of the simple life. ~John Burroughs

People love chopping wood. In this activity one immediately sees results. ~Albert Einstein

Maybe a person's time would be as well spent raising food as raising money to buy food.  
~Frank A. Clark

The best things in life are nearest: Breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of right just before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things in life. ~Robert Louis Stevenson

Material blessings, when they pay beyond the category of need, are weirdly fruitful of headache. ~Philip Wylie

I like to walk about among the beautiful things that adorn the world; but private wealth I should decline, or any sort of personal possessions, because they would take away my liberty.  
~George Santayana

Live simply that others might simply live. ~Elizabeth Seaton

Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials. ~Lin Yutang

As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness. ~Henry David Thoreau

Have nothing in your houses that you do not know to be useful or believe to be beautiful.  
~William Morris

Simplicity is the ultimate sophistication. ~Leonardo DaVinci

Anything simple always interests me. ~David Hockney

Our affluent society contains those of talent and insight who are driven to prefer poverty, to choose it, rather than submit to the desolation of an empty abundance. ~Michael Harrington

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How many things are there which I do not want. ~Socrates

I go about looking at horses and cattle. They eat grass, make love, work when they have to, bear their young. I am sick with envy of them. ~Sherwood Anderson

The true Indian sets no price upon either his property or his labor. His generosity is limited only by his strength and ability. He regards it as an honor to be selected for difficult or dangerous service and would think it shameful to ask for any reward, saying rather: Let the person I serve express his thanks according to his own bringing up and his sense of honor. ~Ohiyesa of the Santee Sioux (Charles Alexander Eastman)

Who is rich? He who rejoices in his portion. ~The Talmud

You have succeeded in life when all you really want is only what you really need. ~Vernon Howard

Since all the riches of this world  
May be gifts from the Devil and earthly kings,  
I should suspect that I worshipp'd the Devil  
If I thank'd my God for worldly things.  
~William Blake

Simplicity, simplicity, simplicity! I say, let your affairs be as two or three, and not a hundred or a thousand instead of a million count half a dozen, and keep your accounts on your thumb-nail.  
~Henry David Thoreau

If you cultivate a healthy poverty and simplicity, so that finding a penny will literally make your day, then, since the world is in fact planted in pennies, you have with your poverty bought a lifetime of days. ~Annie Dillard

Be content with what you have, rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you. ~Lao Tzu

We don't need to increase our goods nearly as much as we need to scale down our wants. Not wanting something is as good as possessing it. ~Donald Horban

Reduce the complexity of life by eliminating the needless wants of life, and the labors of life reduce themselves. ~Edwin Way Teale

The sculptor produces the beautiful statue by chipping away such parts of the marble block as are not needed - it is a process of elimination. ~Elbert Hubbard

## **SLEEP**

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Sleeping is no mean art: for its sake one must stay awake all day. ~Friedrich Nietzsche

If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep. ~Dale Carnegie

No day is so bad it can't be fixed with a nap. ~Carrie Snow

There is more refreshment and stimulation in a nap, even of the briefest, than in all the alcohol ever distilled. ~Edward Lucas

People who say they sleep like a baby usually don't have one. ~Leo J. Burke

Life is something that happens when you can't get to sleep. ~Fran Lebowitz

It's a cruel season that makes you get ready for bed while it's light out. ~Bill Watterson

The bed is a bundle of paradoxes: we go to it with reluctance, yet we quit it with regret; we make up our minds every night to leave it early, but we make up our bodies every morning to keep it late. ~Charles Caleb Colton

A good laugh and a long sleep are the best cures in the doctor's book. ~Irish Proverb

Life is too short to sleep on low thread-count sheets. ~Leah Stussy

Most people do not consider dawn to be an attractive experience - unless they are still up. ~Ellen Goodman

May sleep envelop you as a bed sheet floating gently down, tickling your skin and removing every worry. Reminding you to consider only this moment. ~Jeb Dickerson

Consciousness: that annoying time between naps. ~Author Unknown

There is no snooze button on a cat who wants breakfast. ~Author Unknown

Insomnia is a gross feeder. It will nourish itself on any kind of thinking, including thinking about not thinking. ~Clifton Fadiman

Dawn: When men of reason go to bed. ~Ambrose Bierce

The repose of sleep refreshes only the body. It rarely sets the soul at rest. The repose of the night does not belong to us. It is not the possession of our being. Sleep opens within us an inn for phantoms. In the morning we must sweep out the shadows. ~Gaston Bachelard

Sleep is perverse as human nature,

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Sleep is perverse as legislature....  
So people who go to bed to sleep  
Must count French premiers or sheep,  
And people who ought to arise from bed  
Yawn and go back to sleep instead.  
~Ogden Nash

If people were meant to pop out of bed, we'd all sleep in toasters. ~Author unknown, attributed to Jim Davis

Sleep is a symptom of caffeine deprivation. ~Author Unknown

Sleep is the interest we have to pay on the capital which is called in at death; and the higher the rate of interest and the more regularly it is paid, the further the date of redemption is postponed.  
~Arthur Schopenhauer

If a man had as many ideas during the day as he does when he has insomnia, he'd make a fortune. ~Griff Niblack

A ruffled mind makes a restless pillow. ~Charlotte Brontë

Sleep is the golden chain that ties health and our bodies together. ~Thomas Dekker

People who snore always fall asleep first. ~Author Unknown

Without enough sleep, we all become tall two-year-olds. ~JoJo Jensen

The best cure for insomnia is a Monday morning. ~Author Unknown

The worst thing in the world is to try to sleep and not to. ~F. Scott Fitzgerald

There is no hope for a civilization which starts each day to the sound of an alarm clock. ~Author Unknown

It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it. ~John Steinbeck

Nothing cures insomnia like the realization that it's time to get up. ~Author Unknown

Don't fight with the pillow, but lay down your head  
And kick every worriment out of the bed.  
~Edmund Vance Cooke

All men whilst they are awake are in one common world: but each of them, when he is asleep, is in a world of his own. ~Plutarch

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The best bridge between despair and hope is a good night's sleep. ~E. Joseph Cossman

Fatigue is the best pillow. ~Benjamin Franklin

I'm not asleep... but that doesn't mean I'm awake. ~Author Unknown

Sleep 'til you're hungry, eat 'til you're sleepy. ~Author Unknown

Sleep: a poor substitute for caffeine. ~Author Unknown

The amount of sleep required by the average person is five minutes more. ~Wilson Mizener

In its early stages, insomnia is almost an oasis in which those who have to think or suffer darkly take refuge. ~Colette

Leisure time is that five or six hours when you sleep at night. ~George Allen

It appears that every man's insomnia is as different from his neighbour's as are their daytime hopes and aspirations. ~F. Scott Fitzgerald

How do people go to sleep? I'm afraid I've lost the knack. I might try busting myself smartly over the temple with the night-light. I might repeat to myself, slowly and soothingly, a list of quotations beautiful from minds profound; if I can remember any of the damn things. ~Dorothy Parker

For sleep, one needs endless depths of blackness to sink into; daylight is too shallow, it will not cover one. ~Anne Morrow Lindbergh

Sleeplessness is a desert without vegetation or inhabitants. ~Jessamyn West

The feeling of sleepiness when you are not in bed, and can't get there, is the meanest feeling in the world. ~Edgar Watson Howe

## **SOLITUDE**

Man loves company even if it is only that of a small burning candle. ~Georg Christoph Lichtenberg

I never found the companion that was so companionable as solitude. We are for the most part more lonely when we go abroad among men than when we stay in our chambers. ~Henry David Thoreau

Language... has created the word "loneliness" to express the pain of being alone. And it has created the word "solitude" to express the glory of being alone. ~Paul Johannes Tillich

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There are days when solitude is a heady wine that intoxicates you with freedom, others when it is a bitter tonic, and still others when it is a poison that makes you beat your head against the wall. ~Colette

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived. ~Henry David Thoreau

I think that I cannot preserve my health and spirits, unless I spend four hours a day at least - and it is commonly more than that - sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements. ~Henry David Thoreau

We live in a very tense society. We are pulled apart... and we all need to learn how to pull ourselves together.... I think that at least part of the answer lies in solitude. ~Helen Hayes

It is only when we silent the blaring sounds of our daily existence that we can finally hear the whispers of truth that life reveals to us, as it stands knocking on the doorsteps of our hearts. ~K.T. Jong

Never be afraid to sit awhile and think. ~Lorraine Hansberry

Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world. ~Hans Margolius

Solitude shows us what should be; society shows us what we are. ~Robert Cecil

The great omission in American life is solitude; not loneliness, for this is an alienation that thrives most in the midst of crowds, but that zone of time and space, free from the outside pressures, which is the incubator of the spirit. ~Marya Mannes

In solitude, where we are least alone. ~George Gordon

Inside myself is a place where I live all alone, and that's where I renew my springs that never dry up. ~Pearl Buck

What a commentary on civilization, when being alone is being suspect; when one has to apologize for it, make excuses, hide the fact that one practices it - like a secret vice. ~Anne Morrow Lindbergh

With some people solitariness is an escape not from others but from themselves. For they see in the eyes of others only a reflection of themselves. ~Eric Hoffer

When we cannot bear to be alone, it means we do not properly value the only companion we will have from birth to death - ourselves. ~Eda LeShan

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I have a great deal of company in the house, especially in the morning when nobody calls.  
~Henry David Thoreau

Solitude never hurt anyone. Emily Dickinson lived alone, and she wrote some of the most beautiful poetry the world has ever known... then went crazy as a loon. ~Matt Groening

With some people solitariness is an escape not from others but from themselves. For they see in the eyes of others only a reflection of themselves. ~Eric Hoffer

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I owe my solitude to other people. ~Alan Watts

I would rather sit on a pumpkin and have it all to myself, than be crowded on a velvet cushion.  
~Henry David Thoreau

## **SPEAKING**

To speak and to speak well are two things. A fool may talk, but a wise man speaks. ~Ben Jonson

If you wouldn't write it and sign it, don't say it. ~Earl Wilson

Two monologues do not make a dialogue. ~Jeff Daly

Of those who say nothing, few are silent. ~Thomas Neiel

The older I grow the more I listen to people who don't talk much. ~Germain G. Glien

Most conversations are simply monologues delivered in the presence of a witness. ~Margaret Millar

To be able to ask a question clearly is two-thirds of the way to getting it answered. ~John Ruskin

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There is no such thing as conversation. It is an illusion. There are intersecting monologues, that is all. ~Rebecca West

By swallowing evil words unsaid, no one has ever harmed his stomach. ~Winston Churchill

The kindest word in all the world is the unkind word, unsaid. ~Author Unknown

Talking is like playing on the harp; there is as much in laying the hands on the strings to stop their vibration as in twanging them to bring out their music. ~Oliver Wendell Holmes

People have to talk about something just to keep their voice boxes in working order so they'll have good voice boxes in case there's ever anything really meaningful to say. ~Kurt Vonnegut, Jr.

The true genius shudders at incompleteness - and usually prefers silence to saying something which is not everything it should be. ~Edgar Allan Poe

The trouble with talking too fast is you may say something you haven't thought of yet. ~Ann Landers

Everything becomes a little different as soon as it is spoken out loud. ~Hermann Hesse

The real art of conversation is not only to say the right thing at the right place but to leave unsaid the wrong thing at the tempting moment. ~Dorothy Nevill

The easiest way to save face is to keep the lower half shut. ~Author Unknown

Even a fish wouldn't get into trouble if he kept his mouth shut. ~Author Unknown

Among my most prized possessions are words that I have never spoken. ~Orson Rega Card

Be careful of your thoughts; they may become words at any moment. ~Ira Gassen

Silence is one of the hardest arguments to refute. ~Josh Billings

Foolishness always results when the tongue outraces the brain. ~Author Unknown

The words you choose to say something are just as important as the decision to speak.  
~Author Unknown

Among provocatives, the next best thing to good preaching is bad preaching. I have even more thoughts during or enduring it than at other times. ~Ralph Waldo Emerson

Let a fool hold his tongue and he will pass for a sage. ~Pubilius Syrus

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An inability to stay quiet is one of the conspicuous failings of mankind. ~Walter Bagehot

It is better to keep one's mouth shut and be thought a fool than to open it and resolve all doubt.  
~Abraham Lincoln

I am annoyed by individuals who are embarrassed by pauses in a conversation. To me, every conversational pause refreshes. ~George Sanders

Isn't it surprising how many things, if not said immediately, seem not worth saying ten minutes from now? ~Arnot L. Sheppard, Jr.

It is impossible to speak in such a way that you cannot be misunderstood. ~Karl Popper

Speak when you are angry and you will make the best speech you will ever regret. ~Ambrose Bierce

Drawing on my find command of language, I said nothing. ~Robert Charles Benchley

Don't tell your friends about your indigestions: "How are you!" is a greeting, not a question.  
~Arthur Guiterman

Once a word has been allowed to escape, it cannot be recalled. ~Horace

Don't speak unless you can improve on the silence. ~Spanish Proverb

One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say. ~Will Durant

If writers wrote as carelessly as some people talk, then adhasdh asdglaseuyt[bn[  
pasdlgkhasdfasdf. ~Lemony Snicket

Blessed is the man who, having nothing to say, abstains from giving evidence of the fact.  
~George Eliot

Not the fastest horse can catch a word spoken in anger. ~Chinese Proverb

Never miss a good chance to shut up. ~Will Rogers

Talk to people about themselves and they will listen for hours. ~Benjamin Disraeli

Discussion is an exchange of knowledge; argument an exchange of ignorance. ~Robert Quillen

Coolidge was known for his terse speech and reticence. A woman bet her friend that she could

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get Coolidge to speak to her, which was something he was reluctant to do. She went up to him and said: "Hello, Mr. President, I bet my friend that I could get you to say three words to me." "You lose," Coolidge replied dryly, and walked away. ~Author Unknown

The difference between a smart man and a wise man is that a smart man knows what to say, a wise man knows whether or not to say it. ~Frank M. Garafola

I just wish my mouth had a backspace key. ~Author Unknown

No man would listen to you talk if he didn't know it was his turn next. ~E.W. Howe

If you keep your mouth shut you will never put your foot in it. ~Austin O'Malley

If everybody thought before they spoke, the silence would be deafening. ~George Barzan

Man does not live by words alone, despite the fact that sometimes he has to eat them. ~Adlai Stevenson

The most important thing in communication is hearing what isn't being said. ~Author Unknown

In the course of my life, I have often had to eat my words, and I must confess that I have always found it a wholesome diet. ~Winston Churchill

The best way to keep one's word is not to give it. ~Napoleon I

If you keep your mouth shut you will never put your foot in it. ~Austin O'Malley

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## **SUCCESS**

Try not to become a man of success, but rather try to become a man of value. ~Albert Einstein

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Success without honor is an unseasoned dish; it will satisfy your hunger, but it won't taste good. ~Joe Paterno

If at first you don't succeed, do it like your mother told you. ~Author Unknown

Eighty percent of success is showing up. ~Woody Allen

As you climb the ladder of success, be sure it's leaning against the right building. ~Quoted in *P.S. I Love You*, compiled by H. Jackson Brown, Jr.

If at first you don't succeed, you're running about average. ~M.H. Alderson

Success consists of going from failure to failure without loss of enthusiasm. ~Winston Churchill

What is success? It is a toy balloon among children armed with pins. ~Gene Fowler

Sometimes I worry about being a success in a mediocre world. ~Lily Tomlin

I couldn't wait for success... so I went ahead without it. ~Jonathan Winters

There is no point at which you can say, "Well, I'm successful now. I might as well take a nap."  
~Carrie Fisher

Don't aim for success if you want it; just do what you love and believe in, and it will come naturally. ~David Frost

Some people dream of success... while others wake up and work hard at it. ~Author Unknown

To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded! ~Ralph Waldo Emerson

In order to succeed you must fail, so that you know what not to do the next time. ~Anthony J. D'Angelo

I dread success. To have succeeded is to have finished one's business on earth, like the male spider, who is killed by the female the moment he has succeeded in courtship. I like a state of continual becoming, with a goal in front and not behind. ~George Bernard Shaw

Those who have succeeded at anything and don't mention luck are kidding themselves. ~Larry King

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Success has made failures of many men. ~Cindy Adams

Some aspects of success seem rather silly as death approaches. ~Donald A. Miller

Judge your success by what you had to give up in order to get it. ~Author Unknown

That man is successful who has lived well, laughed often, and loved much, who has gained the respect of the intelligent men and the love of children; who has filled his niche and accomplished his task; who leaves the world better than he found it, whether by an improved poppy, a perfect poem, or a rescued soul; who never lacked appreciation of earth's beauty or failed to express it; who looked for the best in others and gave the best he had. ~Robert Louis Stevenson

Success is more permanent when you achieve it without destroying your principles. ~Walter Cronkite

The two hardest things to handle in life are failure and success. ~Author Unknown

Pray that success will not come any faster than you are able to endure it. ~Elbert Hubbard

The closer one gets to the top, the more one finds there is no "top." ~Nancy Barcus

Something in human nature causes us to start slacking off at our moment of greatest accomplishment. As you become successful, you will need a great deal of self-discipline not to lose your sense of balance, humility, and commitment. ~Ross Perot

Smarts and action are on the same side of the equation where the sum is success. ~Garrett Hazel

Success is blocked by concentrating on it and planning for it... Success is shy - it won't come out while you're watching. ~Tennessee Williams

Success seems to be largely a matter of hanging on after others have let go. ~William Feather

There is only one success - to be able to spend your life in your own way. ~Christopher Morley

How do you achieve success? Well, for one thing, you don't define it before you achieve it. ~Robert Brault

The toughest thing about success is that you've got to keep on being a success. ~Irving Berlin

Success is simply a matter of luck. Ask any failure. ~Earl Wilson

Success will never be a big step in the future, success is a small step taken just now. ~Jonatan

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Mårtensson

Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success. ~Dale Carnegie

There is no success but your own success. ~Leslie Grimutter

Always bear in mind that your own resolution to success is more important than any other one thing. ~Abraham Lincoln

Success is getting what you want; happiness is wanting what you get. ~Author Unknown

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome. ~Booker T. Washington

Success is how high you bounce when you hit bottom. ~George Smith Patton

It is wise to keep in mind that no success or failure is necessarily final. ~Author Unknown

How can they say my life is not a success? Have I not for more than sixty years got enough to eat and escaped being eaten? ~Logan Smith

Success and failure. We think of them as opposites, but they're really not. They're companions - the hero and the sidekick. ~Laurence Shames

The man who has done his level best, and who is conscious that he has done his best, is a success, even though the world may write him down as a failure. ~B.C. Forbes

The road to success is wherever people need another road. ~Robert Brault

If at first you don't succeed, skydiving is not for you. ~Arthur McAuliff

If at first you don't succeed, failure may be your style. ~Quentin Crisp

If at first you don't succeed, destroy all evidence that you tried. ~Author Unknown

If at first you don't succeed, try, try again. Then give up. There's no use in being a damn fool about it. ~W.C. Fields

If at first you do succeed - try to hide your astonishment. ~Author Unknown

## **TEAMWORK**

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Teamwork divides the task and multiplies the success. ~Author Unknown

No one can whistle a symphony. It takes a whole orchestra to play it. ~H.E. Luccock

Teamwork is the ability to work as a group toward a common vision, even if that vision becomes extremely blurry. ~Author Unknown

Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work. ~Vince Lombardi

The nice thing about teamwork is that you always have others on your side. ~Margaret Carty

Many hands make light work. ~John Heywood

One piece of log creates a small fire, adequate to warm you up, add just a few more pieces to blast an immense bonfire, large enough to warm up your entire circle of friends; needless to say that individuality counts but team work dynamites. ~Jin Kwon

No man is an island, entire of itself; every man is a piece of the continent. ~John Donne

Cooperation is the thorough conviction that nobody can get there unless everybody gets there. ~Virginia Burden

Sticks in a bundle are unbreakable. ~Kenyan Proverb

Coming together is a beginning. Keeping together is progress. Working together is success. ~Henry Ford

None of us is as smart as all of us. ~Ken Blanchard

It is amazing how much you can accomplish when it doesn't matter who gets the credit. ~Author Unknown

Team means Together Everyone Achieves More! ~Author Unknown

Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishment toward organizational objectives. It is the fuel that allows common people to attain uncommon results. ~Andrew Carnegie

Regardless of differences, we strive shoulder to shoulder... [T]eamwork can be summed up in five short words: "We believe in each other." ~Author Unknown

A chain is only as strong as its weakest link. ~Author Unknown

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Contrary to popular belief, there most certainly is an "I" in "team." It is the same "I" that appears three times in "responsibility." ~Amber Harding

We must all hang together or most assuredly we shall hang separately. ~Benjamin Franklin

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has. ~Margaret Meade

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime. ~Babe Ruth

If everyone is moving forward together, then success takes care of itself. ~Henry Ford

Teamwork is essential - it allows you to blame someone else. ~Author Unknown

The ratio of We's to I's is the best indicator of the development of a team. ~Lewis B. Ergen

Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship, explore your thoughts about one another candidly, work together for a common goal and help one another achieve it. ~Bill Bradley

I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion. ~Mia Hamm

Teamwork is so important that it is virtually impossible for you to reach the heights of your capabilities or make the money that you want without becoming very good at it. ~Brian Tracy

No member of a crew is praised for the rugged individuality of his rowing. ~Ralph Waldo Emerson

A snowflake is one of God's most fragile creations, but look what they can do when they stick together! ~Author Unknown

In union there is strength. ~Aesop

Remember upon the conduct of each depends the fate of all. ~Alexander the Great

If you want to build a ship, don't drum up people together to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea. ~Antoine de Saint-Exupery

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A group becomes a team when each member is sure enough of himself and his contribution to praise the skills of the others. ~Norman Shidle

Gettin' good players is easy. Gettin' 'em to play together is the hard part. ~Casey Stengel

It is a fact that in the right formation, the lifting power of many wings can achieve twice the distance of any bird flying alone. ~Author Unknown

Sure there's no "I" in "team," but there is a "ME"! ~Author Unknown

We don't accomplish anything in this world alone ... and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads from one to another that creates something. ~Sandra Day O'Connor

## **TRUST**

One must be fond of people and trust them if one is not to make a mess of life. ~E.M. Forster

I think we may safely trust a good deal more than we do. ~Henry David Thoreau

Our distrust is very expensive. ~Ralph Waldo Emerson

You may be deceived if you trust too much, but you will live in torment unless you trust enough. ~Frank Crane

The only way to make a man trustworthy is to trust him. ~Henry L. Stimson

We're all born brave, trusting, and greedy, and most of us remain greedy. ~Mignon McLaughlin

Few things help an individual more than to place responsibility upon him, and to let him know that you trust him. ~Booker T. Washington

I trust everyone. I just don't trust the devil inside them. ~Troy Kennedy-Martin

Many people say that government is necessary because some men cannot be trusted to look after themselves, but anarchists say that government is harmful because no men can be trusted to look after anyone else. ~Nicolas Walter

Liberalism is trust of the people tempered by prudence. Conservatism is distrust of the people tempered by fear. ~William E. Gladstone, 1866

Every two years the American politics industry fills the airwaves with the most virulent,

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scurrilous, wall-to-wall character assassination of nearly every political practitioner in the country - and then declares itself puzzled that America has lost trust in its politicians. ~Charles Krauthammer

Trust your own instinct. Your mistakes might as well be your own, instead of someone else's. ~Billy Wilder

Trust only movement. Life happens at the level of events, not of words. Trust movement. ~Alfred Adler

Love all, trust a few, do wrong to none. ~William Shakespeare

A skeptic is a person who would ask God for his ID card. ~Edgar A. Shoaff

Deciding whether or not to trust a person is like deciding whether or not to climb a tree, because you might get a wonderful view from the highest branch, or you might simply get covered in sap, and for this reason many people choose to spend their time alone and indoors, where it is harder to get a splinter. ~Lemony Snicket

Few delights can equal the mere presence of one whom we trust utterly. ~George MacDonald

Government is an unnecessary evil. Human beings, when accustomed to taking responsibility for their own behavior, can cooperate on a basis of mutual trust and helpfulness. ~Fred Woodworth

A wedding anniversary is the celebration of love, trust, partnership, tolerance and tenacity. The order varies for any given year. ~Paul Sweeney

In God we trust, all others we virus scan. ~Author Unknown

Never trust a husband too far, nor a bachelor too near. ~Helen Rowland

If you once forfeit the confidence of your fellow citizens, you can never regain their respect and esteem. It is true that you may fool all of the people some of the time; you can even fool some of the people all of the time; but you can't fool all of the people all of the time. ~Abraham Lincoln

Where large sums of money are concerned, it is advisable to trust nobody. ~Agatha Christie

Not only is the universe stranger than we imagine, it is stranger than we can imagine. ~Arthur Eddington

Trust yourself. You know more than you think you do. ~Benjamin Spock

A man who doesn't trust himself can never really trust anyone else. ~Cardinal De Retz

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Trust no one unless you have eaten much salt with him. ~Cicero

There is one safeguard known generally to the wise, which is an advantage and security to all, but especially to democracies as against despots. What is it? Distrust. ~Demosthenes

One must be fond of people and trust them if one is not to make a mess of life. ~E.M. Forster

Who would not rather trust and be deceived? ~Eliza Cook

To sit patiently with a yearning that has not yet been fulfilled, and to trust that, that fulfillment will come, is quite possibly one of the most powerful "magic skills" that human beings are capable of. It has been noted by almost every ancient wisdom tradition. ~Elizabeth Gilbert

The inability to open up to hope is what blocks trust, and blocked trust is the reason for blighted dreams. ~Elizabeth Gilbert

Hope is both the earliest and the most indispensable virtue inherent in the state of being alive. If life is to be sustained hope must remain, even where confidence is wounded, trust impaired. ~Erik H. Erikson

Trust everybody, but cut the cards. ~Finley Peter Dunne

You may be deceived if you trust too much, but you will live in torment if you don't trust enough. ~Frank Crane

To be trusted is a greater compliment than to be loved. ~George Macdonald

You can't shake hands with a clenched fist. ~Indira Gandhi

You must train your intuition -- you must trust the small voice inside you which tells you exactly what to say, what to decide. ~Ingrid Bergman

Trust him not with your secrets, who, when left alone in your room, turns over your papers. ~Johann Kaspar Lavater

We will be a better country when each religious group can trust its members to obey the dictates of their own religious faith without assistance from the legal structure of their country. ~Margaret Mead

Trust thyself: every heart vibrates to that iron string. ~Ralph Waldo Emerson

Our distrust is very expensive. ~Ralph Waldo Emerson

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Self-trust is the first secret of success.

~Ralph Waldo Emerson

The glory of friendship is not the outstretched hand, nor the kindly smile, nor the joy of companionship; it is the spiritual inspiration that comes to one when you discover that someone else believes in you and is willing to trust you with a friendship. ~Ralph Waldo Emerson

What the caterpillar calls the end of the world, the master calls a butterfly. ~Richard Bach

Creativity comes from trust. Trust your instincts. And never hope more than you work. ~Rita Mae Brown

It is better to suffer wrong than to do it, and happier to be sometimes cheated than not to trust. ~Samuel Johnson

I have no fear that the result of our experiment will be that men may be trusted to govern themselves without a master. ~Thomas Jefferson

Whenever the people are well-informed, they can be trusted with their own government. ~Thomas Jefferson

## **TRUTH**

God offers to every mind its choice between truth and repose. Take which you please - you can never have both. ~Ralph Waldo Emerson

Ye shall know the truth, and the truth shall make you mad. ~Aldous Huxley

It is error alone which needs the support of government. Truth can stand by itself. ~Thomas Jefferson

I never dreamed of being Shakespeare or Goethe, and I never expected to hold the great mirror of truth up before the world; I dreamed only of being a little pocket mirror, the sort that a woman can carry in her purse; one that reflects small blemishes, and some great beauties, when held close enough to the heart. ~Peter Altenberg

The greatest enemy of any one of our truths may be the rest of our truths. ~William James

Men ardently pursue truth, assuming it will be angels' bread when found. ~W. MacNeile Dixon

There is no god higher than truth. ~Mahatma Gandhi

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Truth has very few friends and those few are suicides. ~Antonio Porchia

The trouble about man is twofold. He cannot learn truths which are too complicated; he forgets truths which are too simple. ~Rebecca West

It will never be possible by pure reason to arrive at some absolute truth. ~Werner Heisenberg

Truth is rarely writ in ink; it lives in nature. ~Martin H. Fischer

When I tell any truth, it is not for the sake of convincing those who do not know it, but for the sake of defending those that do. ~William Blake

Truth only reveals itself when one gives up all preconceived ideas. ~Shoseki

There is no Truth. There is only the truth within each moment. ~Ramana Maharshi

Theories are private property, but truth is common stock. ~Charles Caleb Colton

It is a terrible thing for a man to find out suddenly that all his life he has been speaking nothing but the truth. ~Oscar Wilde

My truths do not last long in me. Not as long as those that are not mine. ~Antonio Porchia

If you cannot find the truth right where you are, where else do you expect to find it? ~Dogen

People always think something's *all* true. ~J.D. Salinger

Truth is tough. It will not break, like a bubble, at a touch, nay, you may kick it all about all day like a football, and it will be round and full at evening. ~Oliver Wendell Holmes

Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold. ~Leo Tolstoy

Truth is the breath of life to human society. It is the food of the immortal spirit. Yet a single word of it may kill a man as suddenly as a drop of prussic acid. ~Oliver Wendell Holmes

Like all dreamers, I mistook disenchantment for truth. ~Jean-Paul Sartre

Truth is a great flirt. ~Franz Liszt

I am of the Buddhists. The great Teacher comes periodically. He is followed by pupils who corrupt the texts and then a new Buddha must be born to reestablish the truth. ~Martin H. Fischer

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We swallow greedily any lie that flatters us, but we sip only little by little at a truth we find bitter.  
~Denis Diderot

All great truths begin as blasphemies. ~George Bernard Shaw

The greatest truths are the simplest: so likewise are the greatest men. ~Augustus William Hare  
and Julius Charles Hare

I tore myself away from the safe comfort of certainties through my love for truth - and truth  
rewarded me. ~Simone de Beauvoir

Man has always sacrificed truth to his vanity, comfort and advantage. He lives... by make-  
believe. ~W. Somerset Maugham

When one has one's hand full of truth it is not always wise to open it. ~French Proverb

We do not err because truth is difficult to see. It is visible at a glance. We err because this is  
more comfortable. ~Alexander Solzhenitsyn

The truth will set you free, but first it will make you miserable. ~Attributed to James A. Garfield

Every truth passes through three stages before it is recognized. In the first, it is ridiculed, in the  
second it is opposed, in the third it is regarded as self-evident. ~Arthur Schopenhauer

There is no truth. There is only perception. ~Gustave Flaubert

If a thousand old beliefs were ruined in our march to truth we must still march on. ~Stopford  
Brooke

How many legs does a dog have if you call the tail a leg? Four; calling a tail a leg doesn't make  
it a leg. ~Abraham Lincoln

It is said an Eastern monarch once charged his wise men to invent him a sentence to be ever in  
view, and which should be true and appropriate in all times and situations. They presented him  
the words: "And this, too, shall pass away." ~Abraham Lincoln

Truth is generally the best vindication against slander. ~Abraham Lincoln

When a woman tells the truth she is creating the possibility for more truth around her. ~Adrienne  
Rich

False history gets made all day, any day, the truth of the new is never on the news. ~Adrienne  
Rich

No amount of experimentation can ever prove me right; a single experiment can prove me wrong.

~Albert Einstein

Whoever undertakes to set himself up as a judge of Truth and Knowledge is shipwrecked by the laughter of the gods.

~Albert Einstein

The ideals which have lighted me on my way and time after time given me new courage to face life cheerfully, have been Truth, Goodness, and Beauty. . . . The ordinary objects of human endeavour -- property, outward success, luxury -- have always seemed to me contemptible.

~Albert Einstein

When we blindly adopt a religion, a political system, a literary dogma, we become automatons. We cease to grow.

~Anais Nin

The personal life deeply lived always expands into truths beyond itself.

~Anais Nin

Believe those who are seeking the truth; doubt those who find it.

~Andre Gide

Whenever you have eliminated the impossible, whatever remains, however improbable, must be the truth.

~Arthur Conan Doyle

Never apologize for showing feeling. When you do so, you apologize for the truth.

~Benjamin Disraeli

We know the truth, not only by the reason, but by the heart.

~Blaise Pascal

Postmodernists believe that truth is myth, and myth, truth. This equation has its roots in pop psychology. The same people also believe that emotions are a form of reality. There used to be another name for this state of mind. It used to be called psychosis.

~Brad Holland

Believe nothing just because a so-called wise person said it. Believe nothing just because a belief is generally held. Believe nothing just because it is said in ancient books. Believe nothing just because it is said to be of divine origin. Believe nothing just because someone else believes it. Believe only what you yourself test and judge to be true. [paraphrased]

~Buddha

There is no squabbling so violent as that between people who accepted an idea yesterday and those who will accept the same idea tomorrow.

~Christopher Morley

Chase after the truth like all hell and you'll free yourself, even though you never touch its coattails.

~Clarence Darrow

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The intuition of free will gives us the truth.

~Corliss Lamont

Everyone is entitled to their own opinion, but not their own facts. ~Daniel Patrick Moynihan

Nothing is easier than self-deceit. For what each man wishes, that he also believes to be true.  
~Demosthenes

Fear grows in darkness; if you think there's a bogeyman around, turn on the light. ~Dorothy  
Thompson

There is nothing to fear except the persistent refusal to find out the truth, the persistent refusal  
to analyze the causes of happenings. ~Dorothy Thompson

History is the present. That's why every generation writes it anew. But what most people think of  
as history is its end product, myth. ~E.L. Doctorow

Most truths are so naked that people feel sorry for them and cover them up, at least a little bit.  
~Edward R. Murrow

Reformers who are always compromising, have not yet grasped the idea that truth is the only  
safe ground to stand upon. ~Elizabeth Cady Stanton

Some minds remain open long enough for the truth not only to enter but to pass on through by  
way of a ready exit without pausing anywhere along the route. ~Elizabeth Kenny

Truth is such a rare thing, it is delighted to tell it.

~Emily Dickinson

The truth which has made us free will in the end make us glad also. ~Felix Adler

And we should consider every day lost on which we have not danced at least once. And we  
should call every truth false which was not accompanied by at least one laugh. ~Friedrich  
Nietzsche

All truths are easy to understand once they are discovered; the point is to discover them.  
~Galileo

New opinions often appear first as jokes and fancies, then as blasphemies and treason, then as  
questions open to discussion, and finally as established truths. ~George Bernard Shaw

My way of joking is to tell the truth. It's the funniest joke in the world. ~George Bernard Shaw

Falsehood is easy, truth so difficult.

~George Eliot

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The truth will set you free. But first, it will piss you off. ~Gloria Steinem

When people thought the Earth was flat, they were wrong. When people thought the Earth was spherical they were wrong. But if you think that thinking the Earth is spherical is just as wrong as thinking the Earth is flat, then your view is wronger than both of them put together. ~Isaac Asimov

The great enemy of the truth is very often not the lie -- deliberate, contrived and dishonest -- but the myth -- persistent, persuasive and unrealistic. ~John F. Kennedy

Anyone who conducts an argument by appealing to authority is not using his intelligence; he is just using his memory. ~Leonardo Da Vinci

I believe that unarmed truth and unconditional love will have the final word in reality. This is why right, temporarily defeated, is stronger than evil triumphant. ~Martin Luther King Jr.

The beginning of wisdom is found in doubting; by doubting we come to the question, and by seeking we may come upon the truth. ~Pierre Abelard

Fiction is the truth inside the lie. ~Stephen King

## **WEEKENDS**

Weekends don't count unless you spend them doing something completely pointless. ~Bill Watterson

Weekends are a bit like rainbows; they look good from a distance but disappear when you get up close to them. ~John Shirley

There aren't enough days in the weekend. ~Rod Schmidt

The only reason why we ask other people how their weekend was is so we can tell them about our own weekend. ~Chuck Palahniuk

The rhythm of the weekend, with its birth, its planned gaieties, and its announced end, followed the rhythm of life and was a substitute for it. ~F. Scott Fitzgerald

Why wait for the weekend to have fun ~Loesje

Only Robinson Crusoe had everything done by Friday. ~Author Unknown

Your hair may be brushed, but your mind's untidy. You've had about seven hours of sleep since Friday. No wonder you feel that lost sensation. You're sunk from a riot of relaxation. ~Ogden Nash

Every man has a right to a Saturday night bath. ~Lyndon B. Johnson

Life is a wretched gray Saturday, but it has to be lived through. ~Anthony Burgess

Sunday clears away the rust of the whole week. ~Joseph Addison

Most people are in a factory from nine till five. Their job may be to turn out 263 little circles. At the end of the week they're three short and somebody has a go at them. On Saturday afternoons they deserve something to go and shout about. ~Rodney Marsh

Give a man a fish and he has food for a day; teach him how to fish and you can get rid of him for the entire weekend. ~Zenna Scha

There is little chance that meteorologists can solve the mysteries of weather until they gain an understanding of the mutual attraction of rain and weekends. ~Arnot Sheppard

Weekends don't pay as well as weekdays but at least there's football. ~S.A. Sachs

The feeling of Sunday is the same everywhere, heavy, melancholy, standing still. ~Jean Rhys

Always strive to excel, but only on weekends. ~Richard Rorty

Middle age is when you're sitting at home on a Saturday night and the telephone rings and you hope it isn't for you. ~Ogden Nash

Living up to ideals is like doing everyday work with your Sunday clothes on. ~Ed Howe

## **WISDOM**

Every man is a damn fool for at least five minutes every day; wisdom consists in not exceeding the limit. ~Elbert Hubbard

We can be Knowledgeable with other men's knowledge, but we cannot be wise with other men's wisdom. ~Michel de Montaigne

Wisdom begins at the end. ~Daniel Webster

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Patience is the companion of wisdom. ~St. Augustine

Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk.  
~Doug Larson

Wisdom is knowing what to do next; virtue is doing it. ~David Star Jordan

He who devotes sixteen hours a day to hard study may become at sixty as wise as he thought himself at twenty. ~Mary Wilson Little

Wisdom doesn't necessarily come with age. Sometimes age just shows up all by itself. ~Tom Wilson

How can you be a sage if you're pretty? You can't get your wizard papers without wrinkles.  
~Bill Veeck

The years teach much which the days never knew. ~Ralph Waldo Emerson

The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom. ~Isaac Asimov

Never does nature say one thing and wisdom another. ~Juvenal

A wise man can see more from the bottom of a well than a fool can from a mountain top.  
~Author Unknown

I believe that all wisdom consists in caring immensely for a few right things, and not caring a straw about the rest. ~John Buchan

It is easier to find a score of men wise enough to discover the truth than to find one intrepid enough, in the face of opposition, to stand up for it. ~A.A. Hodge

A child can ask questions that a wise man cannot answer. ~Author Unknown

A single conversation with a wise man is better than ten years of study. ~Chinese Proverb

Wisdom consists of the anticipation of consequences. ~Norman Cousins

He dares to be a fool, and that is the first step in the direction of wisdom. ~James Gibbons Huneker

Wisdom comes by disillusionment. ~George Santayana

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Wisdom is the quality that keeps you from getting into situations where you need it. ~Doug Larson

Some folks are wise and some are otherwise. ~Tobias Smollett

Wisdom is oftentimes nearer when we stoop than when we soar. ~William Wordsworth

The young man knows the rules, but the old man knows the exceptions. ~Oliver Wendell Holmes Sr.

Knowledge comes, but wisdom lingers. ~Alfred Lord Tennyson

Wisdom outweighs any wealth. ~Sophocles

If wisdom and diamonds grew on the same tree we could soon tell how much men loved wisdom. ~Lemuel K. Washburn

It is more easy to be wise for others than for ourselves. ~François Duc de La Rochefoucauld

Learning sleeps and snores in libraries, but wisdom is everywhere, wide awake, on tiptoe. ~Josh Billings

Wisdom is never on the menu, you have to own the restaurant. ~Carrie Latet

Knowledge is a process of piling up facts; wisdom lies in their simplification. ~Martin H. Fischer

A man begins cutting his wisdom teeth the first time he bites off more than he can chew. ~Herb Caen

There is a wisdom of the head, and... a wisdom of the heart. ~Charles Dickens

Common-sense in an uncommon degree is what the world calls wisdom. ~Samuel Taylor Coleridge

No man was ever wise by chance. ~Seneca

We are made wise not by the recollection of our past, but by the responsibility for our future. ~George Bernard Shaw

## **WORRY**

If I had my life to live over, I would perhaps have more actual troubles but I'd have fewer imaginary ones. ~Don Herold

Drag your thoughts away from your troubles... by the ears, by the heels, or any other way you can manage it. ~Mark Twain

Today is the tomorrow we worried about yesterday. ~Author Unknown

Let us be of good cheer, remembering that the misfortunes hardest to bear are those which will never happen. ~James Russel Lowell

If things go wrong, don't go with them. ~Roger Babson

Worry never robs tomorrow of its sorrow, it only saps today of its joy. ~Leo Buscaglia

Do not anticipate trouble or worry about what may never happen. Keep in the sunlight.  
~Benjamin Franklin

If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep. ~Dale Carnegie

I've developed a new philosophy... I only dread one day at a time. ~Charlie Brown (Charles Schulz)

Troubles are a lot like people - they grow bigger if you nurse them. ~Author Unknown

If you want to test your memory, try to recall what you were worrying about one year ago today.  
~E. Joseph Cossman

Nerves and butterflies are fine - they're a physical sign that you're mentally ready and eager. You have to get the butterflies to fly in formation, that's the trick. ~Steve Bull

I keep the telephone of my mind open to peace, harmony, health, love and abundance. Then, whenever doubt, anxiety or fear try to call me, they keep getting a busy signal - and soon they'll forget my number. ~Edith Armstrong

Nerves provide me with energy. They work for me. It's when I don't have them, when I feel at ease, that I get worried. ~Mike Nichols

I come into the peace of wild things who do not tax their lives with forethought of grief.... For a time I rest in the grace of the world, and am free. ~Wendell Berry

People gather bundles of sticks to build bridges they never cross. ~Author Unknown

You can't wring your hands and roll up your sleeves at the same time. ~Pat Schroeder

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The greatest mistake you can make in life is to be continually fearing you will make one.  
~Elbert Hubbard

Worrying is like a rocking chair, it gives you something to do, but it gets you nowhere. ~Glenn Turner

People become attached to their burdens sometimes more than the burdens are attached to them. ~George Bernard Shaw

Panic is a sudden desertion of us, and a going over to the enemy of our imagination. ~Christian Nevell Bovee

Somehow our devils are never quite what we expect when we meet them face to face. ~Nelson DeMille

For peace of mind, resign as general manager of the universe. ~Author Unknown

We experience moments absolutely free from worry. These brief respites are called panic.  
~Cullen Hightower

If you treat every situation as a life and death matter, you'll die a lot of times. ~Dean Smith

It only seems as if you are doing something when you're worrying. ~Lucy Maud Montgomery

A hundredload of worry will not pay an ounce of debt. ~George Herbert

As a cure for worrying, work is better than whiskey. ~Thomas A. Edison

Worry often gives a small thing a big shadow. ~Swedish Proverb

Never bear more than one kind of trouble at a time. Some people bear three - all they have had, all they have now, and all they expect to have. ~Edward Everett Hale

That the birds of worry and care fly over you head, this you cannot change, but that they build nests in your hair, this you can prevent. ~Chinese Proverb

We can easily manage if we will only take, each day, the burden appointed to it. But the load will be too heavy for us if we carry yesterday's burden over again today, and then add the burden of the morrow before we are required to bear it. ~John Newton

Worry bankrupts the spirit. ~Berri Clove

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Worry ducks when purpose flies overhead. ~C. Astrid Weber

It is the little bits of things that fret and worry us; we can dodge a elephant, but we can't dodge a fly. ~Josh Billings

Worry, doubt, fear and despair are the enemies which slowly bring us down to the ground and turn us to dust before we die. ~Attributed to Douglas MacArthur

You can never worry your way to enlightenment. ~Ed Northstrum

When you suffer an attack of nerves you're being attacked by the nervous system. What chance has a man got against a system? ~Russell Hoban

Any concern too small to be turned into a prayer is too small to be made into a burden. ~Corrie ten Boom

I am reminded of the advice of my neighbor. "Never worry about your heart till it stops beating." ~E.B. White

There are two days in the week about which and upon which I never worry... Yesterday and Tomorrow. ~Robert Jones Burdette

A day of worry is more exhausting than a day of work. ~John Lubbock

As a rule, what is out of sight disturbs men's minds more seriously than what they see. ~Julius Caesar

If worrying were an Olympic sport, you'd get the gold for sure. ~Stephenie Geist

Don't chain your worries to your body. The burden soon becomes heavy and your health will give too much of itself to pick up the extra load. ~Astrid Alauda

Worry is rust upon the blade. ~Henry Ward Hughes

Heavy thoughts bring on physical maladies; when the soul is oppressed so is the body. ~Martin Luther

I have learned to live each day as it comes, and not to borrow trouble by dreading tomorrow. It is the dark menace of the future that makes cowards of us. ~Dorothy Day

Worry is a complete cycle of inefficient thought revolving about a pivot of fear. ~Author Unknown

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Some patients I see are actually draining into their bodies the diseased thoughts of their minds.  
~Zacharty Bercovitz

I am an old man and have known a great many troubles, but most of them never happened.  
~Mark Twain

My life has been full of terrible misfortunes most of which never happened. ~Michel de Montaigne

If you see ten troubles coming down the road, you can be sure that nine will run into the ditch before they reach you. ~Calvin Coolidge

When one has too great a dread of what is impending, one feels some relief when the trouble has come. ~Joseph Joubert

Some men storm imaginary Alps all their lives, and die in the foothills cursing difficulties which do not exist. ~Edgar Watson Howe

How much pain they have cost us, the evils which have never happened. ~Thomas Jefferson

When I really worry about something, I don't just fool around. I even have to go to the bathroom when I worry about something. Only, I don't go. I'm too worried to go. I don't want to interrupt my worrying to go. ~J.D. Salinger

Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained. ~Arthur Somers Roche

There are people who are always anticipating trouble, and in this way they manage to enjoy many sorrows that never really happen to them. ~Josh Billings

Only man clogs his happiness with care, destroying what is with thoughts of what may be.  
~John Dryden

Love looks forward, hate looks back, anxiety has eyes all over its head. ~Mignon McLaughlin

Worry is interest paid on trouble before it comes due. ~William Ralph Inge

There are more things, Lucilius, that frighten us than injure us, and we suffer more in imagination than in reality. ~Seneca

We are more disturbed by a calamity which threatens us than by one which has befallen us.  
~John Lancaster Spalding

We are, perhaps, uniquely among the earth's creatures, the worrying animal. We worry away our lives. ~Lewis Thomas

Blessed is the person who is too busy to worry in the daytime and too sleepy to worry at night. ~Author Unknown

Do not be afraid of tomorrow; for God is already there. ~Author Unknown

Real difficulties can be overcome, it is only the imaginary ones that are unconquerable. ~Theodore N. Vail

No man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today that the weight is more than a man can bear. ~George MacDonald

Rule number one is, don't sweat the small stuff. Rule number two is, it's all small stuff. ~Robert Eliot

They need to worry and betray time with urgencies false and otherwise, purely anxious and whiny, their souls really won't be at peace unless they can latch on to an established and proven worry and having once found it they assume facial expressions to fit and go with it, which is, you see, unhappiness, and all the time it all flies by them and they know it and that too worries them no end. ~Jack Kerouac

He who fears he shall suffer, already suffers what he fears. ~Montaigne

Fear can keep us up all night long, but faith makes one fine pillow. ~Philip Gulley

Every evening I turn my worries over to God. He's going to be up all night anyway. ~Mary C. Crowley

## **WRITING/WRITERS**

There's nothing to writing. All you do is sit down at a typewriter and open a vein. ~Walter Wellesley "Red" Smith

You must stay drunk on writing so reality cannot destroy you. ~Ray Bradbury

So often is the virgin sheet of paper more real than what one has to say, and so often one regrets having marred it. ~Harold Acton

The role of a writer is not to say what we all can say, but what we are unable to say. ~Anaïs Nin

Writing is a socially acceptable form of schizophrenia. ~E.L. Doctorow

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A word is not the same with one writer as with another. One tears it from his guts. The other pulls it out of his overcoat pocket. ~Charles Peguy

And by the way, everything in life is writable about if you have the outgoing guts to do it, and the imagination to improvise. The worst enemy to creativity is self-doubt. ~Sylvia Plath

I would hurl words into this darkness and wait for an echo, and if an echo sounded, no matter how faintly, I would send other words to tell, to march, to fight, to create a sense of hunger for life that gnaws in us all. ~Richard Wright

I try to leave out the parts that people skip. ~Elmore Leonard

If there's a book you really want to read, but it hasn't been written yet, then you must write it. ~Toni Morrison

What I like in a good author is not what he says, but what he whispers. ~Logan Pearsall Smith,

The act of putting pen to paper encourages pause for thought, this in turn makes us think more deeply about life, which helps us regain our equilibrium. ~Norbet Platt

It is necessary to write, if the days are not to slip emptily by. How else, indeed, to clap the net over the butterfly of the moment? For the moment passes, it is forgotten; the mood is gone; life itself is gone. That is where the writer scores over his fellows: he catches the changes of his mind on the hop. ~Vita Sackville-West

Writing became such a process of discovery that I couldn't wait to get to work in the morning: I wanted to know what I was going to say. ~Sharon O'Brien

Substitute "damn" every time you're inclined to write "very;" your editor will delete it and the writing will be just as it should be. ~Mark Twain

I'm not a very good writer, but I'm an excellent rewriter. ~James Michener

The time to begin writing an article is when you have finished it to your satisfaction. By that time you begin to clearly and logically perceive what it is you really want to say. ~Mark Twain

The wastebasket is a writer's best friend. ~Isaac Bashevis Singer

Fill your paper with the breathings of your heart. ~William Wordsworth

The pages are still blank, but there is a miraculous feeling of the words being there, written in invisible ink and clamoring to become visible. ~Vladimir Nabakov

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Don't tell me the moon is shining; show me the glint of light on broken glass. ~Anton Chekhov

Easy reading is damn hard writing. ~Nathaniel Hawthorne

Ink and paper are sometimes passionate lovers, oftentimes brother and sister, and occasionally mortal enemies. ~Emme Woodhull-Bäche

Metaphors have a way of holding the most truth in the least space. ~Orson Scott Card

A metaphor is like a simile. ~Author Unknown

The difference between the right word and the almost right word is the difference between lightning and a lightning bug. ~Mark Twain

The story I am writing exists, written in absolutely perfect fashion, some place, in the air. All I must do is find it, and copy it. ~Jules Renard

Proofread carefully to see if you any words out. ~Author Unknown

A writer is someone who can make a riddle out of an answer. ~Karl Kraus

I love writing. I love the swirl and swing of words as they tangle with human emotions. ~James Michener

Writing is my time machine, takes me to the precise time and place I belong. ~Jeb Dickerson

I love being a writer. What I can't stand is the paperwork. ~Peter De Vries

Words - so innocent and powerless as they are, as standing in a dictionary, how potent for good and evil they become in the hands of one who knows how to combine them. ~Nathaniel Hawthorne

A critic can only review the book he has read, not the one which the writer wrote. ~Mignon McLaughlin

I am returning this otherwise good typing paper to you because someone has printed gibberish all over it and put your name at the top. ~English Professor (Name Unknown), Ohio University

Storytelling reveals meaning without committing the error of defining it. ~Hannah Arendt

It seems to me that the problem with diaries, and the reason that most of them are so boring, is that every day we vacillate between examining our hangnails and speculating on cosmic order. ~Ann Beattie

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No one means all he says, and yet very few say all they mean, for words are slippery and thought is viscous. ~Henry Brooks Adams

Be obscure clearly. ~E.B. White

Everywhere I go I'm asked if I think the university stifles writers. My opinion is that they don't stifle enough of them. There's many a bestseller that could have been prevented by a good teacher. ~Flannery O'Connor

Being an author is like being in charge of your own personal insane asylum. ~Graycie Harmon

It seems to me that those songs that have been any good, I have nothing much to do with the writing of them. The words have just crawled down my sleeve and come out on the page. ~Joan Baez

Every writer I know has trouble writing. ~Joseph Heller

Writer's block is a disease for which there is no cure, only respite. ~Laurie Wordholt

A synonym is a word you use when you can't spell the other one. ~Baltasar Gracián

When something can be read without effort, great effort has gone into its writing. ~Enrique Jardiel Poncela

Writing comes more easily if you have something to say. ~Sholem Asch

The only cure for writer's block is insomnia. ~Merit Antares

If I don't write to empty my mind, I go mad. ~Lord Byron

I'd rather be caught holding up a bank than stealing so much as a two-word phrase from another writer. ~Jack Smith

An incurable itch for scribbling takes possession of many, and grows inveterate in their insane breasts. ~Juvenal

Writing is a struggle against silence. ~Carlos Fuentes

The process of writing has something infinite about it. Even though it is interrupted each night, it is one single notation. ~Elias Canetti

All my best thoughts were stolen by the ancients. ~Ralph Waldo Emerson

Every creator painfully experiences the chasm between his inner vision and its ultimate

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expression. The chasm is never completely bridged. We all have the conviction, perhaps illusory, that we have much more to say than appears on the paper. ~Isaac Bashevis Singer

What no wife of a writer can ever understand is that a writer is working when he's staring out of the window. ~Burton Rascoe

The best time for planning a book is while you're doing the dishes. ~Agatha Christie

An old racetrack joke reminds you that your program contains all the winners' names. I stare at my typewriter keys with the same thought. ~Mignon McLaughlin

A writer's mind seems to be situated partly in the solar plexus and partly in the head. ~Ethel Wilson

Publication - is the auction of the Mind of Man. ~Emily Dickinson

If you want to get rich from writing, write the sort of thing that's read by persons who move their lips when they're reading to themselves. ~Don Marquis

There are men that will make you books, and turn them loose into the world, with as much dispatch as they would do a dish of fritters. ~Miguel de Cervantes

Writers are not just people who sit down and write. They hazard themselves. Every time you compose a book your composition of yourself is at stake. ~E.L. Doctorow

The maker of a sentence launches out into the infinite and builds a road into Chaos and old Night, and is followed by those who hear him with something of wild, creative delight. ~Ralph Waldo Emerson

A perfectly healthy sentence, it is true, is extremely rare. For the most part we miss the hue and fragrance of the thought; as if we could be satisfied with the dews of the morning or evening without their colors, or the heavens without their azure. ~Henry David Thoreau

You write to communicate to the hearts and minds of others what's burning inside you. And we edit to let the fire show through the smoke. ~Arthur Polotnik

An editor is someone who separates the wheat from the chaff and then prints the chaff. ~Adlai Stevenson

Most editors are failed writers - but so are most writers. ~T.S. Eliot

What would there be in a story of happiness? Only what prepares it, only what destroys it can be told. ~André Gide

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Authors and lovers always suffer some infatuation, from which only absence can set them free.  
~Samuel Johnson

Pen names are masks that allow us to unmask ourselves. ~C. Astrid Weber

I think it's bad to talk about one's present work, for it spoils something at the root of the creative act. It discharges the tension. ~Norman Mailer

To withdraw myself from myself has ever been my sole, my entire, my sincere motive in scribbling at all. ~Lord Byron

If I'm trying to sleep, the ideas won't stop. If I'm trying to write, there appears a barren nothingness. ~Carrie Latet

The coroner will find ink in my veins and blood on my typewriter keys. ~C. Astrid Weber

Many books require no thought from those who read them, and for a very simple reason. They made no such demand upon those who wrote them. ~Charles Caleb Colton

Your manuscript is both good and original; but the part that is good is not original, and the part that is original is not good. ~Author Unknown

It is impossible to discourage the real writers - they don't give a damn what you say, they're going to write. ~Sinclair Lewis

Dancing in all its forms cannot be excluded from the curriculum of all noble education; dancing with the feet, with ideas, with words, and, need I add that one must also be able to dance with the pen? ~Friedrich Nietzsche

Writing is both mask and unveiling. ~E.B. White

Let's hope the institution of marriage survives its detractors, for without it there would be no more adultery and without adultery two thirds of our novelists would stand in line for unemployment checks. ~Peter S. Prescott

It's not plagiarism - I'm recycling words, as any good environmentally conscious writer would do. ~Uniek Swain

Writing is utter solitude, the descent into the cold abyss of oneself. ~Franz Kafka

An author in his book must be like God in the universe, present everywhere and visible nowhere. ~Gustave Flaubert

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If I fall asleep with a pen in my hand, don't remove it - I might be writing in my dreams.  
~Danzae Pace

No author dislikes to be edited as much as he dislikes not to be published. ~Russell Lynes

A story should have a beginning, a middle, and an end... but not necessarily in that order.  
~Jean Luc Godard

Loafing is the most productive part of a writer's life. ~James Norman Hall

Whatever an author puts between the two covers of his book is public property; whatever of himself he does not put there is his private property, as much as if he had never written a word.  
~Gail Hamilton

Sleep on your writing; take a walk over it; scrutinize it of a morning; review it of an afternoon; digest it after a meal; let it sleep in your drawer a twelvemonth; never venture a whisper about it to your friend, if he be an author especially. ~A. Bronson Alcott

Sit down, and put down everything that comes into your head and then you're a writer. But an author is one who can judge his own stuff's worth, without pity, and destroy most of it. ~Colette

The most beautiful things are those that madness prompts and reason writes. ~André Gide

The writer writes in order to teach himself, to understand himself, to satisfy himself; the publishing of his ideas, though it brings gratification, is a curious anticlimax. ~Alfred Kazin

I keep little notepads all over the place to write down ideas as soon as they strike, but the ones that fill up the quickest are always the ones at my nightstand. ~Emily Logan Decens

I even shower with my pen, in case any ideas drip out of the waterhead. ~Graycie Harmon

Imitation is the highest form of pissing me off. Quit stealing my content and violating my copyright. ~Jen T. Verbumessor

The good writing of any age has always been the product of *someone's* neurosis, and we'd have a mighty dull literature if all the writers that came along were a bunch of happy chuckleheads. ~William Styron

Writing is a product of silence. ~Carrie Latet

A good novel tells us the truth about its hero; but a bad novel tells us the truth about its author.  
~G.K. Chesterton

Novelists... fashioning nets to sustain and support the reader as he falls helplessly through the chaos of his own existence. ~Fay Weldon

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Find out the reason that commands you to write; see whether it has spread its roots into the very depth of your heart; confess to yourself you would have to die if you were forbidden to write. ~Rainer Maria Rilke

Books want to be born: I never make them. They come to me and insist on being written, and on being such and such. ~Samuel Butler

It took me fifteen years to discover I had no talent for writing, but I couldn't give it up because by that time I was too famous. ~Robert Benchley

The two most engaging powers of an author are to make new things familiar and familiar things new. ~Samuel Johnson

I want to write books that unlock the traffic jam in everybody's head. ~John Updike

Every author in some way portrays himself in his works, even if it be against his will. ~Goethe

Writing is easy: All you do is sit staring at a blank sheet of paper until drops of blood form on your forehead. ~Gene Fowler