

## WISDOM LIBRARY

Welcome to all. I hope you find this index useful in whatever way fits for you—educational, practical, inspirational or maybe even humorous. I've arranged the library by subject (pages 1-23) and by author (pages 25-69) in alphabetical order by last name. There are quotations from approximately 250 people from Aeschylus to Zig Ziglar over a 2500 year time period. Most of the authors are well known figures in history and in current times but some are not well known and some people you may not even consider wise. However, I have found that even people that are technically uneducated or not known for their intellect every now and then come up with some comment that is transcendent and useful. You are free to use the library any time especially if you're struggling with some issue. The hope is that you may be able to connect to one or more of these quotes to help ground you in whatever you are experiencing. The Wisdom Library is also a supplement to my upcoming book, 5 Steps to Tame the Overwhelmed Mind, when you are looking for words of wisdom that applies to whatever overwhelming situation you find yourself in. In the book, there are 4 steps that precede getting to Wisdom so the Wisdom Library helps reinforce preceding steps that are all designed to establish emotional safety and finding freedom from emotional overwhelm.

Finally, I would like this library to grow with input from its users. If you feel called to add words of wisdom that work for you (from a famous source or from anyone else including yourself) please email me at [info@scottmardermd.com](mailto:info@scottmardermd.com) and I will be happy to expand the list. Thank you!

### BY SUBJECT

#### **Acceptance:**

"Be content with your lot; one cannot be first in everything."-Aesop

"To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself."-Thich Nhat Hanh

"Acceptance of what has happened is the first step to overcoming the consequences of any misfortune."-William James

"We cannot change anything until we can accept it. Condemnation does not liberate, it oppresses."-Carl Jung

“We must accept disappointment, but never lose infinite hope.”-Martin Luther King, Jr.

“Accept the challenges so that you can feel the exhilaration of victory.”-George C. Patton

“You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give.”-Eleanor Roosevelt

### **Addiction:**

“There is no pain in change, pain only arises from our resistance to change.”-Alcoholics Anonymous’ Grapevine, 1972

“God is merely AA’s shorthand communal description for whatever the individual discovers is their own personal guiding Inner Resource. This Inner Resource is not “out there” in an organized church, its within me...and it’s cultivated on a daily basis through spiritual action (i.e. finding out how to best help others).- Unknown

“Suffering is the sin qua non of the radical personality change that is required for lasting recovery from addiction. Suffering is the principle of individuation. Thus, all attempts to abolish suffering are simultaneously and inextricably obstacles to growth. No pain, no gain. But because we are opposed to pain, any pain, we are in danger of forgetting that familiar truism in our zeal to create a pain and risk free world. It seems to me without suffering nothing substantial can be hoped for.” -Dr. Floyd Garrett

“We suffer into truth”-Aeschylus

“The addict is the example of the Faustian Bargain and Devil’s Pact in which the soul is squandered for a mere mess of porridge (i.e. fleeting moments of feeling good, safe, solid, of being conscious and being alive).-Dr. Floyd Garrett

“For the addict the prospect of giving up his addictive behaviors and the feelings it brings him activates profound feelings of loss, deprivation, and despair.” -Dr. Floyd Garrett

“For it is one of the many curious paradoxes of addiction and recovery that genuine and sincere motivation for recovery is a result of and not a prerequisite for recovery.”-Dr. Floyd Garrett

“The basis of personal sobriety is rigorous honesty” —Unknown

“Powerlessness is the recognition that the locus of control is outside that of conscious will (i.e. the bottle or drug) and shifted to a higher power (no matter how defined)-Dr. Floyd Garrett

Once said at AA meeting: “Don’t forget that it’s your best ideas that got you here.”-Anonymous

### **Adversity:**

“When fate hands you a lemon, make lemonade.”-Andrew Carnegie

“Just as we develop our physical muscles through overcoming opposition-such as lifting weights-we develop our character muscles by overcoming challenges and adversity.”-Stephen Covey

“Every time you think the problem is ‘out there,’ that very thought is the problem.”-Stephen Covey

“Nothing can resist the person who smiles at life—I don’t mean the ironic and disillusioned smile of my grandfather, but the triumphant smile of the person who knows that he will survive, or at least he will be saved by what seems to be destroying him.”-Pierre Teilhard de Chardin

“In the final analysis, the questions of why bad things happen to good people transmutes itself into some very different questions, no longer asking why something happened, but asking how we will respond, and what we intend to do now that it happened.”-Pierre Teilhard de Chardin

“It is during our darkest moments that we must focus to see the light.”-Aristotle

“If you are distressed by anything external, the pain is not due to the things itself but to your own estimate of it; and this you have the power to revoke at any moment.”-Marcus Aurelius

“When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.”-Alexander Graham Bell

“This world is a university where you graduate from adversity.”-Yogi Bhajan

“First ask yourself: What is the worst that can happen? Then prepare to accept it. Then proceed to improve on the worst.”-Andrew Carnegie

“You have to go through the falling down in order to walk. It helps to know that you can survive it. That’s an education in itself.”-Carol Burnett

“Never, never, never give up.”-Winston Churchill

“Difficulties mastered are opportunities won.”-Winston Churchill

“All the adversity I’ve had in my life, all my troubles and obstacles, have strengthened me. 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

“There is no education like adversity.”-Benjamin Disraeli

“If there is no struggle, there is no progress.”-Frederick Douglass

“The soul that is within me no man can degrade.”-Frederick Douglass

“I’ve heard there are troubles of more than one kind; some come from ahead, and some come from behind. But I’ve brought a big bat. I’m all ready, you see; now my troubles are going to have troubles with me.”-Dr. Seuss

“A problem is a chance for you to do your best.”-Duke Ellington

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.”-Henry Ford

“I always joke about letting the haters motivate you. Everybody has that in their life, people who doubt them or make them feel less than they are. It just takes faith and belief in yourself, and you’ve got to dig deep into that. That has to come from you-nobody’s going to give you that.”-Jennifer Lopez

“Beset by a difficult problem? Now is your chance to shine. Pick yourself up, get to work and get triumphantly through it.”-Ralph Marston

“Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.”-Albert Schweitzer

“We are all faced with a series of great opportunities brilliantly disguised as impossible situations.”-Charles R. Swindell

“You may have to fight a battle more than once to win it.”-Margaret Thatcher

“Adversity causes some men to break; others to break records.”-William Arthur Ward

“I was raised to believe that excellence is the best deterrent to racism or sexism. And that’s how I operate my life.”-Oprah Winfrey

### **Anger:**

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”-Buddha

“You will not be punished for your anger, you will be punished by your anger.”-Buddha

“In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.”-Buddha

“When anger arises, think of the consequences.”-Confucius

“Let us not listen to those who think we ought to be angry with our enemies, and who believe this to be great and manly. Nothing is so praiseworthy, nothing so clearly shows a great and noble soul, as clemency and readiness to forgive.”-Marcus Tullius Cicero

“Anger is never without a reason, but seldom with a good one.”-Benjamin Franklin

“I know, to banish anger altogether from one’s breast is a difficult task. It cannot be achieved through pure personal effort. It can be done only by God’s grace.”-Mahatma Gandhi

“There are two things a person should never be angry at, what they can help, and what they cannot.”-Plato

“Get mad, then get over it.”-Colin Powell

“I never dwell on what happened. You can’t change it. Move forward. Don’t waste your energy on being angry at something somebody did six months ago or a year ago. It’s over. Done. Move forward.”-Joan Rivers

“Boredom, anger, sadness, or fear are not ‘yours,’ not personal. They are conditions of the human mind. They come and go. Nothing that comes and goes is you.”-Eckhart Tolle

“If small things have the power to disturb you, then who you think you are is exactly that: small.”-Eckhart Tolle

“To be outraged about something is nothing to boast about. Rather it should be the occasion for the most serious and searching self-examination, to discover and rectify whatever it is in one that requires such outrage to cope.”-Unknown

“It is wise to direct your anger towards problems—not people; to focus your energies on answers—not excuses.”-William Arthur Ward

### **Attitude is Everything:**

“The longer I live, the more I realize the impact of attitude on life. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes.”-Anonymous

“If you don’t like something change it. If you can’t change it, change your attitude.”-Maya Angelou

“You may not control all the events that happen to you, but you can decide not to be reduced by them.”-Maya Angelou

“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”-Winston Churchill

“When we meet real tragedy in life, we can react in two ways-either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength.”-Dali Lama

“It’s not what other people believe you can do; it’s what you believe you can do.”-Gail Devers

“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

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

“It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome.”-William James

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

“You cannot change the course of events, but you can change your attitude—and what really matters is the attitude and not the bare event.”-Sri Nisargadatta Maharaj

“Our attitude towards others determines their attitude towards us.”-Earl Nightingale

"It's easy to get negative because you get beat down. You go through a few disappointments and it's easy to stay in that negative frame of mind. Choosing to be positive and having a grateful attitude is a whole cliché, but your attitude is going to determine how you're going to live your life."-Joel Osteen

"Attitude is more important than the past, than education, than money, than circumstances, than what people do or say. It is more important than appearance, giftedness, or skill."-Charles R. Swindell

"I shall allow no man to belittle my soul by making me hate him."-Booker T. Washington

### **Blame:**

"Why must something always be someone's fault? Why must the whole concept of wrong be introduced to the situation in the first place? Why must one of us be wrong, bad, or at fault? What seemed like a good idea at the time may not have turned out well. That's all. Unfortunate events may have just happened."-David Hawkins

"You can blame the other guy for saying it, or you can look at yourself and say, 'I must have contributed to this.'" -Nick Saban

"If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month."-Theodore Roosevelt

"All blame is a waste of time. No matter how much fault you find with another, and regardless of how much you blame him, it will not change you. The only thing blame does is to keep the focus off you when you are looking for reasons to explain your unhappiness or frustration."-Casey Stengel

"Our parents did the best they could, given who they were and what they were given as children."-Unknown

### **Change:**

"Loss is nothing else but change, and change is Nature's delight."-Marcus Aurelius

"We must all obey the great law of change. It is the most powerful law of nature."-Edmund Burke

"Only I can change my life. No one can do it for me."-Carol Burnett

"You must be the change you wish to see in the world."-Mahatma Gandhi

"Face the facts of being what you are, for that is what changes what you are."-Soren Kierkegaard

"Causes and results are infinite in number and variety; everything affects everything. In this universe, when one thing changes, everything changes. Hence, the great power of man in changing the world is by changing himself."-Sri Nisargadatta Maharaj

"What is necessary to change a person is to change his awareness of himself."-Abraham Maslow

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."-Anaia Nin

"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 we seek."-Barack Obama

“The sky is always there for me, while my life has been going through many, many changes. When I look up at the sky, it gives me a nice feeling, like looking at an old friend.”-Yoko Ono

“If you don’t like the road you’re walking on, start paving another one.”-Dolly Parton

“We do not succeed in changing things according to our desire, but gradually our desire changes.”-  
Marcel Proust

“If you don’t like how things are, change it! You’re not a tree.”-Jim Rohn

“Change before you have to.”-Jack Welch

### **Changing Negative Thoughts:**

“There is nothing either good or bad, but thinking makes it so.”-William Shakespeare

“Sadness flies away on the wings of time.”-Jean de La Fontaine

“Look at all situations from all angles, and you will become more open.”-Dali Lama

“Never cry over spilled milk, because it may have been poisoned.”-W.C. Fields

“The part of us that wants to cling to negative emotions is our smallness. Is that the way we want to see ourselves? Because if that’s the way we see ourselves, that’s the way others will see us; the world can only see us as we see ourselves.”-David Hawkins

“There is no sense in crying over spilt milk. Why bewail what is done and cannot be recalled?”-Sophocles

“Relentless, repetitive self-talk is what changes our self-image.”-Denis Waitley

### **Compassion:**

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all these.”-George Washington Carver

“I learned compassion from being discriminated against. Everything bad that’s ever happened to me has taught me compassion.”-Ellen DeGeneres

“Look at flowers, butterflies, trees, and children with the eyes of compassion. Compassion will change your life and make it wonderful.”-Thich Nhat Hanh

“You can see neurosis from below-as a sickness-as most psychiatrists see it. Or you can understand it as a compassionate man might: respecting the neurosis as a fumbling and inefficient effort toward good ends.”-Abraham Maslow

### **Courage:**

“Courage is the first of human qualities because it is the quality which guarantees the others.”-Aristotle

“It’s not the life that matters, it’s the courage you bring to it.”-Yogi Bhanjan

“Those who lack the courage will always find a philosophy to justify it.”-Albert Camus

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”-  
Winston Churchill

“Be brave. Take risks. Nothing can substitute experience.”-Paulo Coelho

“Faced with what is right, to leave it undone shows a lack of courage.”-Confucius

“It takes courage to grow up and become who you really are.”-e.e. cummings

“A hero is no braver than an ordinary man, but he is braver five minutes longer.”-Ralph Waldo Emerson

“Have the courage to act instead of react.”-Oliver Wendell Holmes

“Courage is knowing what not to fear.”-Plato

“To have courage for whatever comes in life—everything lies in that.”-Saint Teresa of Avila

“Courage is resistance to fear, mastery of fear, not absence of fear.”-Mark Twain

“Courage isn’t the absence of fear, it’s taking action in the face of it.”-Unknown

“Courage means to keep working a relationship, to continue seeking solutions to difficult problems, and to stay focused during stressful periods.”-Denis Waitley

#### **Criticism:**

“You may write me down in history with your bitter, twisted lines. You may trod me in the very dirt, but still, like dust, I’ll rise.”-Maya Angelou

“Criticism is something we can avoid easily by saying nothing, doing nothing, and being nothing.”-  
Aristotle

“If you can’t tolerate critics, don’t do anything new or interesting.”-Jeff Bezos

“Few people have the wisdom to prefer the criticism that would do them good, to the praise that deceives them.”-Francois de la Rochefoucauld

“Don’t find fault, find a remedy.”-Henry Ford

“To make wrong and to make guilty is really a form of cruelty, is it not?”-David Hawkins

“The final proof of greatness lies in being able to endure criticism without resentment.”-Elbert Hubbard

“The problem with most of us is that we would rather be ruined by praise than saved by criticism.”-  
Norman Vincent Peale

“Do what you feel in your heart to be right—for you’ll be criticized anyway. You’ll be damned if you do, and damned if you don’t.”-Eleanor Roosevelt

“Our souls may lose their peace and even disturb other people’s, if we are always criticizing trivial actions—which often are not real defects at all, but we construe them wrongly through our ignorance of their motives.”-Saint Teresa of Avila



“Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own way.”-Swami Vivekananda

### **Depression/Sadness:**

“I found that with depression, one of the most important things you could realize is that you’re not alone.”-Dwayne Johnson

“For me, singing sad songs often has a way of healing a situation. It gets the hurt out in the open into the light, out of the darkness.”-Reba McEntire

“When you are totally depressed, you should try giggling. Just make yourself laugh. Force yourself to laugh.”-Yoko Ono

“The walls we build around us to keep sadness out also keeps out the joy.”-Jim Rohn

“Never cut down a tree in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.”-Robert H. Schuller

### **Discipline:**

“There’s no lasting happiness without discipline.”-Yogi Bhajan

“Talent without discipline is like an octopus on roller skates. There’s plenty of movement, but you never know if it’s going forward, backwards, or sideways.”-H. Jackson Brown

“People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents.”-Andrew Carnegie

“If it is worth doing, it is worth doing badly.”-Gilbert K. Chesterton

“To learn something but not to do is really not to learn. To know something but not to do is really not to know.”-Stephen Covey

“The way to get started is to quit talking and being doing.”-Walt Disney

“Whenever things go a bit sour in a job I’m doing, I always tell myself, ‘You can do better than this.’”-Dr Seuss

“Plans are only good intentions unless they immediately degenerate into hard work.”-Peter Drucker

“Follow effective action with quiet reflection. From the quiet reflection will come even more effective action.”-Peter Drucker

“Never mind your happiness; do your duty.”-Peter Drucker

“Be miserable. Or motivate yourself. Whatever has to be done, it’s always your choice.”-Wayne Dyer

“It’s never crowded along the extra mile.”-Wayne Dyer

“The most valuable of all education is the ability to make yourself do the thing you have to do, when it has to be done, whether you like it or not.”-Aldous Huxley

“You have to put in many, many, many tiny efforts that nobody sees or appreciates before you achieve anything worthwhile.”-Brian Tracy

“In reading the lives of great men, I found that the first victory they won was over themselves...self-discipline with all of them came first.”-Harry S. Truman

### **Enthusiasm and Optimism Can Overcome Any Obstacle:**

“The greater the difficulty, the greater the glory.”-Cicero

“Enthusiasm is said to be self-confidence in action.”—Unknown

“Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might...Be active, be energetic, be enthusiastic and faithful, and you will accomplish your objective.”-Ralph Waldo Emerson

“Pessimism leads to weakness, optimism to power.”-William James

“Optimism is the faith that leads to achievement; nothing can be done without hope.”-Helen Keller

“An optimist is a person who sees a green light everywhere, while a pessimist sees only the red stoplight...the truly wise person is colorblind.”-Albert Schweitzer

“A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.”-Harry S. Truman

### **Failure: see Transform Failure into Success**

#### **Fear:**

“Anxiety is the hand maiden of creativity.”-T.S. Eliot

“There is a time to take counsel of your fears, and there is a time to never listen to any fear.”-George C. Patton

“Don’t take tomorrow to bed with you.”-Norman Vincent Peale

“Worrying is like paying on a debt that may never come due.”-Will Rogers

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’-Eleanor Roosevelt

“We are afraid to care too much, for fear that the other person does not care at all.”-Eleanor Roosevelt

“The only thing we have to fear is fear itself.”-Franklin D. Roosevelt

“Do the thing you fear most and the death of fear is certain.”-Mark Twain

“The problem is not getting rid of fear, but using it properly.”-Zig Ziglar

**Forgiveness:**

"You can't forgive without loving. And I don't mean sentimentality. I don't mean mush. I mean having enough courage to stand up and say, 'I forgive. I'm finished with it.'" -Maya Angelou

"One forgives to the degree that one loves." -Francois de la Rochefoucauld

"Forgiveness is a funny thing. It warms the heart and cools the sting." -William Arthur Ward

"The first step in forgiveness is the willingness to forgive." -Marianne Williamson

**Friendship:**

"Misfortune shows those who are not really friends." -Aristotle

"Friendship is certainly the finest balm for the pangs of disappointed love." -Jane Austen

"The antidote for fifty enemies is one friend." -Aristotle

"A true friend encourages us, comforts us, supports us like a big easy chair, offering us a safe refuge from the world." -H. Jackson Brown

"Never make friends with people who are above or below you in status. Such friendships will never give you any happiness." -Chanakya

"Be slow in choosing a friend, slower in changing." -Benjamin Franklin

"A friend is one who knows you and loves you just the same." -Elbert Hubbard

"Never do a wrong thing to make a friend or to keep one." -Robert E. Lee

"Do I not destroy my enemies when I make them my friends?" -Abraham Lincoln

"Where there are friends there is wealth." -Plautus

"If you are looking for a friend who is faultless, you will be friendless." -Jalal ad-Din Muhammad Rumi

"We secure our friends not by accepting favors but by doing them." -Thucydides

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

"Associate yourself with people of good quality, for it is better to be alone than in bad company." -Booker T. Washington

**Happiness:**

"Being happy doesn't mean everything is perfect, it just means you've decided to see beyond the imperfections." -Unknown

"Happiness is the by-product of a life well-lived. If one does not know how to live, one can never be happy." -Unknown

"Happiness is neither virtue nor pleasure nor this thing nor that but simply growth. We are happy when we are growing." —William Butler Yeats

“Happiness is not a goal; it is a by-product.”-Eleanor Roosevelt

“Happiness lies in the joy of achievement and the thrill of creative effort.”-Franklin D. Roosevelt

“Happiness is when what you think, what you say, and what you do are in harmony.”-Mahatma Gandhi

“Harmony between the inner [world] and outer [world] is happiness.”—Sri Nisargadatta Maharaj

“Wanting happiness is what we all have in common. Happiness is feeling God’s love. Even happier is becoming an instrument for God’s love. Even happier than that is serving others with that love. In contrast, the mirror of happiness is money, prestige, and “success.”—Radhanath Swami

“Happiness is the settling of the soul into its most appropriate spot.”-Aristotle

“But what is happiness except the simple harmony between a man and the life he leads?”-Albert Camus

“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.”

“True happiness...is not attained through self-gratification, but through fidelity to a worthy purpose.”-Helen Keller

“We are more interested in making others believe we are happy than in trying to be happy ourselves.”-Francois de la Rochefoucauld

“To find out what one is fitted to do, and to secure an opportunity to do it, is the key to happiness.”-John Dewey

“The search for happiness is one of chief sources of unhappiness.”-Eric Hoffer

“Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come with patience and equanimity.”-Carl Jung

“Happiness belongs to him who knows this oneness, who knows he is one with this universe.”-Swami Vivekananda

### **Hope:**

“Where there is no vision, there is no hope.”-George Washington Carver

“Hope is like the sun which, as we journey towards it, casts the shadow of our burden behind us.”-Samuel Smiles

“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.”-Thich Nhat Hanh

“I have seen what a laugh can do. It can transform unbearable tears into something bearable, even hopeful.”-Bob Hope

“Hope is not the closing of your eyes to the difficulty, the risk, or the failure. It is a trust that—if I fail now—I shall not fail forever; and if I am hurt, I shall be healed. It is a trust that life is good, love is powerful, and the future is full of promise.”-Anonymous

**Inspiration:**

"The good man [person] is the man, no matter how morally unworthy he has been, is moving to become better."-John Dewey

"All I can do is be me, whoever that is."-Bob Dylan

"It is never too late to be what you might have been."-George Eliot

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."-Ralph Waldo Emerson

"To know even one life has breathed easier because you have lived. This is to have succeeded."-Ralph Waldo Emerson

"Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true."-Ralph Waldo Emerson

"It is not the length of life, but the depth."-Ralph Waldo Emerson

"Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better."-Ralph Waldo Emerson

"A great man is always willing to be little."-Ralph Waldo Emerson

"Finish each day and be done with it."-Ralph Waldo Emerson

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."-Francis of Assisi

"The best way to find yourself is to lose yourself in the service of others."-Mahatma Gandhi

"Yesterday is already gone. Tomorrow is not here yet. Today is the only day available to us; it is the most important day of our lives."-Thich Nhat Hanh

"My advice to other disabled people would be, to concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit as well as physically."-Stephen Hawking

"If you cannot do great things, do small things in a great way."-Napoleon Hill

"Kindness can become its own motive. We are made kind by being kind."-Eric Hoffer

"I do the very best I know how-the very best I can; and I mean to keep on doing so until the end."-Abraham Lincoln

"Life is very short and what we have to do must be done in the now."-Audre Lorde

"You've done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination."-Ralph Marston

“Don’t let the fear of time it will take to accomplish something stand in your 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

“Just try new things. Don’t be afraid. Step out of your comfort zones and soar, all right?”-Michelle Obama

“I’ve been absolutely terrified every moment of my life—and I’ve never let it keep me from doing a single thing I wanted to do.”-Georgia O’Keefe

“Do what you can, with what you have, where you are.”-Theodore Roosevelt

“Just do what must be done. This may not be happiness but it is greatness.”-George Bernard Shaw

“The people who get on in this world are the people who get up and look for circumstances they want and if they can’t find them, make them.”-George Bernard Shaw

### **Judgement:**

“Judgements prevent us from seeing the good that lies beyond appearances.”-Wayne Dyer

“When you judge another, you do not define them, you define yourself.”-Wayne Dyer

“I look only to the good qualities of men. Not being faultless myself, I won’t presume to probe into the faults of others.”-Mahatma Gandhi

### **Love:**

“You are never more lovable than you are at this moment. No self-improvement will change that. We’re all vulnerable beings worthy of love.”—David Newman

“Love is the energy that radiates when the blocks to it have been surrendered. It is more than an emotion or thought—it is a state of being.”—David Hawkins

“Love is when the other person’s happiness is more important than your own.”—H. Jackson Brown, Jr.

“Love is space and time measured by the heart.”-Marcel Proust

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.”-Buddha

“If you love someone but rarely make yourself available to him or her, that is not true love.”-Thich Nhat Hanh

“You must love in such a way that the person you love feels free.”-Thich Nhat Hanh

“What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.”-Helen Keller

“We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty.”-Mother Theresa

“Love has reasons which reason cannot understand.”-Blaise Pascal

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”-Jalal ad-Din Muhammad Rumi

### **Maintaining Optimism Is a Lifelong Process:**

“Positive thinking is not the destination; it is the journey. An optimistic person will be constantly challenged—by external circumstances as well as inner fears and doubts. Always remember that these tests are like a ladder you must climb. As you move past each rung, your optimism strengthens and your confidence begins to flex newly found muscle that you might never have developed otherwise.”-  
Montague Edwards

“Always think on the bright side—no matter what life brings to your day. You’ll gain a treasure within your soul that no worry or hardship can ever take away.”-Isaac Purcell

“I have become my own version of an optimist. If I can’t make it through one door, I’ll go through another door—or I’ll make a door. Something terrific will come no matter how dark the present.”-  
Rabindranath Tagore

### **Make Each Day a New Beginning:**

“Finish every day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on the yesterdays.”-Ralph Waldo Emerson

### **Mistakes:**

“The proactive approach to a mistake is to acknowledge it instantly, correct and learn from it.”-Stephen Covey

“The price of inaction is far greater than the cost of making a mistake.”-Meister Eckhart

“Anyone who has never made a mistake has never tried anything new.”-Albert Einstein

“Each life is made up of mistakes and learning, waiting and growing, practicing patience and being persistent.”-Billy Graham

“Mistakes are, after all, the foundations of truth, and if a man does not know what a thing is, it is at least an increase in knowledge if he knows what it is not.”-Carl Jung

“If you so choose, every mistake can lead to greater understanding and effectiveness. If you so choose, every frustration can help you to be more patient and more persistent.”-Ralph Marston

“No one should be ashamed to admit he is wrong, which is but saying, in other words, that he is wiser today than he was yesterday.”-Alexander Pope

“A life making mistakes is not only more honorable, but more useful than a life spent doing nothing.”-  
George Bernard Shaw

“There are no mistakes or failures, only lessons.”-Denis Waitley

“Mistakes are painful when they happen, but years later a collection of mistakes is what is called experience.”-Denis Waitley

“To make mistakes is human; to stumble is commonplace; to be able to laugh at yourself is maturity.”-William Arthur Ward

### **Patience:**

“Our patience will achieve more than our force.”-Edmund Burke

“When someone is impatient and says, ‘I haven’t got all day,’ I always wonder, how can that be? How can you not have all day?”-George Carlin

“It does not matter how slowly you go as long as you do not stop.”-Confucius

“Patience and time do more than strength or passion.”-Jean de La Fontaine

“Energy and persistence conquers all things.”-Benjamin Franklin

“If patience is worth anything, it must endure to the end of time. And a living faith will last in the midst of the blackest storm.”-Mahatma Gandhi

“The key to everything is patience. You get the chicken by hatching the egg, not by smashing it.”-Arnold H. Glasow

“Patience is the mark of true love. If you truly love someone, you will be more patient with that person.”-Thich Nhat Hanh

“How many a man has thrown up his hands at a time when a little more effort, a little more patience would have achieved success.”-Elbert Hubbard

“Patience is necessary, and one cannot reap immediately where one has sown.”-Soren Kierkegaard

“A man watches his pear tree day after day, impatient for the ripening of the fruit. Let him attempt to force the process, and he may spoil both fruit and tree. But let him patiently wait, and the ripe pear at length will fall into his lap.”-Abraham Lincoln

“I will prepare and some day my chance will come.”-Abraham Lincoln

“Patience and diligence, like faith, remove mountains.”-William Penn

“Patience is the best remedy for every trouble.”-Plato

“The universe can take quite a while to deliver.”-Desmond Tutu

“Perseverance will finally conquer. Nothing can be done in a day.”-Swami Vivekananda

“Have infinite patience, and success is yours.”-Swami Vivekananda

### **Peace:**

“Remind yourself that the greatest technique for bringing peace into your life is to always choose being kind when you have a choice between being right or being kind.”-Wayne Dyer



“We can never obtain peace in the outer world until we make peace with ourselves.”-Dali Lama

“If we have not peace within ourselves, it is in vain to seek it from outward sources.”-Francois de la Rochefoucauld

“If we have no peace, it is because we have forgotten that we belong to each other.”-Mother Theresa

“Peaceful is the one who’s not concerned with having more or less. Unbound by name and fame, he is free from sorrow from the world and mostly from himself.”-Jalal ad-Din Muhammad Rumi

### **Positive Thinking Is...**

...“like gasoline: A whole tankful won’t do much good until we put our foot on the gas pedal and start driving. Positive thinking makes action possible: Action brings our good thoughts to life. Positive thinking, positive action.”-Arnold Fox, MD and Barry Fox, PhD.

...“the key which unlocks the doors of the world. There is something in us which corresponds to that which is around us, beneath us, and above us.”-Samuel McChord Crothers

...“no always the easiest course of action when confronting difficulties. If however, we can remain focused on keeping hope strong and not succumbing to negative influences, we will meet with success in dealing with anything life may throw in our path.”-Hiram Rogers Lloyd

...“a habit, like any other; we can practice it every day until it becomes second nature to us—and along the way, transform our lives.”-Washington L. Crowley

...“knowing that, in the grand scheme of things, we live in a world where rainy days eventually give way to sunnier skies.”-R.L. Keith

...“a constant attention to the details that make up an average day—with the knowledge that how you live this moment may reflect on the rest of your life.”-Jason Rogerson

...“the ultimate triumph of mind over matter; the victory of the spirit over all the shadows lurking in the world.”

...“the most effective tool every created for lifting an individual to the greatest achievements humanity can aspire to.”-Montague Edwards

### **The Power Within:**

“If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment.”-Marcus Aurelius

“No man [woman] is free who is not master of himself [herself].”-Epictetus

“In the depth of winter, I finally learned that within me there lay an invincible summer.”-Albert Camus

“The only conquests which are permanent, and leave no regrets, are our conquests over ourselves.”-Napoleon Bonaparte

“Circumstances are beyond human control, but our conduct is in our own power.”-Benjamin Disraeli

“Make the best use of what is in your power, and take the rest as it happens.”-Epictetus

“Strength does not come from physical capacity. It comes from an indomitable will.”-Mahatma Gandhi

“There is great force in a gentle command.”-George Herbert

“I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn’t arrived yet. I have just one day, today, and I’m going to be happy in it.”

### **Psychotherapy:**

“A large part of the popularity and persuasiveness of psychology comes from its being a sublimated spiritualism: a secular, ostensibly scientific way of affirming the primacy of “spirit over matter.”-Susan Sontag

“The only role of the psychotherapist is to be the spokesperson for the reality principle (i.e. to overcome emotional immaturity or what Freud called the psychology of the exception such as entitlement of reparations for injustices suffered)-Dr. Floyd Garrett

“Psychotherapy is about becoming good, not holding on to one’s badness and finding a secret to happiness.”-Dr. Floyd Garrett

### **Relationships:**

“If you love somebody, set them free. If they come back they’re yours; if they don’t they never were.”-Richard Bach

“Remember that no relationship is a total waste of time. You can always learn something about yourself.”-H. Jackson Brown

“Closeness without conflict only exists in the cemetery.”-Finnish Proverb

“It’s not a slam on you when people are rude, it’s a slam at the people they’ve met before.”-F. Scott Fitzgerald

“You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.”-Mahatma Gandhi

“Treat people as if they were what they ought to be, and you help them to become what they are capable of being.”-Johann Wolfgang von Goethe

“You’ve got to be vulnerable when you’re talking to your kids. There’s nothing worse than some adult standing up there just talking down to some kid. You can’t work that way.”-Steve Harvey

“A lean compromise is better than a fat lawsuit.”-George Herbert

“There is nobody so irritating as somebody with less intelligence and more sense than we have.”-Don Herold

“If you hate a person, you hate something in him that is part of yourself. What isn’t a part of ourselves doesn’t disturb us.”-Hermann Hesse

“Until you have formed the habit of looking for the good instead of the bad there is in others, you will be neither successful or happy.”-Napoleon Hill

“Rudeness is a weak imitation of strength.”-Eric Hoffer

“Reversing your treatment of the man you have wronged is better than asking for forgiveness.”-Elbert Hubbard

“Whenever you’re in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude.”-William James

“Children are educated by what the grown-up is and not by his talk.”-Carl Jung

“A good listener is not only popular everywhere, but after a while he gets to know something.”-Wilson Mizner

“If you really want to get along with somebody, let them be themselves.”-Willie Nelson

“You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.”-Friedrich Nietzsche

“If the day ever came when we were able to accept ourselves and our children exactly as we and they are, they, I believe, we would have come very close to an ultimate understanding of what ‘good parenting’ means.”-Fred Rogers

“Just because somebody wants to be alone sometimes, it doesn’t mean they don’t love you.”-Fred Rogers

“It is not fair to ask of others what you are not willing to do yourself.”-Eleanor Roosevelt

“Understanding is a two-way street.”-Eleanor Roosevelt

“If you treat people right they will treat you right...ninety percent of the time.”-Franklin D. Roosevelt

“Don’t take anything personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won’t be the victim of needless suffering.”-Don Miguel Ruiz

“I’m supposed to have a Ph.D. on the subject of women. But the truth is I’ve flunked more often than not. I’m very fond of women; I admire them. But, like all men, I don’t understand them.”-Frank Sinatra

“If your child marches to a different beat, a different drummer, you might just have to along with that music. Help them achieve what’s important to them.”-Sonia Sotomayor

“A woman without a man is like a fish without a bicycle.”-Gloria Steinem

“When you hear people making hateful comments, stand up to them. Point out what a waste it is to hate, and you could open their eyes.”-Taylor Swift

“I think I am smart unless I am really, really in love, and then and I am ridiculously stupid.”-Taylor Swift

“If you’re yelling you’re the one who’s lost control of the conversation.”-Taylor Swift

"I let people see the cracks in my life. We can't be phony. We've got to keep it real."-Charles R. Swindell

"If you set out to be liked, you would be prepared to compromise on anything at any time, and you would achieve nothing."-Margaret Thatcher

"Yes, Mother, I can see you are flawed. You have not hidden it. That is your greatest gift to me."-Alice Walker

"The man I love may decide tomorrow that he loves me no more—but if my heart remains open, I will endure the storm."-Marianne Williamson

### **Stress:**

"We cannot do everything at once, but we can do something at once."-Calvin Coolidge

"Nothing last forever-not even your troubles."-Arnold H. Glasow

"The greatest weapon against stress is our ability to choose one thought over another."-William James

"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.

"One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important."-Bertrand Russell

"I've never known any trouble that an hour's reading didn't assuage."-Arthur Schopenhauer

"One word frees us of all the weight and pain in life. That word is love."-Sophocles

"Any action is often better than no action, especially if you have been stuck in an unhappy situation for a long time. If it is a mistake, at least you learn something, in which case it's no longer a mistake. If you remain stuck, you learn nothing."-Eckhart Tolle

### **Suffering:**

"Seeing much, suffering much, studying much, are the three pillars of learning."-Benjamin Disraeli

"We suffer into truth"-Aeschylus

"'Suffering should not make us bitter people,' my mother once said, 'it should make us better comforters.' Young people need to hear this from those who have walked before them, because someday they'll be walking those same steps, but there may not be anyone following behind."-Billy Graham

"We need to be aware of the suffering, but retain our clarity, calmness and strength so we can help transform the situation."-Thich Nhat Hanh

"People suffer because they are caught in their views. As soon as we release those views, we are free and we don't suffer anymore."-Thich Nhat Hanh

"People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar."-Thich Nhat Hanh

“We have the tendency to run away from suffering and to look for happiness. But, in fact, if you have not suffered, you have no chance to experience real happiness.”-Thich Nhat Hanh

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”-Helen Keller

“Although the world is full of suffering, it is also full of the overcoming of it.”-Helen Keller

“First be free of suffering yourself and only then can you hope to help others.”-Sri Nisargadatta Maharaj

“Selfishness is the cause of suffering; there is no other cause.”-Sri Nisargadatta Maharaj

“To live is to suffer, to survive is to find some meaning in the suffering.”-Friedrich Nietzsche

“We are healed from suffering only by experiencing it to the full.”-Marcel Proust

“We must all suffer one of two things: the pain of discipline or the pain of regret and disappointment.”-Jim Rohn

“Pain is never permanent.”-Saint Teresa of Avila

“The reward of suffering is experience.”-Harry S. Truman

### **Transform Failure into Success**

“You must accept that you might fail; then, if you do your best and still don’t win, at least you can be satisfied that you’ve tried. If you don’t accept failure as a possibility, you don’t set high goals, you don’t branch out, you don’t try—you don’t take the risk.”-Rosalynn Carter

“A man should never be ashamed to say he has been in the wrong, which is but saying in other words that he is wiser today than he was yesterday.”-Alexander Pope

“Little minds are tamed and subdued by misfortune, but great minds rise above it.”-Washington Irving

“Probably he who never made a mistake never made a discovery.”-Samuel Smiles

“The glory is not in never failing, but in rising every time you fail.”-Chinese Proverb and Ralph Waldo Emerson

“I am not discouraged, because every wrong attempt discarded is another step forward.”-Thomas A. Edison

“We learn wisdom from failure much more than from success.”-Samuel Smiles

“The men who try to do something and fail are infinitely better than those who try to do nothing and succeed.”-Lloyd Jones

“You have choice. You can select joy over despair. You can select happiness over tears. You can select action over apathy. You can select growth over stagnation. You can select you. And you can select life. And it’s time that people tell you you’re not at the mercy of forces greater than yourself. You are, indeed, the greatest force for you.”-Leo Buscaglia

“You owe no one as much as you owe yourself. You owe to yourself the action that opens for you the doors to the goodness, the variety, and the excitement of effort and success, of battle and victory. Making payment on this debt to yourself is the exact opposite of selfishness. You can best pay your debt to society, that has made you what you are, by being just yourself with all your might and as a matter of course...You fulfill the promise that lies latent within you by keeping your promises to yourself.”-David Harold Fink

“Here is the rule to remember in the future, when anything tempts you to be bitter: not, ‘This is a misfortune’ but ‘To bear this worthily is good fortune.’”-Marcus Aurelius

“We may encounter defeats but we must not be defeated.”-Maya Angelou

“You have to really want it, and don’t take it personally if you don’t get a job. Because sometimes you’re not the type. And sometimes it’s somebody else’s turn.”-Carol Burnett

“If you’re doing your best, you won’t have time to worry about failure.”-H. Jackson Brown

“Struggling with life and experience seems to be inescapable for authentic self-development.”-Unknown

“The only real failure in life is not to be true to the best one knows.”-Buddha

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

“There is no getting around that turning bad things into good things is up to you.”-Deepak Chopra

“Failure is instructive. The person who really thinks learns quite as much from his failures as from his successes.”-John Dewey

“Failure after long perseverance is much grander than never to have a striving good enough to be called a failure.”-George Eliot

“There is only one failure in life possible, and that is not to be true to the best one knows.”-George Eliot

“Never confuse a single defeat with a final defeat.”-F. Scott Fitzgerald

“Failure is simply the opportunity to begin again, this time more intelligently.”-Henry Ford

“By failing to prepare, you are preparing to fail.”-Benjamin Franklin

“It’s fine to celebrate success but it is more important to heed the lessons of failure.”-Bill Gates

“Opportunity often comes disguised in the form of misfortune, or temporary defeat.”-Napoleon Hill

“There is no failure except in no longer trying.”-Elbert Hubbard

“I’ve missed more than 9000 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

“I can accept failure, everyone fails at something. But I can’t accept not trying.”-Michael Jordan

“We failed, but in the good providence of God apparent failure often proves a blessing.”-Robert E. Lee

“Failures, repeated failures, are finger posts on the road to achievement. One fails forward toward success.”-C.S. Lewis

“The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just.”-Abraham Lincoln

“I would prefer even to fail with honor than win by cheating.”-Sophocles

“You know, failure hurts. Any kind of failure stings. If you live in the sting, you will undoubtedly fail. My way of getting past the sting is to say no, I’m just not going to let this get me down.”-Sonia Sotomayor

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

“Every stumble is not a fall, and every fall does not mean failure.”-Oprah Winfrey

“The season of failure is the best time for sowing the seeds of success.”-Paramahansa Yogananda

### **Wisdom:**

“Knowing yourself is the beginning of all wisdom.”-Aristotle

“Wisdom comes alone through suffering.”-Aeschylus

“Nobody can give you wiser advice than yourself.”-Marcus Tullius Cicero

“By three methods we may learn wisdom: First, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest.”-Confucius

“Real knowledge is to know the extent of one’s ignorance.”-Confucius

“What you do not want done to yourself do not do to others.”-Confucius

“A wise man thinks it more advantageous not to join the battle than to win.”-Francois de la Rochefoucauld

“There is a wisdom of the head, and a wisdom of the heart.”-Charles Dickens

“A loving heart is the truest wisdom.”-Charles Dickens

“It’s not wise to violate rules until you know how to observe them.”-T.S. Eliot

“The best and safest thing to do is to keep balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man [person].”-Euripedes

“Among mortals second thoughts are wisest.”-Euripedes

“Silence is true wisdom’s best reply.”-Euripedes

“It is unwise to be too sure of one’s own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err.”-Mahatma Gandhi

“I’ve always found it interesting that wise people tend to exaggerate the extent of their ignorance, and ignorant people the extent of their wisdom.”-Mardy Grothe

“Wise men, when in doubt whether to speak or to keep quiet, give themselves the benefit of the doubt, and remain silent.”-Napoleon Hill

“The art of being wise is the art of knowing what to overlook.”-William James

“Don’t gain the world and lose your soul; wisdom is better than silver or gold.”-Bob Marley

“Wise men speak because they have something to say; Fools because they have to say something.”-Plato

“Every man, however wise, needs the advice of some sagacious friend in the affairs of life.”-Plautus

“Silence at the proper season is wisdom, and better than any speech.”-Plautus

“We don’t receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.”-Marcel Proust

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.”-Jalal ad-Din Muhammad Rumi

“A fool thinks himself to be wise, but a wise man knows himself to be a fool.”-William Shakespeare

“True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us.”-Socrates

“Wisdom outweighs any wealth.”-Sophocles

“Wise are they who have learned these truths: Trouble is temporary. Time is tonic. Tribulation is a test tube.”-William Arthur Ward

“Wise are those who learn that the bottom line doesn’t always have to be their top priority.”-William Arthur Ward

“We can learn much from wise words, little from wisecracks and less from wiseguys.”-William Arthur Ward

“Turn your wounds into wisdom”-Oprah Winfrey



**BY AUTHOR****Aeschylus:**

“Wisdom comes alone through suffering.”

**Aesop:**

“Please all, and you will please none.”

“Be content with your lot; one cannot be first in everything.”

**Ali, Muhammad:**

“I don’t have to be what you want me to be.”

“Silence is golden when you can’t think of a good answer.”

**Alighieri, Dante:**

“Follow your own star!”

**Angelou, Maya:**

“If you don’t like something change it. If you can’t change it, change your attitude.”

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

“We may encounter many defeats but we must not be defeated.”

“You may write me down in history with your bitter, twisted lines. You may trod me in the very dirt, but still, like dust, I’ll rise.”

“You may not control all the events that happen to you, but you can decide not to be reduced by them.”

“You can’t forgive without loving. And I don’t mean sentimentality. I don’t mean mush. I mean having enough courage to stand up and say, ‘I forgive. I’m finished with it.’”

“A wise woman wishes to be no one’s enemy; a wise woman refuses to be anyone’s victim.”

“I am grateful to be a woman. I must have done something great in another life.”

**Aristotle:**

“Educating the mind without educating the heart is no education at all.”

“What is a friend? A single soul dwelling in two bodies.”

“Courage is the first of human qualities because it is the quality which guarantees the others.”

“Criticism is something we can avoid easily by saying nothing, doing nothing, and being nothing.”

“It is during our darkest moments that we must focus to see the light.”

“Knowing yourself is the beginning of all wisdom.”

“Misfortune shows those who are not really friends.”

“The antidote for fifty enemies is one friend.”

**Auden, W.H.:**

“Truth, like love and sleep, resents approaches that are too intense.”

**Aurelius, Marcus:**

“It is not death that a man should fear, but he should fear never beginning to live.”

“If you are distressed by anything external, the pain is not due to the things itself but to your own estimate of it; and this you have the power to revoke at any moment.”

“You have power over your mind—not outside events. Realize this, and you will find strength.”

“The best revenge is to be unlike him who performed the injury.”

“Here is the rule to remember in the future, when anything tempts you to be bitter: not, ‘This is a misfortune’ but ‘To bear this worthily is good fortune.’”

“Waste no more time arguing about what a good man should be. Be one.”

“Despise not death, but welcome it, for nature wills it like all else.”

“Loss is nothing else but change, and change is Nature’s delight.”

“If it is not right do not do it; if it is not true do not say it.”

**Austen, Jane:**

“Friendship is certainly the finest balm for the pangs of disappointed love.”

**Bach, Richard:**

“If you love somebody, set them free. If they come back they’re yours; if they don’t they never were.”

“Listen to what you know instead of what you fear.”

**Ballentine, Rudolph:**

“Choice is a gift, not a burden.”

**Bell, Alexander Graham:**

“When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.”

**Bernbach, William:**

“In this very real world, good doesn’t drive out evil. Evil doesn’t drive out good. But the energetic displaces the passive.”

**Bezos, Jeff:**

“If you can’t tolerate critics, don’t do anything new or interesting.”

**Bhajan, Yogi:**

“It’s not the life that matters, it’s the courage you bring to it.”

“You have to be you, and that can only happen if you love yourself.”

“This world is a university where you graduate from adversity”

“There’s no lasting happiness without discipline.”

“The most precious thing in the human body is the breath. Without breath your hairdo, your make up, your clothing, your cars, your home has no value.”

“It is the first right of every woman to train herself in self-defense. No woman should be like a little flower which any man can pluck, smell, and throw away.”

“Human is a blend of saint and soldier; this is a complete person. If you are not a soldier your sainthood will be kicked around. If you are only a soldier, not a saint, you will start kicking others around.”

“If you can’t see God in all, you can’t see God at all”

**Bonaparte, Napoleon:**

“Never interrupt your enemy when he is making a mistake.”

**Bradbury, Ray:**

“If we listened to our intellect, we’d never have a love affair. We’d never have a friendship. We’d never go into business, because we’d be cynical. Well, that’s nonsense. You’ve got to jump off cliffs all the time and build your wings on the way down.”

“Living at risk is jumping off the cliff and building your wings on the way down.”

**Brown, H. Jackson:**

“Never give up on what you really want to do. The person with big dreams is more powerful than the one with all the facts.”

“People take different roads seeking fulfillment and happiness. Just because they’re not on your road doesn’t mean they’ve gotten lost.”

“A true friend encourages us, comforts us, supports us like a big easy chair, offering us a safe refuge from the world.”

“Talent without discipline is like an octopus on roller skates. There’s plenty of movement, but you never know if it’s going to be forward, backwards, or sideways.”

“You must take action now that will move you towards your goals. Develop a sense of urgency in your life.”

“Don’t work for recognition, but do work worthy of recognition.”

“Nothing is more expensive than a missed opportunity.”

“Life doesn’t require that we be the best, only that we try our best.”

“See any detour as an opportunity to experience new things.”

“If you’re doing your best, you won’t have any time to worry about failure.”

“Remember that no relationship is a total waste of time. You can always learn something about yourself.”

**Buddha:**

“No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.”

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

“Three things cannot be long hidden: the sun, the moon, and the truth.”

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”

“Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill.”

“What we think, we become.”

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.”

“You will not be punished for your anger, you will be punished by your anger.”

“Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind.”

“With fools, there is no companionship. Rather than to live with men who are selfish, vain, quarrelsome, and obstinate, let a man walk alone.”

“The only real failure in life is not to be true to the best one knows.”

“In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.”

**Buffett, Warren:**

“It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you’ll do things differently.”

**Burke, Edmund:**

“The only thing necessary for the triumph of evil is for good men to do nothing.”

“We must all obey the great law of change. It is the most powerful law of nature.”

“Our patience will achieve more than our force.”

“Never despair, but if you do, work on in despair.”

**Burnett, Carol:**

“Only I can change my life. No one can do it for me.”

“You have to go through the falling down in order to learn to walk. It helps to know that you can survive it. That’s an education in itself.”

“You have to really want it, and don’t take it personally if you don’t get a job. Because sometimes you’re not the type. And sometimes it’s somebody else’s turn.”

**Camus, Albert:**

“In the depth of winter I finally learned that there was in me an invincible summer.”

“To know oneself, one should assert oneself.”

“Basically, at the very bottom of life, which seduces us all, there is only absurdity, and more absurdity. Any maybe that’s what gives us our joy for living, because the only thing that can defeat absurdity is lucidity.”

“Those who lack the courage will always find a philosophy to justify it.”

“Freedom is nothing but a chance to be better.”

“I’d rather live my life as if there is a God and die to find out there isn’t, than live as if there isn’t and to die to find out that there is.”

**Carlin, George:**

“When someone is impatient and says, ‘I haven’t got all day,’ I always wonder, How can that be? How can you not have all day?”

“Inside every cynical person, there is a disappointed idealist.”

**Carnegie, Andrew:**

“People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents.”

“There is little success where there is little laughter.”

“First ask yourself: What is the worst that can happen? Then prepare to accept it. Then proceed to improve on the worst.”

“When fate hands you a lemon, make lemonade.”

**Carroll, Lewis:**

“One of the secrets of life is that all that is really worth the doing is what we do for others.”

“I can’t go back to yesterday-because I was a different person then.”

“She generally gave herself very good advice, (though she very seldom followed it).”

**Carver, George Washington:**

“Ninety-nine percent of the failures come from people who have the habit of making excuses.”

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these.”

“Where there is no vision, there is no hope.”

**Chanakya:**

“Never make friends with people who are above or below you in status. Such friendships will never give you any happiness.”

**Chesterton, Gilbert K.:**

“If a thing is worth doing, it is worth doing badly.”

“The way to love anything is to realize that it may be lost.”

**Chopra, Deepak:**

“If you want to do really important things in life and big things in life, you can’t do anything by yourself. And your best teams are your friends and your siblings.”

“There is just no getting around that turning bad things into good things is up to you.”

“The symbolic language of the crucifixion is the death of the old paradigm; resurrection is a leap into a whole new way of thinking.”

“The real key is to live in an environment where the mind feels free to choose the right thing instead of being compelled by habit and inertia to choose the wrong thing.”

**Churchill, Winston:**

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”

“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”

“You have enemies? Good. That means you’ve stood up for something, sometime in your life.”

“Never, never, never give up.”

“This is no time for ease and comfort. It is time to dare and endure.”

“Difficulties mastered are opportunities won.”

“I have nothing to offer but blood, toil, tears and sweat.”

### **Cicero, Marcus Tullius:**

“Let us not listen to those who think we ought to be angry with our enemies, and who believe this to be great and manly. Nothing is so praiseworthy, nothing so clearly shows a great and noble soul, as clemency and readiness to forgive.”

“Gratitude is not only the greatest of virtues, but the parent of all the others.”

“The greater the difficulty, the greater the glory.”

“Nobody can give you wiser advice than yourself.”

### **Coelho, Paulo:**

“Be brave. Take risks. Nothing can substitute experience.”

“The two worst strategic mistakes to make are acting prematurely and letting an opportunity slip; to avoid this, the warrior treats each situation as if it were unique and never resorts to formulae, recipes, or other people’s opinions.”

“Everyone has a creative potential and from the moment you can express this creative potential, you can start changing the world.”

### **Coolidge, Calvin:**

“We cannot do everything at once, but we can do something at once.”

### **Confucius:**

“It does not matter how slowly you go as long as you do not stop.”

“By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.”

“Real knowledge is to know the extent of one’s ignorance.”

“What you do not want done to yourself do not do to others.”

“When anger rises, think of the consequences.”

“Do not impose on others what you yourself do not desire.”

“Faced with what is right, to leave it undone shows a lack of courage.”

“When we see persons of worth, we should think of equaling them; when we see persons of a contrary character, we should turn inwards and examine ourselves.”

**Conrad, Joseph:**

“It is a curious fact that the more ignorant and degraded a man is, the more contemptuously he holds those whom he deems inferior.”

**Covey, Stephen:**

“When you show deep empathy toward others, their defensive energy goes down, and positive energy replaces it. That’s when you can get more creative in solving problems.”

“Just as we develop our physical muscles through overcoming opposition—such as lifting weights—we develop our character muscles by overcoming challenges and adversity.”

“The proactive approach to a mistake is to acknowledge it instantly, correct and learn from it.”

“Synergy is better than my way or your way. It’s our way.”

“Seek first to understand, then to be understood.”

“If we keep doing what we’re doing, we’re going to keep getting what we’re getting.”

“What air is to the body, to feel understood is to the heart.”

“To learn something but not to do is really not to learn. To know something but not to do is really not to know.”

“Every time you think the problem is ‘out there,’ that very thought is the problem.”

**Crisp, Quentin:**

“Treat all disasters as if they were trivialities but never treat a triviality as if it were a disaster.”

**Cummings, e.e:**

“It takes courage to grow up and become who you really are.”

“Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.”

“To destroy is always the first step in any creation.”

**de Chardin, Pierre Teilhard:**

“Nothing can resist the person who smiles at life—I don’t mean the ironic and disillusioned smile of my grandfather, but the triumphant smile of the person who knows that he will survive, or at least he will be saved by what seems to be destroying him.”



“In the final analysis, the questions of why bad things happen to good people transmutes itself into some very different questions, no longer asking why something happened, but asking how we will respond, and what we intend to do now that it happened.”

**de La Fontaine, Jean:**

“A person often meets his destiny on the road he took to avoid it.”

“Sadness flies away on the wings of time.”

“Patience and time do more than strength or passion.”

“Everyone believes very easily whatever they fear or desire.”

**de Montaigne, Michel:**

“I prefer the company of peasants because they have not been educated sufficiently to reason incorrectly.”

**Dali Lama:**

“Judge your success by what you had to give up in order to get it.”

“When we meet real tragedy in life, we can react in two ways-either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength.”

“Too much self-centered attitude, you see, brings isolation. Result: loneliness, fear, anger. The extreme self-centered attitude is the source of suffering.”

“In the practice of tolerance, one’s enemy is the best teacher.”

“Look at all situations from all angles, and you will become more open.”

“We can never obtain peace in the outer world until we make peace with ourselves.”

**D’Angelo, Anthony J:**

“Listen to your intuition. It will tell you everything you need to know.”

**DeGeneres, Ellen:**

“I learned compassion from being discriminated against. Everything bad that’s ever happened to me has taught me compassion.”

**de la Rochefoucauld, Francois:**

“Few people have the wisdom to prefer the criticism that would do them good, to the praise that deceives them.”

“Nothing is impossible; there are ways that lead to everything, and if we had sufficient will we should always have sufficient means. It is often merely for an excuse that we say things are impossible.”

“Jealousy lives upon doubts. It becomes madness or ceases entirely as soon as we pass from doubt to certainty.”

“To achieve greatness one should live as if they will never die.”

“We are strong enough to bear the misfortunes of others.”

“One forgives to the degree that one loves.”

“We are more interested in making others believe we are happy than in trying to be happy ourselves.”

“A wise man thinks it more advantageous not to join the battle than to win.”

“If we have not peace within ourselves, it is in vain to seek it from outward sources.”

**Deming, W. Edwards:**

“It is not enough to do your best; you must know what to do, and then do your best.”

**De Saint-Exupery, Antoine:**

“And now here is my secret, a very simple secret: it is only with the heart that one can see rightly, what is essential is invisible to the eye.”

**Devers, Gail:**

“It’s not what other people believe you can do; it’s what you believe you can do.”

**Dewey, John:**

“Arriving at one goal is the starting point to another.”

“Failure is instructive. The person who really thinks learns quite as much from his failures as from his successes.”

“The good man [person] is the man, no matter how morally unworthy he has been, is moving to become better.”

“To find out what one is fitted to do, and to secure an opportunity to do it, is the key to happiness.”

“To me faith means not worrying.”

“The path of least resistance and least trouble is a mental rut already made. It requires troublesome work to undertake the alternation of old beliefs.”

**Diamond, John:**

“Although individually manifested, there is only one diagnosis for each and every being—the anguish of the human condition arising from the inability to find our souls, the love that we each are.”

**Dickens, Charles:**

“The men who learn endurance, are they who call the whole world, brother.”

“Reflect upon your present blessings of which every man has many—not on your past misfortunes, of which all men have some.”

“There is a wisdom of the head, and a wisdom of the heart.”

“A loving heart is the truest wisdom.”

“Regrets are the natural property of grey hairs.”

“There is nothing so strong or safe in an emergency of life as the simple truth.”

**Dickinson, Emily:**

“If I can stop one heart from breaking, I shall not live in vain.”

“Saying nothing...sometimes says the most.”

**Disney, Walt:**

“All the adversity I’ve had in my life, all my troubles and obstacles, have strengthened me. You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.”

“The way to get started is to quit talking and begin doing.”

**Disraeli, Benjamin:**

“There is no education like adversity.”

“Circumstances are beyond human control, but our conduct is in our own power.”

“The secret of success is to be ready when your opportunity comes.”

“Seeing much, suffering much, and studying much, are the three pillars of learning.”

“I am prepared for the worst, but hope for the best.”

**Dostoevsky, Fyodor:**

“The soul is healed by being with children”

**Douglass, Frederick:**

“If there is no struggle, there is no progress.”

“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.”

“The soul that is within me no man can degrade.”

**Dr. Seuss:**

“I’ve heard there are troubles of more than one kind; some come from ahead, and some come from behind. But I’ve brought a big bat. I’m all ready, you see; now my troubles are going to have troubles with me.”

“Whenever things go a bit sour in a job I’m doing, I always tell myself, ‘You can do better than this.’”

**Drucker, Peter:**

“Plans are only good intentions unless they immediately degenerate into hard work.”

“Follow effective action with quiet reflection. From the quiet reflection will come even more effective action.”

“Never mind your happiness; do your duty.”

**Durant, William J.:**

“One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say.”

**Dyer, Wayne:**

“Be miserable. Or motivate yourself. Whatever has to be done, it’s always your choice.”

“How people treat you is their karma; how you react is yours.”

“It’s never crowded along the extra mile.”

“Judgements prevent us from seeing the good that lies beyond appearances.”

“When you judge another, you do not define them, you define yourself.”

“Remind yourself that the greatest technique for bringing peace into your life is to always choose being kind when you have a choice between being right or being kind.”

“The highest form of ignorance is when you reject something you don’t know anything about.”

“You leave old habits behind by starting out with the thought, “I release the need for this in my life.”

**Dylan, Bob:**

“People seldom do what they believe in. They do what is convenient, then repent.”

“All I can do is be me, whoever that is.”

**Eckhart, Meister:**

“The price of inaction is far greater than the cost of making a mistake.”

“The outward work will never be puny if the inward work is great.”

“Do exactly what you would do if you felt most secure.”

**Einstein, Albert:**

“Common sense is the collection of prejudices acquired by age eighteen.”

“Anyone who has never made a mistake has never tried anything new.”

“Solitude is painful when one is young, but delightful when one is more mature.”

**Eliot, George:**

"It is never too late to be what you might have been."

"Failure after long perseverance is much grander than never to have a striving good enough to be called a failure."

"We must find our duties in what comes to us, not in what might have been."

"But what we call our despair is often the painful eagerness of unfulfilled hope."

"There is only one failure in life possible, and that is not to be true to the best one knows."

"When death comes it is never our tenderness that we repent from, but our severity."

**Eliot, T.S.:**

"It's not wise to violate rules until you know how to observe them."

"Anxiety is the hand maiden of creativity."

**Ellington, Duke:**

"A problem is a chance for you to do your best."

**Emerson, Ralph Waldo:**

"A hero is no braver than an ordinary man, but he is braver five minutes longer."

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

"To know even one life has breathed easier because you have lived. This is to have succeeded."

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

"Our glory is not in never failing, but in rising up every time we fail."

"Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true."

"It is not the length of life, but the depth."

"Once you make a decision, the universe conspires to make it happen."

"Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better."

"A great man is always willing to be little."

"Unless you try to do something beyond what you have already mastered, you will never grow."

"Life is a success of lessons which must be lived to be understood."

“Finish each day and be done with it.”

**Epictetus:**

“Make the best use of what is in your power, and take the rest as it happens.”

**Epicurus:**

“Do not spoil what you have by desiring what you have not; but remember what you now have was once among the things only hoped for.”

**Euripedes:**

“Leave no stone unturned.”

“The best and safest thing to do is to keep balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.”

“Do not plan for ventures before finishing what’s at hand.”

“Nothing has more strength than dire necessity.”

“Silence is true wisdom’s best reply.”

“Do not consider painful what is good for you.”

“Among mortals second thoughts are wisest.”

**Fields, W.C.:**

“If at first you don’t succeed, try, try again. Then quit. There’s no point in being a damn fool about it.”

“Never cry over spilled milk, because it may have been poisoned.”

**Finnish Proverb:**

“Closeness without conflict only exists in the cemetery.”

**Fitzgerald, F. Scott:**

“Vitality shows in not only the ability to persist but the ability to start over.”

“Never confuse a single defeat with a final defeat.”

“It’s not a slam at you when people are rude, it’s a slam at the people they’ve met before.”

**Ford, Henry:**

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.”

“One of the great discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn’t do.”

“There is no man living that cannot do more than he thinks he can.”

“Failure is simply the opportunity to begin again, this time more intelligently.”

“Don’t find fault, find a remedy.”

**Francis of Assisi:**

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

“If God can work through me, he can work through anyone.”

**Frankl, Victor:**

“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.”

**Franklin, Benjamin:**

“By failing to prepare, you are preparing to fail.”

“Energy and persistence conquers all things.”

“Anger is never without a reason, but seldom with a good one.”

“Be slow in choosing a friend, slower in changing.”

“In reality, there is perhaps no one of our natural passions so hard to subdue as pride.”

“Those disputing, contradicting, and confuting people are generally unfortunate in their affairs. They get victory, sometimes, but they never get good will, which would be of more use to them.”

**Gandhi, Mahatma:**

“You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.”

“The best way to find yourself is to lose yourself in the service of others.”

“Strength does not come from physical capacity. It comes from an indomitable will.”

“If patience is worth anything, it must endure to the end of time. And a living faith will last in the midst of the blackest storm.”

“Satisfaction lies in the effort, not in the attainment, full effort is full victory.”

“If I had no sense of humor, I would long ago have committed suicide.”

“An eye for an eye only ends up making the whole world blind.”

“It is health that is real wealth and not pieces of gold and silver.”

“You must be the change you wish to see in the world.”

“We may stumble and fall but shall rise again; it should be enough if we did not run away from the battle.”

“Even if you are a minority of one, the truth is the truth.”

“Nobody can hurt me without my permission.”

“Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.”

“I look only to the good qualities of men. Not being faultless myself, I won’t presume to probe into the faults of others.”

“Honest disagreement is often a good sign of progress.”

“To believe in something, and not to live it, is dishonest.”

“Everyone who wills can hear the inner voice. It is within everyone.”

“It is unwise to be too sure of one’s own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err.”

“I do not want to foresee the future. I am concerned about taking care of the present. God has given me no control over the moment following.”

“Whatever you do may seem insignificant to you, but it is most important that you do it.”

“I know, to banish anger altogether from one’s breast is a difficult task. It cannot be achieved through pure personal effort. It can be done only by God’s grace.”

“Fear has its use, but cowardice has none.”

“We may have our private opinions but why should they be a bar to the meeting of hearts.”

“He is lost who is possessed by carnal desire.”

**Gannon, Donald G.:**

“Where facts are few, experts are many.”

**Gates, Bill:**

“It’s fine to celebrate success but it is more important to heed the lessons of failure.”

**Glasow, Arnold H.:**

“Nothing lasts forever-not even your troubles.”

“The key to everything is patience. You get the chicken by hatching the egg, not by smashing it.”

“One of the tests of leadership is the ability to recognize a problem before it becomes an emergency.”

“Improvement begins with I.”



“Success is simple. Do what’s right, the right way, at the right time.”

“Ideas never coupled with action never become bigger than the brain cells they occupied.”

“The fewer the facts, the stronger the opinion.”

“Happy is the person who knows what to remember of the past, what to enjoy in the present, and what to plan for in the future.”

“Make your life a mission-not an intermission.”

“Half a psychiatrist’s patients see him because they are married-the other half because they are not.”

“Progress is what happens when impossibility yields to necessity.”

**Goethe, Johann Wolfgang von:**

“Treat people as if they were what they ought to be, and you help them to become what they are capable of being.”

**Graham, Billy:**

“Each life is made up of mistakes and learning, waiting and growing, practicing patience and being persistent.”

“‘Suffering should not make us bitter people,’ my mother once said, ‘it should make us better comforters.’ Young people need to hear this from those who have walked before them, because someday they’ll be walking those same steps, but there may not be anyone following behind.”

**Grothe, Mardy:**

“I’ve always found it interesting that wise people tend to exaggerate the extent of their ignorance, and ignorant people the extent of their wisdom.”

**Hamilton, Alexander:**

“Men often oppose a thing merely because they have had no agency in planning it, or because it may have been planned by those whom they dislike.”

**Hanh, Thich Nhat:**

“Teaching is not done by talking alone. It is done by how you live your life.”

“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.”

“When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help.”

“To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself.”

“Look at flowers, butterflies, trees, and children with the eyes of compassion. Compassion will change your life and make it wonderful.”

“Yesterday is already gone. Tomorrow is not here yet. Today is the only day available to us; it is the most important day of our lives.”

“You must love in such a way that the person you love feels free.”

“If you love someone but rarely make yourself available to him or her, that is not true love.”

“Patience is the mark of true love. If you truly love someone, you will be more patient with that person.”

“We need to be aware of the suffering, but retain our clarity, calmness and strength so we can help transform the situation.”

“People suffer because they are caught in their views. As soon as we release those views, we are free and we don’t suffer anymore.”

“People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar.”

“People kill and are killed because they cling too tightly to their own beliefs and ideologies. When we believe that ours is the only faith that contains the truth, violence and suffering will surely be the result.”

“We have the tendency to run away from suffering and to look for happiness. But, in fact, if you have not suffered, you have no chance to experience real happiness.”

**Hanlon’s Razor:**

“Do not attribute to malice that which can be explained by sheer stupidity.”

**Harvey, Steve:**

“You’ve got to be vulnerable when you’re talking to kids. There’s nothing worse than some adult standing up there just talking down to some kid. You can’t work that way.”

**Hawking, Stephen:**

“My advice to other disabled people would be, concentrate on things your disability doesn’t prevent you doing well, and don’t regret the things it interferes with. Don’t be disabled in spirit as well as physically.”

**Hawkins, David:**

“The part of us that wants to cling to negative emotions is our smallness. Is that the way we want to see ourselves? Because if that’s the way we see ourselves, that’s the way others will see us; the world can only see us as we see ourselves.”

“Most “I can’t’s” are really “I won’t’s.” Behind the I can’t’s or I won’t’s is frequently a fear.”

“Why must something always be someone’s fault? Why must the whole concept of wrong be introduced to the situation in the first place? Why must one of us be wrong, bad, or at fault? What seemed like a good idea at the time may not have turned out well. That’s all. Unfortunate events may have just happened.”

“To make wrong and to make guilty is really a form of cruelty, is it not?”

**Herbert, George:**

“There is great force in a gentle command.”

“Living well is the best revenge.”

“None knows the weight of another’s burden.”

“Sometimes the best gain is to lose.”

“A lean compromise is better than a fat lawsuit.”

**Herold, Don:**

“There is nobody so irritating as somebody with less intelligence and more sense than we have.”

**Hesse, Hermann:**

“If you hate a person, you hate something in him that is part of yourself. What isn’t part of ourselves doesn’t disturb us.”

**Hill, Napoleon:**

“Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another.”

“If you cannot do great things, do small things in a great way.”

“Wise men, when in doubt whether to speak or to keep quiet, give themselves the benefit of the doubt, and remain silent.”

“Opportunity often comes disguised in the form of misfortune, or temporary defeat.”

“Until you have formed the habit of looking for the good instead of the bad there is in others, you will be neither successful or happy.”

**Hoffer, Eric:**

“Disappointment is a sort of bankruptcy—the bankruptcy of a soul that expends too much in hope and expectation.”

“Kindness can become its own motive. We are made kind by being kind.”

“The search for happiness is one of the chief sources of unhappiness.”

“The hardest arithmetic to master is that which enables us to count our blessings.”

“Rudeness is a weak imitation of strength.”

“Every new adjustment is a crisis in self-esteem.”

“You can never get enough of what you don’t need to make you happy.”

“We are more prone to generalize the bad than the good. We assume that the bad is more potent and contagious.”

“We all have private ails. The troublemakers are they who need public cures for their private ails.”

“It still holds true that man is most uniquely human when he turns obstacles into opportunities.”

“Every intense desire is perhaps a desire to be different from what we are.”

“When we believe ourselves in possession of the only truth, we are likely to be indifferent to common everyday truths.”

**Holmes, Oliver Wendell:**

“Have the courage to act instead of react.”

**Hope, Bob:**

“I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful.”

**Horace (Roman poet):**

“You can’t fool mother nature. Though you cast her out with a pitchfork, nature will return through the back door.”

**Hubbard, Elbert:**

“A friend is one who knows you and loves you just the same.”

“Initiative is doing the right things without being told.”

“He who does not understand your silence will probably not understand your words.”

“The final proof of greatness lies in being able to endure criticism without resentment.”

“Character is the result of two things: mental attitude and the way we spend our time.”

“We awaken in others the same attitude of mind we hold toward them.”

“If you suffer, thank God! It is a sure sign that you are alive.”

“Reversing your treatment of the man you have wronged is better than asking his forgiveness.”

“There is no failure except in no longer trying.”

“Men are only as great as they are kind.”

“The thing we fear we bring to pass.”

“How many a man has thrown up his hands at a time when a little more effort, a little more patience would have achieved success.”

**Huxley, Aldous:**

“Experience is not what happens to you; it is what you do with what happens to you.”

“There is only one corner of the universe you can be certain of improving, and that’s your own self.”

“Most human beings have an almost infinite capacity for taking things for granted.”

“The most valuable of all education is the ability to make yourself do the thing you have to do, when it has to be done, whether you like it or not.”

“Most ignorance is vincible ignorance. We don’t know because we don’t want to know.”

“An unexciting truth may be eclipsed by a thrilling lie.”

“It is a bit embarrassing to have been concerned with the human problem all one’s life and find at the end that one has no more to offer by way of advice than ‘try to be a little kinder.’

**Johnson, Dwayne:**

“I found that with depression, one of the most important things you could realize is that you’re not alone.”

“Life is anything but predictable.”

**James, William:**

“Act as if what you do makes a difference. It does.”

“Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.”

“It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome.”

“The greatest weapon against stress is our ability to choose one thought over another.”

“Whenever you’re in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude.”

“The greatest discovery of my generation is that a human being can alter his life by altering his attitudes.”

“Pessimism leads to weakness, optimism to power.”

“If you believe that feeling bad or worrying long enough will change a past or future event, then you are residing on another planet with a different reality system.”

“The art of being wise is the art of knowing what to overlook.”

“If you want a quality, act as if you already had it.”

“Most people never run far enough on their first wind to find out they’ve got a second.”

“No matter how full a reservoir of maxims one may possess, and no matter how good one’s sentiments may be, if one has not taken advantage of every concrete opportunity to act, one’s character may remain entirely unaffected for the better.”

“It is wrong always, everywhere, and for everyone, to believe anything upon insufficient evidence.”

“When you have to make a choice and don’t make it, that is in itself a choice.”

“Everybody should do at least two things each day that he hates to do, just for practice.”

**Jobs, Steve:**

“Remembering that I’ll be dead soon is the most important tool I’ve ever encountered to help me make the big choices in life. Because almost everything—all external expectations, all pride, all fear of embarrassment or failure—these things just fall away in the face of death, leaving only what is truly important.”

“Being the richest man in the cemetery doesn’t matter to me. Going to bed at night saying we’ve done something wonderful, that’s what matters to me.”

**Jordan, Michael:**

“I’ve missed more than 9000 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.”

“I can accept failure, everyone fails at something. But I can’t accept not trying.”

“If you’re trying to achieve, there will be roadblocks. I’ve had them; everybody has had them. But obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.”

“If you accept the expectations of others, especially negative ones, then you never will change the outcome.”

**Jung, Carl:**

“Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come with patience and equanimity.”

“The average human would much rather project his shadow onto the world, and condemn it, and see it as evil, thinking that his problem is to battle with evil in the world. In actuality, the problem is merely to acknowledge the presence of such thoughts and impulses in ourselves.”

“We cannot change anything until we accept it. Condemnation does not liberate, it oppresses.”

“A particularly beautiful woman is a source of terror. As a rule, a beautiful woman is a terrible disappointment.”

“If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves.”

“The greatest and most important problems of life are all fundamentally insoluble. They can never be solved but only outgrown.”

“It is a fact that cannot be denied: the wickedness of others becomes our own wickedness because it kindles something evil in our own hearts.”

“Children are educated by what the grown-up is and not by his talk.”

“Mistakes are, after all, the foundations of truth, and if a man does not know what a thing is, it is at least an increase in knowledge if he knows what it is not.”

**Kant, Immanuel:**

“Seek not the favor of the multitude; it is seldom got by honest and lawful means. But seek the testimony of few; and number not voices, but weigh them.”

“Immaturity is the incapacity to use one’s intelligence without the guidance of another.”

“May you live your life as if the maxim of your actions were to become universal law.”

“It is not necessary that whilst I live I live happily; but it is necessary that so long as I live I should live honourably.”

“All the interests of my reason, speculative as well as practical, combine in the following questions: 1. What can I know? 2. What ought I do? 3. What may I hope?”

**Kashmiri proverb:**

“We have not inherited the world from our forefathers; we have borrowed it from our children.”

**Keller, Helen:**

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

“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.”

“What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.”

“Although the world is full of suffering, it is also full of the overcoming of it.”

**King, Jr., Martin Luther:**

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but there he stands at times of challenge and controversy.”

“We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power of 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.”

“Faith is taking the first step even when you don’t see the whole staircase.”

“We must accept disappointment, but never lose infinite hope.”

“Every man must decide whether he will walk in the light of creative altruism or in the darkness of self-destructive selfishness.”

“That old law about ‘an eye for an eye’ leaves everybody blind. The time is always right to do the right thing.”

“Life’s most persistent and urgent question is, ‘What are you doing for others?’

“Never succumb to the temptation of bitterness.”

“A lie cannot live.”

“We must use time creatively.”

**Kipling, Rudyard:**

“Take everything you like seriously, except yourselves.”

**Kierkegaard, Soren:**

“Life is not a problem to be solved, but a reality to be experienced.”

“Our life always expresses the result of our dominant thoughts.”

“Face the facts of being what you are, for that is what changes what you are.”

“Personality is only ripe when a man has made the truth his own.”

“There is nothing which every man is so afraid as getting to know how enormously much he is capable of doing and becoming.”

“Patience is necessary, and one cannot reap immediately where one has sown.”

**Lee, Robert E.:**

“Never do a wrong thing to make a friend or to keep one.”

“We failed, but in the good providence of God apparent failure often proves a blessing.”

**Lewis, C.S.:**

“Failures, repeated failures, are finger posts on the road to achievement. One fails forward toward success.”



“If you look for truth, you may find comfort in the end; if you look for comfort you will not get either comfort or truth only soft soap and wishful thinking to begin, and in the end, despair.”

**Lincoln, Abraham:**

“Don’t worry when you are not recognized, but strive to be worthy of recognition.”

“A man watches his pear tree day after day, impatient for the ripening of the fruit. Let him attempt to force the process, and he may spoil both fruit and tree. But let him patiently wait, and the ripe pear at length falls into his lap.”

“I will prepare and some day my chance will come.”

“The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just.”

“I do the very best I know how—the very best I can; and I mean to keep on doing so until the end.”

“Do I not destroy my enemies when I make them my friends?”

**Longfellow, Henry Wadsworth:**

“It takes less time to do a thing right, than it does to explain why you did it wrong.”

**Lopez, Jennifer:**

“I always joke about letting the haters motivate you. Everybody has that in their life, people who doubt them or make them feel less than they are. It just takes faith and belief in yourself, and you’ve got to dig deep into that. That has to come from you-nobody’s going to give you that.”

**Lorde, Audre:**

“I write for those women who do not speak, for those who do not have a voice because they were so terrified, because we are taught to respect fear more than ourselves. We’ve been taught that silence would save us, but it won’t.”

“Life is very short and what we have to do must be done in the now.”

**MacArthur, Douglas:**

“Like the old soldier of the ballad, I now close my military career and just fade away, an old soldier who tried to do his duty as God gave him the light to see that duty. Goodbye.”

“Age wrinkles the body. Quitting wrinkles the soul.”

**Maharaj, Sri Nisargadatta:**

“What is the use of truth, goodness, harmony, beauty? They are their own goal.”

“You cannot change the course of events, but you can change your attitude—and what really matters is the attitude and not the bare event.”

“When you deceive yourself that you work for the good of all, it makes matters worse for you should not be guided by your own ideas of what is good for others. A man who claims to know what is good for others is dangerous. Work neither for yourself nor others, but for the work’s own sake; a thing worth doing is its own purpose and meaning.”

Why is life so full of contradictions? “It serves to break down mental pride. We must realize how poor and powerless we are. As long as we delude ourselves by what we imagine ourselves to be, to know, to have, to do, we are in a sad plight indeed. Only in complete self-negation is there a chance to discover our real being.”

“Freedom to do what one likes is really bondage while being free to do what one must, what is right, is real freedom.”

“Nothing profits the world as much as abandoning of profits; a man who no longer thinks in terms of loss and gain is the truly non-violent man, for he is beyond all conflict.”

“To work in the world is hard; to refrain from all unnecessary work is even harder.”

“All is one—this is the ultimate solution of every conflict.”

“First be free of suffering yourself and only then can you hope to help others.”

“Selfishness is the cause of suffering; there is no other cause.”

“Causes and results are infinite in number and variety; everything affects everything. In this universe, when one thing changes, everything changes. Hence, the great power of man in changing the world is by changing himself.”

**Maimonides:**

“Teach thy tongue to say, ‘I do not know’. And thou shalt progress.”

**Mandino, Og:**

“One of the things is we tend to give up too soon. We get knocked down a couple of times, and we stay down. It’s so important to get back up again.”

**Mann, Louis L.:**

“What happens to a man [person] is less significant than what happens within him.”

**Marley, Bob:**

“Don’t gain the world and lose your soul; wisdom is better than silver or gold.”

**Marston, Ralph:**

“What you do today can improve all your tomorrows.”

“You’ve done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination.”

“Beset by a difficult problem? Now is your chance to shine. Pick yourself up, get to work and get triumphantly through it.”

“If you so choose, every mistake can lead to greater understanding and effectiveness. If you so choose, every frustration can help you to be more patient and more persistent.”

**Marx, Groucho:**

“I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn’t arrived yet. I have just one day, today, and I’m going to be happy in it.”

**Maslow, Abraham:**

“A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself.”

“What is necessary to change a person is to change his awareness of himself.”

“You can see neurosis from below-as a sickness-as most psychiatrists see it. Or you can understand it as a compassionate man might: respecting the neurosis as a fumbling and inefficient effort toward good ends.”

**McEntire, Reba:**

“For me, singing sad songs often has a way of healing a situation. It gets the hurt out in the open into the light, out of the darkness.”

**Menken, H.L.:**

“The most costly of all follies is to believe passionately in the palpably not true. It is the chief occupation of mankind.”

**Michelangelo:**

“If we have been pleased with life, we should not be displeased with death, since it comes from the hand of the same master.”

**Mitchell, Margaret:**

“Until you’ve lost your reputation, you never realize what a burden it was.”

**Mizner, Wilson:**

“A good listener is not only popular everywhere, but after a while he gets to know something.”

**Mother Theresa:**

“If we have no peace, it is because we have forgotten that we belong to each other.”

“We shall never know all the good that a simple smile will do.”

“We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty.”

“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.”

**Nelson, Willie:**

“When I started counting my blessings, my whole life turned around.”

“If you really want to get along with somebody, let them be themselves.”

**Nietzsche, Friedrich:**

“He who fights monsters must take care lest he become one himself.”

“That which does not kill us makes us stronger.”

“You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.”

“To live is to suffer, to survive is to find some meaning in the suffering.”

**Nightingale, Florence:**

“I attribute my success to this—I never gave or took any excuse.”

“Were there none who were discontented with what they have, the world would never reach for anything better.”

**Nightingale, Earl:**

“Our attitude towards others determines their attitude towards us.”

“Learn to enjoy every minute of your life. Be happy now. Don’t wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it’s at work or with your family. Every minute should be enjoyed and savored.”

“Don’t let the fear of 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.”

“Wherever there is danger, there lurks opportunity; whenever there is opportunity, there lurks danger. The two are inseparable. They go together.”

**Nin, Anais:**

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

**Nouwen, Henry:**

“Our first responsibility in the midst of violence is to prevent it from destroying us.”

**Obama, Barack:**

“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.”

“If you’re walking down the right path and you’re willing to keep walking, eventually you’ll make progress.”

**Obama, Michelle:**

“Just try new things. Don’t be afraid. Step out of your comfort zones and soar, all right?”

“The one way to get me to work my hardest was to doubt me.”

**Ono, Yoko:**

“The sky is always there for me, while my life has been going through many, many changes. When I look up at the sky, it gives me a nice feeling, like looking at an old friend.”

“When you are totally depressed, you should try giggling. Just make yourself laugh. Force yourself to laugh.”

**O’Keefe, Georgia:**

“I’ve been absolutely terrified every moment of my life—and I’ve never let it keep me from doing a single thing I wanted to do.”

**Orwell, George:**

“Whoever is winning at the moment will always seem invincible.”

“The essence of being human is that one does not seek perfection.”

**Osteen Joel:**

“It’s easy to get negative because you get beat down. You go through a few disappointments and it’s easy to stay in that negative frame of mind. Choosing to be positive and having a grateful attitude is a whole cliché, but your attitude is going to determine how you’re going to live your life.”

**Pascal, Blaise:**

“Science will not console me in my hour of need.”

“It is the fight alone that pleases us, not the victory.”

“Love has reasons which reason cannot understand.”

**Parton, Dolly:**

“The way I see it, if you want the rainbow, you gotta put up with the rain.”

“If you don’t like the road you’re walking on, start paving another one.”

“God has his plans and his reasons. Sometimes we are supposed to go through things so that we learn lessons.”

**Pasteur, Louis:**

“Chance favors only the prepared mind.”

**Patton, George C.:**

“Accept the challenges so that you can feel the exhilaration of victory.”

“You need to overcome the tug of people against you as you reach for high goals.”

“Success is how high you bounce when you hit bottom.”

“We herd sheep, we drive cattle, we lead people. Lead me, follow me, or get out of my way.”

“Prepare for the unknown by studying how others in the past have coped with the unforeseeable and the unpredictable.”

“There is a time to take counsel of your fears, and there is a time to never listen to any fear.”

“If a man does his best, what else is there?”

**Pauling, Linus:**

“The best way to have a good idea is to have a lot of ideas.”

**Penn, William:**

“Right is right, even if everyone is against it, and wrong is wrong, even if everyone is for it.”

“Patience and Diligence, like faith, remove mountains.”

“O Lord, help me not to despise or oppose what I do not understand.”

**Picasso, Pablo:**

“He can who thinks he can, and he can't who thinks he can't. This is an inexorable, indisputable law.”

**Pinker, Steven:**

“Our brains were shaped for fitness, not truth. Sometimes the truth is adaptive, but sometimes it is not. Conflicts of interest are inherent to the human condition, and we are apt to want our version of the truth, rather than the truth, itself, to prevail.”

**Peale, Norman Vincent:**

“The trouble with most of us is that we would rather be ruined by praise than saved by criticism.”

“It's always too early to quit.”

“Drop the idea that you are Atlas carrying the world on your shoulders. The world would go on even without you. Don’t take yourself so seriously.”

“If you put off everything till you’re sure of it, you’ll never get anything done.”

“Don’t take tomorrow to bed with you.”

“Getting people to like you is merely the other side of liking them.”

**Planck, Max:**

“An important scientific innovation rarely makes its way by gradually winning over and converting its opponents: it rarely happens that Saul becomes Paul. What does happen is that its opponents gradually die out and that the growing generation is familiarized with the idea from the beginning.”

**Plato:**

“Wise men speak because they have something to say; Fools because they have to say something.”

“There are two things a person should never be angry at, what they can help, and what they cannot.”

“The first and greatest victory is to conquer yourself; to be conquered by yourself is of all things most shameful and vile.”

“Better a little which is well done, than a great deal imperfectly.”

“The greatest wealth is to live content with little.”

“Courage is knowing what not to fear.”

“No one should bring children into the world who is unwilling to persevere to the end in their nature and education.”

“All men are by nature equal, made all of the same earth by one Workman; and however we deceive ourselves, as dear unto God is the poor peasant as the mighty prince.”

“Know one knows whether death, which people fear to be the greatest evil, may not be the greatest good.”

“The most virtuous are those who content themselves with being virtuous without seeking to appear so.”

**Plautus:**

“Patience is the best remedy for every trouble.”

“‘He means well’ is useless unless he does well.”

“Every man, however wise, needs the advice of some sagacious friend in the affairs of life.”

“Where there are friends there is wealth.”

**Plutarch:**

“Silence at the proper season is wisdom, and better than any speech.”

“What we achieve inwardly will change outer reality.”

**Pope, Alexander:**

“No one should be ashamed to admit he is wrong, which is but saying, in other words, that he is wiser today than he was yesterday.”

“Fools rush in where angels fear to tread.”

**Powell, Colin:**

“Never let your ego get so close to your position that when your position goes, your ego goes with it.”

“Don’t bother people for help without first trying to solve the problem yourself.”

“Get mad, then get over it.”

**Prince:**

“Instead of hate, celebrate.”

**Proust, Marcel:**

“We don’t receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.”

“The real voyage in discovery consists not in seeking new landscapes, but in having new eyes.”

“Happiness is beneficial for the body, but it is grief that develops the powers of the mind.”

“We are healed from suffering only by experiencing it to the full.”

“There is no man, however wise, who has not at some period of his youth said things, or lived in a way the consciousness of which is so unpleasant to him in later life that he would gladly, if he could, expunge it from his memory.”

“We do not succeed in changing things according to our desire, but gradually our desire changes.”

**Radner, Gilda:**

“The goal is to live a full, productive life even with all that ambiguity. No matter what happens, whether the cancer never flares up again or whether you die, the important thing is that the days you have had you will have lived.”

**Rand, Ayn:**

“The man who lets a leader prescribe his course is a wreck being towed to the scrap heap.”



“Do not ever say that the desire to ‘do good’ by force is a good motive. Neither power-lust nor stupidity are good motives.”

**Rivers, Joan:**

“Yesterday is history, tomorrow is a mystery, today is God’s gift, that why we call it the present.”

“Life goes by fast. Enjoy it. Calm down. It’s all funny. Next. Everyone gets so upset about the wrong things.”

“I never dwell on what happened. You can’t change it. Move forward. Don’t waste your energy on being angry at something somebody did six months ago or a year ago. It’s over. Done. Move forward.”

“Life is very tough. If you don’t laugh, it’s tough.”

**Rogers, Fred:**

“If the day ever came when we were able to accept ourselves and our children exactly as we and they are, they, I believe, we would have come very close to an ultimate understanding of what ‘good parenting’ means.”

“How sad it is that we give up on people who are just like us.”

“Just because somebody wants to be alone sometimes, it doesn’t mean they don’t love you.”

**Rogers, Will:**

“The worst thing that happens to you may be the best thing for you if you don’t let it get the best of you.”

“Do the best you can, and don’t take life too serious.”

“Worrying is like paying on a debt that may never come due.”

**Rohn, Jim:**

“We must all suffer one of two things: the pain of discipline or the pain of regret and disappointment.”

“If you don’t design your own life plan, chances are you’ll fall into someone else’s plan. And guess what they have planned for you? Not much.”

“If you don’t like how things are, change it! You’re not a tree.”

“The walls we build around us to keep sadness out also keeps out the joy.”

**Roosevelt, Eleanor:**

“You must do the things you think you cannot do.”

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’”

“A woman is like a tea bag—you can’t tell how strong she is until you put her in hot water.”

“You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give.”

“We are afraid to care too much, for fear that the other person does not care at all.”

“No one can make you feel inferior without your consent.”

“It is not fair to ask of others what you are not willing to do yourself.”

“Do what you feel in your heart to be right—for you’ll be criticized anyway. You’ll be damned if you do, and damned if you don’t.”

“You can never really live anyone else’s life, not even your child’s. The influence you exert is through your own life, and what you’ve become yourself.”

“Understanding is a two-way street.”

**Roosevelt, Franklin D.:**

“When you reach the end of your rope, tie a knot in it and hang on.”

“The only thing we have to fear is fear itself.”

“The only limit to our realization of tomorrow will be our doubts of today.”

“If you treat people right they will treat you right...ninety percent of the time.”

**Roosevelt, Theodore:**

“If you could kick the person in the pants responsible for most of your trouble, you wouldn’t sit for a month.”

**Rousseau, Jean-Jacques:**

“Those that are most slow in making a promise are the most faithful in the performance of it.”

“Virtue is a state of war, and to live in it we have always to combat with ourselves.”

**Rowling, J.K.:**

“It is our choices...that show what we truly are, far more than our abilities.”

**Ruiz, Don Miguel:**

“When you look at yourself in the mirror, do you like what you see or do you judge your body and use the word to tell yourself lies? If you believe that you are not attractive enough, then you believe a lie, and you are using the word against yourself, against the truth.”

“Don’t take anything personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won’t be the victim of needless suffering.”

**Rumi, Jalal ad-Din Muhammad**

“Do not feel lonely, the entire universe is inside you.”

“Run from what’s comfortable. Forget safety. Live where you fear to live. Destroy your reputation. Be notorious. I have tried prudent planning long enough. From now on I’ll be mad.”

“Your depression is connected to your insolence and refusal to praise.”

“Everyone has been made for some particular work, and the desire for that work has been put in every heart.”

“Don’t wait any longer. Dive in the ocean, Leave and let the sea be you.”

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

“There’s a field somewhere beyond all doubt and wrong doing. I’ll meet you there”

“Ignore those that make you fearful and sad, that degrade you back towards disease and death.”

“Peaceful is the one who’s not concerned with having more or less. Unbound by name and fame, he is free from sorrow from the world and mostly from himself.”

“Come, come, whoever you are. Wanderer, worshiper, lover of leaving. It doesn’t matter. Ours is not a caravan of despair. Come, even if you have broken your vows a thousand times. Come, yet again, come, come.”

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.”

“The wound is the place where the Light enters you.”

“Let yourself be drawn by the stronger pull of that which you truly love.”

“If you are looking for a friend who is faultless, you will be friendless.”

“These pains you feel are messengers. Listen to them.”

**Russell, Bertrand:**

“One of the symptoms of an approaching nervous breakdown is the belief that one’s work is terribly important.”

“In all affairs it’s a healthy thing now and then to hang a question mark on the things you have long taken for granted.”

**Saban, Nick:**

“You can blame the other guy for saying it, or you can look at yourself and say, ‘I must have contributed to this.’”

**Saint Augustine:**

“Habit, if not resisted, soon becomes necessity.”

“There is something in humility that strangely exalts the heart.”

**St. Jerome:**

“It is not enough for us to restrain from doing evil, unless we shall also do good.”

“Why do you not practice what you preach?”

**Saint Teresa of Avila:**

“Our souls may lose their peace and even disturb other people’s, if we are always criticizing trivial actions-which often are not real defects at all, but we construe them wrongly through our ignorance of their motives.”

“To have courage for whatever comes in life-everything lies in that.”

“Pain is never permanent.”

**Sartre, Jean-Paul:**

“Commitment is an act, not a word.”

**Schuller, Robert H.:**

“Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.”

**Shakespeare, William:**

“A fool thinks himself to be wise, but a wise man knows himself to be a fool.”

“There is nothing either good or bad but thinking makes it so.”

“No legacy is so rich as honesty.”

**Schweitzer, Albert:**

“An optimist is a person who sees a green light everywhere, while a pessimist sees only the red stoplight...the truly wise person is colorblind.”

“There are two means of refuge from the miseries of life: music and cats.”

“Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.”

“Example is not the main thing in influencing others. It is the only thing.”

**Schwarzenegger, Arnold:**

“I’ll be back”

**Schopenhauer, Arthur:**

“Talent hits a target no one else can hit; Genius hits a target no one else can see.”

“We forfeit three-quarters of ourselves in order to be like other people.”

“I’ve never known any trouble that an hour’s reading didn’t assuage.”

**Shaw, George Bernard:**

“Progress is impossible without change, and those who cannot change their minds cannot change anything.”

“Success does not consist in never making mistakes but in never making the same one a second time.”

“Beware of false knowledge; it is more dangerous than ignorance.”

“A life making mistakes is not only more honorable, but more useful than a life spent doing nothing.”

“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.”

“The possibilities are numerous once we decide to act and not react.”

“Just do what must be done. This may not be happiness but it is greatness.”

**Sinatra, Frank:**

“The best revenge is massive success.”

“I’m supposed to have a Ph.D. on the subject of women. But the truth is I’ve flunked more often than not. I’m very fond of women; I admire them. But, like all men, I don’t understand them.”

**Sinek, Simon:**

“Humility, I have learned, must never be confused with meekness. Humility is being open to the ideas of others.”

**Socrates:**

“True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us.”

**Sophocles:**

“Old age and passage of time teach all things.”

“I would prefer even to fail with honor than win by cheating.”

“One word frees us of all the weight and pain in life. That word is love.”

“Quick decisions are unsafe decisions.”

“There is no sense in crying over spilt milk. Why bewail what is done and cannot be recalled?”

“There is some pleasure even in words, when they bring forgetfulness of present miseries.”

“Wisdom outweighs any wealth.”

**Sotomayor, Sonia:**

“If your child marches to a different beat, a different drummer, you might just have to go along with that music. Help them achieve what’s important to them.”

“You know, failure hurts. Any kind of failure stings. If you live in the sting, you will-undoubtedly fail. My way of getting past the sting is to say no, I’m just not going to let this get me down.”

**Spurgeon, Charles:**

“Sometimes, if you sing in a halfhearted mood, you can sing yourself up the ladder. Singing will often make the heart rise.”

**Steinem, Gloria:**

“A woman without a man is like a fish without a bicycle.”

**Stengel, Casey:**

“All blame is a waste of time. No matter how much fault you find with another, and regardless of how much you blame him, it will not change you. The only thing blame does is to keep the focus off you when you are looking for reasons to explain your unhappiness or frustration.”

**Swami, Radhanath:**

“[Physical] beauty or no [physical] beauty. The real beauty is the character in which we live.”

“Old age is a blessing because we understand mortality and start to take seriously who we really are. The beauty of the soul is present in older people without the beauty of the body.”

**Swift, Taylor:**

“When you hear people making hateful comments, stand up to them. Point out what a waste it is to hate, and you could open their eyes.”

“I think I am smart unless I am really, really in love, and then I am ridiculously stupid.”

“If you’re yelling you’re the one who’s lost control of the conversation.”

**Swindell, Charles R.:**

“Life is 10% what happens to you and 90% how you react to it.”

“Attitude is more important than the past, than education, than money, than circumstances, than what people do or say. It is more important than appearance, giftedness, or skill.”

“The difference between something good and something great is attention to detail.”

“We are all faced with a series of great opportunities brilliantly disguised as impossible situations.”

"I let people see the cracks in my life. We can't be phony. We've got to keep it real."

**Tagore, Rabindranath:**

"I have become my own version of an optimist. If I can't make it through one door, I'll go through another door—or I'll make a door. Something terrific will come no matter how dark the present."

**Thatcher, Margaret:**

"If you set out to be liked, you would be prepared to compromise on anything at any time, and you would achieve nothing."

"You may have to fight a battle more than once to win it."

"To wear your heart on your sleeve isn't a very good plan; you should wear it inside, where it functions best."

**Thoreau, Henry David:**

"If we will be quiet and ready enough, we shall find compensation in every disappointment."

"Not until we are lost do we begin to understand ourselves."

"It is never too late to give up our prejudices."

**Thucydides:**

"We secure our friends not by accepting favors but by doing them."

**Thurber, James:**

"It is better to know some of the questions than all of the answers."

**Tolkien, J.R.R.:**

"Short cuts make long delays."

"Still round the corner there may wait, A new road or a secret gate."

**Tolle, Eckhart:**

"Wherever you are, be there totally. If you find you're here and now intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it, or accept it totally. If you want to take responsibility for your life, you must choose one of those three options, and you must choose now. Then accept the consequences."

"Any action is often better than no action, especially if you have been stuck in an unhappy situation for a long time. If it is a mistake, at least you learn something, in which case it's no longer a mistake. If you remain stuck, you learn nothing."

"Always say 'yes' to the present moment..Surrender to what is. Say 'yes' to life-and see how life starts suddenly to start working for you rather than against you."

“When you get into your car, shut the door and be there for just half a minute. Breathe, feel the energy inside your body, look around at the sky, the trees. The mind might tell you, ‘I don’t have time.’ But that’s the mind talking to you. Even the busiest person has time for 30 seconds of space.”

“Boredom, anger, sadness, or fear are not ‘yours,’ not personal. They are conditions of the human mind. They come and go. Nothing that comes and goes is you.”

“If small things have the power to disturb you, then who you think you are is exactly that: small.”

“Power over others is weakness disguised as strength.”

**Tracy, Brian:**

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”

“I’ve found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often.”

“Move out of your comfort zone. You can only grow if you are willing to feel awkward and uncomfortable when you try something new.”

“You have to put in many, many, many tiny efforts that nobody sees or appreciates before you achieve anything worthwhile.”

**Truman, Harry S.:**

“In reading the lives of great men, I found that the first victory they won was over themselves...self-discipline with all of them came first.”

“A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.”

“The reward of suffering is experience.”

**Trump, Donald:**

“Sometimes by losing a battle, you find a new way to win the war.”

**Tutu, Desmond:**

“Before Nelson Mandela was arrested in 1962, he was an angry, relatively young man. He founded the ANC’s military wing. When he was released, he surprised everyone because he was talking about reconciliation and forgiveness and not about revenge.”

“Without forgiveness, there’s no future.”

“The universe can take quite a while to deliver.”



**Twain, Mark:**

“When we remember we are all mad, the mysteries disappear and life stands explained.”

“The best way to cheer yourself up is to try to cheer somebody else up.”

“Do the right thing. It will gratify some people and astonish the rest.”

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.”

“Courage is resistance to fear, mastery of fear, not absence of fear.”

“Do the thing you fear most and the death of fear is certain.”

“It is easier to stay out than get out.”

“Against the assault of laughter, nothing can stand.”

“When in doubt, tell the truth.”

“Necessity is the mother of taking chances.”

**Unknown:**

“To be outraged about something is nothing to boast about. Rather it should be the occasion for the most serious and searching self-examination, to discover and rectify whatever it is in one that requires such outrage to cope.”

“To be offended by a comment...as though your emotions were themselves an objection. Being offended or resentful about something says something about you—it says nothing about the topic.”

“The only people who find what they are looking for in life are the fault finders.”

“If the only tool you have is a hammer, you tend to see every problem as a nail.”

“Just because I can doesn’t mean I have to.”

“Our parents did the best they could, given who they were and what they were given as children.”

“Maturity begins when we’re content to feel we’re right about something, without feeling the necessity to prove someone else wrong.”

“Absence of proof is not proof of absence”

“Courage isn’t the absence of fear, it’s taking action in the face of it.”

“Small minds talk about personalities, medium sized minds talk about events, and large minds talk about ideas.”

“What goes around, comes around. Work like you don’t need the money. Dance like nobody’s watching. Sing like nobody’s listening. Live like it’s Heaven on Earth.”

“To rebel against our fate is not merely foolish and self-destructive; it is also and more importantly hybris.”

“Failure to set limits and protect boundaries in the face of attack is appeasement and will lead to more, not less aggression by the abuser. By appeasing the abuser, one refuses to recognize the naked and non-rational power dynamic at work: ‘I will hurt you or kill you if I don’t get my way.’”

**Vivekananda, Swami:**

“Condemn none: if you can stretch out a helping hand, do so. If you cannot, fold your hands, bless your brothers, and let them go their own way.”

“Happiness belongs to him who knows this oneness, who knows he is one with the universe.”

“Perseverance will finally conquer. Nothing can be done in a day.”

“Have infinite patience and success is yours.”

**Waitley, Denis:**

“Don’t dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer.”

“As long as we are persistence in our pursuit of our deepest destiny, we continue to grow. We cannot choose the day or time when we will fully bloom. It happens in its own time.”

“Determination gives you the resolve to keep going in spite of the roadblocks that lay before you.”

“Losers make promises they often break. Winners make commitments they always keep.”

“Losers live in the past. Winners learn from the past and enjoy working in the present toward the future.”

“Success in life comes not from holding a good hand, but in playing a poor hand well.”

“The most splendid achievement of all is the constant striving to surpass yourself and to be worthy of your own approval.”

“Courage means to keep working a relationship, to continue seeking solutions to difficult problems, and to stay focused during stressful periods.”

“There are no mistakes or failures, only lessons.”

“Relentless, repetitive self talk is what changes our self-image.”

“Mistakes are painful when they happen, but years later a collection of mistakes is what is called experience.”

“Forget about the consequences of failure. Failure is only a temporary change in direction to set you straight for your next success.”

“The results you achieve will be in direct proportion to the effort you apply.”

“A life lived with integrity—even if it lacks the trappings of fame and fortune is a shining star in whose light others may follow in the years to come.”

“When you are in the valley, keep your goal firmly in view and you will get the renewed energy to continue the climb.”

**Walker, Alice:**

“‘Thank you’ is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding.”

“If you want to have a life that is worth living, a life that expresses your deepest feelings and emotions and cares and dreams, you have to fight for it.”

“No person is your friend who demands your silence, or denies your right to grow.”

“Nobody is as powerful as we make them out to be.”

“The most common way people give up their power is by thinking they don’t have any.”

“Don’t wait around for other people to be happy for you. Any happiness you get you’ve got to make yourself.”

“People do not wish to appear foolish, to avoid the appearance of foolishness, they are willing to remain actually fools.”

“What the mind doesn’t understand, it worships or fears.”

“I have learned not to worry about love; but to honor its coming with all my heart.”

“I think we have to own the fears that we have of each other, and then, in some practical way, some daily way, figure out how to see people differently than the way we were brought up to.”

“As far as the glass ceiling, I feel that all you can do is give it your absolute best with whatever gifts the universe has given you. And if you make it in some way that other people can recognize, that’s fine. But even if you don’t quote-unquote make it, you’re fine if you’ve given it your whole heart and soul.”

“Yes, Mother. I can see you are flawed. You have not hidden it. That is your greatest gift to me.”

**Ward, William Arthur:**

“Opportunities are like sunrises. If you wait too long, you miss them.”

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

“Forgiveness is a funny thing. It warms the heart and cools the sting.”

“A warm smile is the universal language of kindness.”

“It is wise to direct your anger towards problems—not people; to focus your energies on answers—not excuses.”

“Wise are they who have learned these truths: Trouble is temporary. Time is tonic. Tribulation is a test tube.”

“To make mistakes is human; to stumble is commonplace; to be able to laugh at yourself is maturity.”

“Adversity causes some men to break; others to break records.”

“Wise are those who learn that the bottom line doesn’t always have to be their top priority.”

“A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life.”

“We can learn much from wise words, little from wisecracks, and less from wise guys.”

**Washington, Booker T.:**

“Associate yourself with people of good quality, for it is better to be alone than in bad company.”

“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.”

“If you want to lift yourself up, lift up someone else.”

“I shall allow no man to belittle my soul by making me hate him.”

“The individual who can do something that the world want done will, in the end, make his way regardless of his race.”

**Watts, Alan:**

“But the attitude of faith is to let go, and become open to truth, whatever it might turn out to be.”

**Welch, Jack:**

“Change before you have to.”

**West, Mae:**

“A man can be short and dumpy and getting bald but if he has fire, women will like him.”

“His mother should have thrown him out and kept the stork.”

**Williamson, Marianne:**

“Maturity includes the recognition that no one is going to see anything in us that we don’t see in ourselves. Stop waiting for a producer. Produce yourself.”

“The first step in forgiveness is the willingness to forgive.”

“The man I love may decide tomorrow that he loves me no more—but if my heart remains open, I will endure the storm.”

**Winfrey, Oprah:**

“Real integrity is doing the right things, knowing that nobody’s going to know whether you did it or not.”

“If you want to feel good, you have to go out and do some good.”

“Every stumble is not a fall, and every fall does not mean failure.”

“I was raised to believe that excellence is the best deterrent to racism or sexism. And that’s how I operate my life.”

“What God intended for you goes far beyond anything you can imagine.”

“Turn your wounds into wisdom.”

**Wolfe, Tom:**

“You have reached the pinnacle of success as soon as you become uninterested in money, compliments, or publicity.”

**Wright, Frank Lloyd:**

“Study nature, love nature, stay close to nature. It will never fail you.”

“I feel coming on a strange disease—humility.”

**Wright, Steven:**

“If you think nobody cares about you, try missing a couple of payments.”

**Yogananada, Paramahansa:**

“The season of failure is the best time for sowing the seeds of success.”

**Zanuck, Daryl F.:**

“If two men on a job agree all the time, then one is useless. If they disagree all the time, then both are useless.”

**Zappa, Frank:**

“Without deviation progress is not possible.”

**Ziglar, Zig:**

“Your attitude, not your aptitude, determines your altitude.”

“The right quote can inspire people to change their ways.”

“The problem is not getting rid of fear, but using it properly.”