

Quotes assembled by Brendan Miller (in no particular order)
January 2012

brendan@brendanmiller.com

"Originality does not consist in stating what no one has ever said before, but in saying exactly what you think yourself." – James Stevens

"A country without a memory is a country of madmen." – George Santayana

"Loneliness is the poverty of self; solitude is the richness of self." – May Sarton

"Some people see things that are and ask Why? Some people dream of things that never were and ask, Why not? Some people have to work and don't have time for all that. – George Carlin

"the only way to let your dreams come true is to wake up." Paul Valery

"Man cannot discover new oceans unless he has the courage to lose the shore." – Lord Chesterfield

"A problem well put is half solved. " – John Dewey

"Don't judge each day by the harvest you reap but by the seeds you plant." – Robert Louis Stevenson

"Dear future generations: Please accept our apologies. We were roaring drunk on petroleum." – Kurt Vonnegut

"Perfect order is the forerunner of perfect horror." – Carlos Fuentes

"Diseases of the soul are more dangerous and more numerous than those of the body." – Cicero

"The line dividing good and evil cuts through the heart of every human being. And who is willing to destroy a piece of his own heart? – Aleksandr Solzhenitsyn

"Self development is a higher duty than self-sacrifice." – Elizabeth Cady Stanton

"Friendship is born at that moment when one person says to another, 'What! You too? I thought I was the only one.'" – C.S. Lewis

"Resentment is like taking poison and then waiting for the other person to die." Malachy McCourt

"Laziness is nothing more than the habit of resting before you get tired." – Jules Renard

"The soul that has no fixed goal loses itself; for as they say, to be everywhere is to be nowhere." – Michel de Montaigne

"It takes a great deal of courage to stand up to your enemies, but even more to stand up to your friends." – J.K. Rowling

"Sentiment without action is the ruin of the soul." – Edward Abbey

"A great truth is a truth whose opposite is also a truth." – Thomas Mann

"You are made in the image of what you desire." – Thomas Merton

"The blackest despair that can take hold of any society is the fear that living honestly is futile." – Corrado Alvaro

"Character is like a tree and a reputation like a shadow. The shadow is what we think of it; the tree is the real thing." – Abraham Lincoln

"The proper time to influence the character of a child is about 100 years before he is born." – William Ralph Inge

"Being right half of the time beats being half right all of the time." – Malcolm Forbes

"Trying to determine what is going on in the world by reading newspapers is like trying to tell the time by watching the second hand of the clock." – Ben Hecht

"Progress is man's ability to complicate simplicity." – Thor Heyerdahl

"There is no conditions of life to which a man cannot get accustomed, especially if he sees them accepted by everyone around him." – Leo Tolstoy

"The creative process is a process of surrender, not control." – Julia Cameron

"By working faithfully eight hours a day, you may eventually get to be the boss and work 12 hours a day." – Robert Frost

"The only true voyage of discovery would not be to visit strange lands but to behold the universe through the eyes of another." – Marcel Proust

"Talent hits a target no one else can hit; genius hits a target no one else can see." – Arthur Schopenhauer

"You're only given a little spark of madness. You mustn't lose it." – Robin Williams

"The pleasure which is at the once the most pure, the most elevating, and the most intense, is derived, I maintain, from the contemplation of the beautiful." – Edgar Allan Poe

"Character is much easier kept than recovered." – Thomas Paine

When the heart weeps for what it has lost, the spirit laughs for what it has found.
- Sufi Proverb

"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." - Anna Quindlen

"It takes a long time to become young." - Picasso

"It's the job that is never started that takes longest to finish." - JRR Tolkien

"If you want to build a ship, don't herd people together to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea." - Saint-Exupery

"Secrecy is the freedom tyrants dream of." - Bill Moyers

"Everything that needs to be said has already been said. But, since no one was listening, everything must be said again." - Andre Gide

"A man's accomplishments in life are the cumulative effect of his attention to detail." - John Foster Dulles

"Going insane is a war between being told who you are and knowing who you are." - Liam Neeson

"The great enemy of truth is very often not the lie - deliberate, contrived and dishonest - but the myth - persistent, persuasive and unrealistic." - JFK

"There is no greatness where there is no simplicity." - Tolstoy

"Democracy is the only system that persists in asking the powers that be whether they are the powers that ought to be." - Sydney J. Harris

"Nostalgia is heroin for old people." - Dara O'Brian

"Fear makes strangers of people who would be friends." - Shirley MacLaine

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

“We tell ourselves stories in order to live.” Joan Didion

“If you don’t look the facts in the face, they have a way of stabbing you in the back.” - Churchill

“If you would win a man to your cause, first convince him you are his sincere friend.” - Abraham Lincoln

“Our lives begin to end the day we become silent about the things that matter.” - MLK Jr.

“That humanity at large will ever be able to dispense with Artificial Paradises seems very unlikely. Most men and women lead lives at the worst so painful, at the best so monotonous, poor and limited that the urge to escape, the longing to transcend themselves if only for a few moments, is and always has been one of the principal appetites of the soul.” - Aldous Huxley, The Doors of Perception

“When the forms of an old culture are dying, the new culture is created by a few people who are not afraid to be insecure.” - Rudolf Bahro

“Never does nature say one thing and wisdom another.” - Juvenal

“Every production of genius must be the production of enthusiasm.” - Benjamin Disraeli

“You’ve got to go out on a limb sometimes, because that’s where the fruit is.” - Will Rogers

“Sometimes we stare so long at a door that is closing that we see too late the one that is open.” - Alexander Graham Bell

“Home is not where you live, but where they understand you.” - Christian Morgenstern

“At 18 our convictions are hills from which we look; at 45 they caves in which we hide.” - F. Scott Fitzgerald

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

“Vision without execution is hallucination.” - Thomas Edison

Only a rat can win a rat race. - Michael Franti

"The most beautiful experience we can have is the mysterious...it is the fundamental emotion which stands at the cradle of true art and true science."

-- Albert Einstein

"Dogmas divide de-nominations, but the spirit unites them. There are Catholics who have the spirit as well as Protestants. We Protestants can split up in as many sects as we may wish; it does not matter as long as the spirit is alive. That is all that counts." - Albert Schweitzer

"Everyone gets so much information all day long that they lose their common sense." - Gertrude Stein

"Always do right. It will please some people and astonish the rest." - Mark Twain

"Ignorance, allied with power, is the most ferocious enemy justice can have." - James Baldwin

"Of all tyrannies, a tyranny exercised for the good of its victims may be the most oppressive. It may be better to live under robber barons than under omnipotent moral busybodies." -C.S. Lewis

SINCE WARS BEGIN IN THE MINDS OF MEN, it is in the minds of men that the defenses of peace must be constructed." - Preamble to the UNESCO Constitution

The future belongs to those who believe in the beauty of their dreams.
Eleanor Roosevelt

"Fighting a war to fix something works about as good as going to a whorehouse to get rid of the clap." - Norman Mailer

In a small book called "The Spell of New Mexico," a collection of essays by various writers, Oliver La Farge wrote: "What is New Mexico then? How sum it up? It is home, by birth or by passionate adoption, of a wildly assorted population which has shown itself capable of achieving homogeneity without sacrificing its diversity ... It is a land full of the essence of peace ... It is itself an entity, at times infuriating, at times utterly delightful to its lovers, a land that draws and holds men and women with ties that cannot be explained or submitted to reason."

Man is the only animal that laughs and weeps, for he is the only animal that is struck with the difference between what things are and what they ought to be.

- William Hazlitt

“It is easier to build strong children than to repair broken men.” - Frederick Douglass

“News is something someone doesn’t want printed; all else is advertising.” - William Randolph Hearst

Joseph Schumpeter once said, "The modern mind dislikes gold because it blurts out unpleasant truths."

“A different language is a different vision of life.” - Federico Fellini

“Our task is to become fluent with the life we’re leading.” - John Cage

“Everyone believes very easily whatever he fears or desires.” - Jean de la Fontaine

“Life is a tragedy full of joy.” - Bernard Malamud

“If someone tells you he is going to make a ‘realistic decision,’ you immediately understand that he has resolved to do something bad.” - Mary McCarthy

“The world is a dangerous place not because of those who do harm, but because of those who look at it without doing anything.” - Albert Einstein

“Madness is to think of too many things in succession too fast, or of one thing too exclusively.” - Voltaire

“When a politician decides to make a living of politics, that’s the day he has become corrupt.” - Jerry Springer

“If work was a good thing, the rich would have it all and not let you do it.” - Elmore Leonard

“Hollywood is a place where they’ll pay you \$1000 for a kiss and 50 cents for your soul.” - Marilyn Monroe

“Every time you spend money, you’re casting a vote for the kind of world you want.” - Anna Lappe

“Most people would succeed in small things, if they were not troubled with great ambitions.” - Longfellow

"There is a hidden force for good. It is patient and powerful. It has been working quietly for a long time. It never dies, although it tires now and then. It has secret members in all countries and all walks of life. It works patiently as it has for ages, making progress where the opportunity presents itself. It makes mistakes, but it is never defeated. It is everywhere. It has eyes and ears and agents everywhere.

It is us." - Robert Miller

"Youth is happy because it has the ability to see beauty. Anyone who keeps the ability to see beauty never grows old." - Franz Kafka

"Unemployment is capitalism's way of getting you to plant a garden." - Orson Scott Card

"Men do not desire to be rich, but to be richer than other men." - John Stuart Mill

"Look for a long time at what pleases you, and for a longer time at what pains you." - Colette

"If everybody is thinking alike, then somebody isn't thinking." - Gen. George Patton

"Whoever is careless with the truth in small matters cannot be trusted with important matters." - Albert Einstein

"You can always count on Americans to do the right thing - after they've tried everything else." - Winston Churchill

"Unless a man undertakes more than he possible can do, he will never do all that he can." - Henry Drummond

"Success seems to be largely a matter of hanging on after others have let go." - William Feather

"Insane people are always sure that they are fine. It is only the sane people who are willing to admit that they are crazy." - Nora Ephron

"Bureaucracy, the rule of no one, has become the modern despotism." - Mary McCarthy

"I hope life isn't a big joke, because I don't get it." - Jack Handey

“All human beings have three lives: public, private and secret.” - Gabriel Garcia Marquez

“The arc of the moral universe is long but bends towards justice.” - MLK Jr.

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

“The most exhausting thing in life is being insincere.” - Anne Morrow Lindbergh

“Middle age is when your broad mind and narrow waist begin to change places.” - Joseph Cossman

“We must not confuse dissent with disloyalty.” - Edward R. Urow

“Re-examine all you have been told...Dismiss what insults your soul.” - Walt Whitman

“To tell the story of anything, you have to tell the story of Everything.” - Thomas Berry

“The idea that there is a vast war over the moral and spiritual compass of the nation is a dramatic narrative, and it has dominated popular political analysis for nearly two decades. It just doesn't have the added virtue of being true. The vast majority of Americans are pragmatic, independent, and unpartisan in their basic views. They are eclectic: 'liberal' on some matters; 'conservative' on others. As a percentage of the total population, the extremist factions - right and left combined - remain a small slice, 6.6%. These happen to be the people who not only go to conventions but whom the cable news bookers corral to argue about politics on their shows. They are also the people who host television and radio talk shows, who publish blogs, and who make civic noise. But they are not us.” - Dick Meyer in the *LA Times*, the week of September 5.

“Love is higher than opinion. If people love one another the most varied opinions can be reconciled - this is one of the most important tasks for humankind today and in the future. We should learn to live together and understand one another. If this human fellowship is not achieved, all talk of further development is empty.” - Rudolf Steiner

“The only normal people are the ones you don't know very well.” - Joe Ancis

“Worry is a misuse of the imagination.” - Dan Zadra

“You don't get what you deserve, you get what you negotiate.” - Stephen Pollard

“Every great cause begins as a movement, becomes a business, and eventually degenerates into a racket.” - Eric Hoffer

“You can’t build a reputation on what you are going to do.” - Henry Ford

Joseph Schumpeter once said, "The modern mind dislikes gold because it blurts out unpleasant truths."

"The most beautiful experience we can have is the mysterious...it is the fundamental emotion which stands at the cradle of true art and true science."

-- Albert Einstein

Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible.

- St. Francis of Assisi

Concentrate your energies, your thoughts and your capital. The wise man puts all his eggs in one basket and watches the basket.

Andrew Carnegie

As I grow older, I pay less attention to what men say. I just watch what they do.

Andrew Carnegie

Do not look for approval except for the consciousness of doing your best.

Andrew Carnegie

He that cannot reason is a fool. He that will not is a bigot. He that dare not is a slave.

Andrew Carnegie

“You can’t build a reputation on what you are going to do.” - Henry Ford

“No snowflake in an avalanche ever feels responsible.” - Stanislaw Jerzy Lec

“I don’t know - maybe the world has two different kinds of people, and for one kind the world is this completely logical, rice pudding place, and for the other it’s all hit-or-miss macaroni gratin. I bet if those tree frog parents of mine put rice pudding mix in the microwave and go macaroni gratin when the bell rang, they’d just tell themselves, “Oh, we must have put in macaroni gratin mix by mistake,” or they’d take out the macaroni gratin and try to convince themselves, “This looks like macaroni gratin, but actually it’s rice pudding.” And if I tried to be nice and explain to them that sometimes, when you put in rice pudding mix, you get macaroni gratin, they would never believe me.

They'd probably just get mad. Do you understand what I'm trying to tell you, Mr. Wind-Up Bird?"

-- Haruki Murakami, p.462, The Wind-Up Bird

Chronicle

Children Learn What They Live

By Dorothy Law Nolte, Ph.D.

If children live with criticism, they learn to condemn.
If children live with hostility, they learn to fight.
If children live with fear, they learn to be apprehensive.
If children live with pity, they learn to feel sorry for themselves.
If children live with ridicule, they learn to feel shy.
If children live with jealousy, they learn to feel envy.
If children live with shame, they learn to feel guilty.
If children live with encouragement, they learn confidence.
If children live with tolerance, they learn patience.
If children live with praise, they learn appreciation.
If children live with acceptance, they learn to love.
If children live with approval, they learn to like themselves.
If children live with recognition, they learn it is good to have a goal.
If children live with sharing, they learn generosity.
If children live with honesty, they learn truthfulness.
If children live with fairness, they learn justice.
If children live with kindness and consideration, they learn respect.
If children live with security, they learn to have faith in themselves and in those about them.
If children live with friendliness, they learn the world is a nice place in which to live.

Copyright © 1972 by Dorothy Law Nolte

"In a time of universal deceit, telling the truth is a revolutionary act." - George Orwell

"All truth passes through 3 stages... first it is ridiculed, then it is violently opposed, then it is accepted as self-evident." - Schopenhauer

"Some people always expect the worst, spreading fear of doom and destruction, and often use fear to exploit others. Some people are rosy optimists and never acknowledge evil if it doesn't affect them. Others see the corruption and evil in the world and bravely act with great hope and optimism to oppose its spread. Those individuals who change crisis into opportunities for transformation and achievement are the hope of the world. Hope acts like a spiritual magnet which draws inspiration from Higher sources. Hope is not an emotional attitude, but a clear intuitive knowing that recognizes good can

triumph when charged with courage and unshakeable determination."

- Corinne McLaughlin and Gordon Davidson, "Spiritual Politics: Changing the World from the Inside Out," (Ballantine Books 1994), p. 192

"Tell people something they know already and they will thank you for it. Tell them something new and they will hate you for it."

- George Monbiot

"The sneakiest form of literary subtlety, in a corrupt society, is to speak the plain truth. The critics will not understand you; the public will not believe you; your fellow writers will shake their heads."

- Edward Abbey

"what matters in journalism is not how close you are to power but how close you are to the truth"

- Bill Moyers

"I don't know what weapons World War Three will be fought with, but World War four will be fought with sticks and stones."

-- Albert Einstein

"Information is the currency of democracy."

- Thomas Jefferson

" Also it is important to put the happiness of the children rather carefully in its place, which is really not a front place. The unsympathetic, selfish, hard people who regard happiness as a very exceptional indulgence to which children are by no means entitled, though they may be allowed a very little of it on their birthdays or at Christmas, are sometimes better parents in effect than those who imagine that children are as capable of happiness as adults. Adults habitually exaggerate their own capacity in that direction grossly; yet most adults can stand an allowance of happiness that would be quite thrown away on children. The secret of being miserable is to have leisure to bother about whether you are happy or not. The cure for it is occupation, because occupation means pre-occupation; and the pre-occupied person is neither happy nor unhappy, but simply alive and active, which is pleasanter than any happiness until you are tired of it. That is why it is necessary to happiness that one should be tired. Music after dinner is pleasant: music before breakfast is so unpleasant as to be clearly unnatural. To people who are not overworked holidays are a nuisance. To people who are, and who can afford them, they are a troublesome necessity. A perpetual holiday is a good working definition of hell." - George Bernard Shaw

"In a consumer society, there are inevitably two kinds of slaves: the prisoners of envy, and the prisoners of desire." - Fr. Ivan Illich

“Cancer is the body’s panicked effort to grow without a plan: regeneration occurs when you say yes to the deeper plan of your being.” - Barbara Max Hubbard (quoted in WIE mag, fall 05)

“She longed for the true journey of an Odysseus or Ishmael or Gulliver or even a Dorothy of Kansas, wherein passage through space and time becomes only a metaphor of a movement through the interior or being. A true journey, no matter how long the travel takes, has no end.” - William Least Heat Moon, Blue Highways, p. 194.

“It’s a balance,” Holliston said. “We’ve got to risk a little more each time to improve and go beyond what we’ve done in the past. But if we take on too much at once, it could be the last lesson. The problem is we don’t always know when we get in over our heads. We’ve got to trust our gut reactions without giving in to them. That’s what’s hard.” - Blue Highways, p. 244, William Least Heat Moon quoting a hang glider he met.

“The problem of what we’re doing lies in deciding what’s the benefit of history and what’s the burden. We’re not trying to hold back the future, but we do believe in what has happened in Greenwich is at least as important as what could happen here. The future should grow from the past, not obliterate it.” - Robert Roemer in William Least Heat Moon, Blue Highways, p. 395.

“Education is thinking, and thinking is looking for yourself and seeing what’s there, not what you got told was there.” - Miz Alice, Blue Highway, p. 403.

“Our destination is never a place but rather a new way of looking at things.” - Henry Miller

There is a wonderful mythical law of nature that the three things we crave most in life -- happiness, freedom, and peace of mind -- are always attained by giving them to someone else. -- Peyton Conway March

"The scarcest resource is not oil, metals, clean air, capital, labor, or technology. It is our willingness to listen to each other and learn from each other and to seek the truth rather than seek to be right."

-- systems scientist, eco-activist and essayist
Donella Meadows

"At present, people create barriers between each other by their fragmentary thought. Each one

operates separately. When these barriers have dissolved, then there arises one mind, where they are all one unit, but each person also retains his or her own individual awareness. That one mind will still exist even when they separate, and when they come together, it will be as if they hadn't separated. It's actually a single intelligence that works with people who are moving in relationship with one another... If you had a number of people who really pulled together and worked together in this way, it would be remarkable. They would stand out so much that everyone would know they were different." -- quantum physicist and dialogue innovator David Bohm

"The Clear Bead at the Center changes everything.
There are no edges to my loving now.
Some say there's a door that opens from one mind to another.
But if there's no wall, there's no need for fitting the window.
Or the latch."
-- Sufi jurist and mystic poet Rumi

"It's all very well...to realize the evil you must fight, are trying to fight, is embodied in your image in the mirror, someone with your very name, your doppelganger walking down the street toward you, your long lost brother sister father mother, but the real life stinger is finding out that the good you must embrace is walking around living in someone who has the other kind of earlobes, feels the other way about anchovies, wakes up with the other amount of energy in the morning, and will probably never read your favorite book." -- activist author Anne Herbert

"Love does not consist in gazing into each other's eyes, but in looking together in the same direction." -- aviator and author Antoine de Saint-Exupéry

"Only in the last moment in history has the

delusion arisen that people can flourish apart from the rest of the living world." -- biologist E.O. Wilson

"The idea of intelligence is going from the very narrow view that it's just human to something that's much more generally found in life." -- plant biochemist Anthony Trewavas

"I am not finished being a free American, whatever happy costs await me. I know that courage is freedom, and freedom is joy. Be fully who you are, letting the world get used to you - it will! Find a loving community of friends who support your ever-flowering growth, which is a lifetime proposition." -- democracy activist Doris "Granny D" Haddock

"The machinery of our governance is sore tried by rabid people on all sides poisoning the well of public discourse. We do not have to join in that foul endeavor. Do not be shy to be honest and open. Be aggressively ethical. Be insistently civil." -- ecoblogger Roger Mack

"People are sick and tired of being pitted against each other when there's already so much suffering and the Earth itself is under assault. They're ready to reconnect and honor the life we share. That is the great adventure of our time." -- systems thinker, author and spiritual social change agent Joanna Macy

"Only recently have we awakened to see not only that 'regular' citizens have the capacity for self-governance, but that without their engagement our huge global crises cannot be addressed. The changes needed for human society simply to survive, let alone thrive, are so profound that the only way we will move toward them is if we ourselves, regular citizens, feel

meaningful ownership of solutions through direct engagement." -- food policy and democracy activist and author Frances Moore Lappé

"If diverse ordinary people are given adequate information and a chance to deeply hear each other and reflect together about public affairs...there is a natural tendency to come to see a larger picture together, through each others' eyes, and to then wrestle in good faith with the implications of that larger picture...so that in the end they find that their diversity is a resource, stimulating each other into remarkable creativity. Suddenly options that make sense to all or most of them emerge -- possibilities often unseen by any of them when they began talking." -- co-intelligence advocate Tom Atlee

"What is good in humanity will have to fight for its life, if it is to have a future at all. Every form of creative will and intelligence must be called forth from the sleeping soul of humanity, because there is no escape and no going back." -- essayist and painter Diane Harvey

"The time has finally come to shift our focus and creative force towards the creation of conditions that will ensure the necessary dynamic and powerful solutions we must have in order to face the challenges to our survival. We will then not only survive, but experience a shimmering and bright personal and planetary future." -- Cody Johnson, convenor of transformational conferences and concerts

"Democracy is based on the conviction that there are extraordinary possibilities in ordinary people." -- Reverend Harry Emerson Fosdick

"Conversation is not just about conveying

information or sharing emotions, not just a way of putting ideas into peoples' heads
Conversation is a meeting of minds with different memories and habits. When minds meet, they don't just exchange facts: they transform them, reshape them, draw different implications from them, engage in new trains of thought. Conversation doesn't just reshuffle the cards: it creates new cards." -- philosopher, historian and author Theodore Zeldin

"There are moments in history when the fabric of everyday life unravels, and there is this unstable dynamism that allows for incredible social change in short periods of time. People and the world they're living in can be utterly transformed." -- playwright Tony Kushner

"Life is too precious to be a spectator sport. We are no longer merely fans, rooting for the winning team. We are the team. We are the grown-ups. Whatever you believe is true, now is the time to give your respectful, inquisitive and compassionate self to it." -- author and transformational agent Vicki Robin

St. John of the Cross- "Where you find no love, put love, and you will find love."

Lao-tzu- "Kindness in words creates confidence, Kindness in thinking creates Profoundness, Kindness in giving creates love."

We are what we repeatedly do. Excellence, then, is not an act, but a habit.
Aristotle

Always do what you are afraid to do.
Ralph Waldo Emerson

The more business one has, the more you are able to accomplish, for you learn to economize your time.
Sir Matthew Hale

"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

– Martin Luther King, Jr.

"A little philosophy inclineth man's mind to atheism, but depth in philosophy bringeth men's minds about to religion."

– Francis Bacon

"If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place."

– Margaret Mead

If you don't know where you are going, you might wind up someplace else.

Yogi Berra

The mind's direction is more important than its progress.

Joseph Joubert

"News is what people want to keep hidden and everything else is publicity." -

Bill Moyers

Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong.

Ella Fitzgerald

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." - John Quincy Adams

Clearly, health and disease cannot be defined merely in terms of anatomical, physiological, or mental attributes. Their real measure is the ability of the individual to function in a manner acceptable to himself and to the group of which he is a part. -- Dubos, René (1987), *Mirage of Health. Utopias, progress, and biological change.* New Brunswick (Rutgers University Press), 261

Social norms rigidly constrain how we live, and individuals who transgress the limits can expect trouble. We may think that our personal life-style represents our own free choice, but that belief is often mistaken. It is hard to be a non-smoker in a smoking milieu, or vice versa, and it may be impossible to eat very differently from one's family and associates. Social norms set rigid limits on diversity, and those wishing to persuade minorities to be different from the majority would do well to remember the rooks.

Rose, Geoffrey (1992), *The strategy of preventive medicine.* Oxford (Oxford University Press), 56

Of course, everyone wants to be healthy. The amusing thing is no one's really sure how to do it.

Seinfeld, Jerry (1995), *Seinfeld*. New York (Bantam Books), 36

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.

World Health Organization (1946), *Constitution*. Geneva (WHO)

Success is the ability to go from failure to failure without losing your enthusiasm.

Winston Churchill

Time stays long enough for anyone who will use it.

Leonardo Da Vinci

"The most beautiful thing we can experience is the mystical. It is the source of all true art and science." - Albert Einstein

"Human progress is neither automatic nor inevitable. Even a superficial look at history reveals that no social advance rolls in on the wheels of inevitability. Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals. Without persistent effort, time itself becomes an ally of the insurgent and primitive forces of irrational emotionalism and social destruction. This is no time for apathy or complacency. This is a time for vigorous and positive action." - MLK Jr.

Failure is only the opportunity to begin again more intelligently.

Henry Ford

Turn your wounds into wisdom.

Oprah Winfrey

Whether you think that you can, or that you can't, you are usually right.

Henry Ford

The highest use of capital is not to make more money, but to make money do more for the betterment of life. (Henry Ford, 1863-1947)

Great spirits have always encountered violent opposition from mediocre minds.
Albert Einstein

The ultimate measure of a person is not where they stand in moments of comfort and convenience, but where they stand at times of challenge and controversy.

Martin Luther King, Jr.

This above all: to thine own self be true.

William Shakespeare (Hamlet)

Many of life's failures are people who did not realize how close they were to success when they gave up.

Thomas Edison

Go confidently in the direction of your dreams. Live the life you have imagined.

Henry David Thoreau

Entrepreneurs ...are visionaries with a poorly developed sense of risk and no concept of the odds against them. They make the impossible happen.

Dr. Robert Jarvik

Kites rise highest against the wind, not with it.

Winston Churchill

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

Confucius

My interest is in the future because I am going to spend the rest of my life there.

Charles Kettering

You can't build a reputation on what you are going to do

Henry Ford

The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them. -- Thomas Merton

To live is the rarest thing in the world. Most people exist, that is all.

Oscar Wilde

What will happen when the buffalo are all slaughtered? The wild horses tamed? What will happen when the secret corners of the forest are heavy with the scent of many men and the view of the ripe hills is blotted with talking wires? Where will the thicket be? Gone! Where will the eagle be? Gone! And what is to

say goodbye to the swift pony and then hunt? The end of living and the beginning of survival.

-- Chief Seattle (from his famous letter)

Re-examine all that you have been told... dismiss that which insults your soul.

Whitman

You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. With it, there is accomplishment. Without it there are only alibis.

Henry Ford

"Pain too long absorbed dulls intelligence. Pain endured, channeled for energy, used for conscious work aimed at ending the source of pain, sharpens intelligence."

- Ayi Kwei Armah

"Art is not a mirror to reflect society... but a hammer with which to shape it."

- Bertolt Brecht

Time stays long enough for anyone who will use it.

Leonardo Da Vinci

Samuel Johnson wrote, "It is common to overlook what is near, by keeping the eye fixed on something remote. In the same manner, present opportunities are neglected and attainable good is slighted by minds busied in extensive ranges."

Dream as if you'll live forever. Live as if you'll die tomorrow.

James Dean

There are those that look at things the way they are, and ask why? I dream of things that never were, and ask why not.

Robert F. Kennedy

Most people give up just when they're about to achieve success. They quit on the one yard line. They give up at the last minute of the game, one foot from a winning touchdown.

H. Ross Perot

All our dreams can come true - if we have the courage to pursue them.

Walt Disney

We can do anything we want to do if we stick to it long enough.

Helen Keller

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness, concerning all acts of initiative (and creation). There is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, the Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents and meetings and material assistance which no man could have dreamed would come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.” - Johann Wolfgang Von Goethe

“Loneliness is the poverty of the self. Solitude is the richness of self.” - poet Mary Sarton

“The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.” - Henry Miller

“Idleness is not just a psychological necessity...It constitutes as well a kind of political space, a space...necessary to ...democracy...by allowing us time to figure out who we are, and what we believe; by allowing us time to consider what is unjust, and what we might do about it.” - Mark Slouka, Harpers (Nov. 2004)

“It is in deep solitude that I find the gentleness with which I can truly love my brothers. The more solitary I am, the more affection I have for them...Solitude and silence teach me to love my brothers for what they are, not for what they say.” - Thomas Merton

We are all in the gutter, but some of us are looking at the stars.
Oscar Wilde

We all have great inner power. The power is self-faith. There`s really an attitude to winning. You have to see yourself winning before you win. And you have to be hungry. You have to want to conquer.
Arnold Schwarzenegger

The significant problems we face in life can not be solved at the same level of thinking we were at when we created them.
Albert Einstein

"As soon as man does not take his existence for granted, but beholds it as something unfathomably mysterious, thought begins."
– Albert Schweitzer

At the dances I was one of the most untiring and gayest. One evening a cousin of Sasha [Alexander Berkman], a young boy, took me aside. With a grave face, as if he were about to announce the death of a dear comrade, he whispered to me that it did not behoove an agitator to dance. Certainly not with such reckless abandon, anyway. It was undignified for one who was on the way to become a force in the anarchist movement. My frivolity would only hurt the Cause.

I grew furious at the impudent interference of the boy. I told him to mind his own business, I was tired of having the Cause constantly thrown into my face. I did not believe that a Cause which stood for a beautiful ideal, for anarchism, for release and freedom from conventions and prejudice, should demand the denial of life and joy. I insisted that our Cause could not expect me to become a nun and that the movement should not be turned into a cloister. If it meant that, I did not want it. "I want freedom, the right to self-expression, everybody's right to beautiful, radiant things." Anarchism meant that to me, and I would live it in spite of the whole world--prisons, persecution, everything. Yes, even in spite of the condemnation of my own comrades I would live my beautiful ideal. [Emma Goldman - Living My Life (New York: Knopf, 1934), p. 56]

Efforts and courage are not enough without purpose and direction.
John F. Kennedy

Somehow I can't believe that there are any heights that can't be scaled by a man who knows the secrets of making dreams come true. This special secret, it seems to me, can be summarized in four C s. They are curiosity, confidence, courage, and constancy, and the greatest of all is confidence.
Walt Disney

Great things are not done by impulse, but by a series of small things brought together.
Vincent Van Gogh

"Religion will not regain its old power until it can face change in the same spirit as does science."
– Alfred North Whitehead

The way to develop decisiveness is to start right where you are, with the very next question you face.
Napoleon Hill
The mind is the source of happiness or unhappiness.
Buddha

You can get everything in life that you want.... If you'll just help enough other people get what they want
Zig Ziglar

Make happy those who are near and those who are far will come.
Chinese proverb

"The best things can't be told: the second best are misunderstood." -
Heinrich Zimmer

"Are there any boots to walk on thorns." His reply came back crisp and direct, "There are no thorns." Unsatisfied, I pursued, "The thorns are very much there for me!" With quiet patience he answered, "Stop looking for roses and there will be no thorns." -- U. G. Krishnamurti

The shorter way to do many things is to do only one thing at a time.
Mozart

"Are there any boots to walk on thorns." His reply came back crisp and direct, "There are no thorns." Unsatisfied, I pursued, "The thorns are very much there for me!" With quiet patience he answered, "Stop looking for roses and there will be no thorns." -- U. G. Krishnamurti

You don't need to have extraordinary effort to achieve extraordinary results. You just need to do the ordinary, everyday things exceptionally well.
Warren Buffett

"We can do no great things, only small things with great love."
—Mother Teresa

When written in Chinese, the word `crisis` is composed of two characters. One represents danger and the other represents opportunity.
John F. Kennedy

I do not believe in failure. It is not failure if you enjoyed the process.
Oprah Winfrey

Whether you think you can or think you can't, you are right.
Henry Ford

My mother said to me, "If you become a soldier, you'll be a general; if you become a monk, you'll end up as the Pope." Instead, I became a painter and wound up as Picasso.
Pablo Picasso

If we did all the things we are capable of, we would literally astound ourselves.
Thomas Edison

Keep away from small people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.
Mark Twain

I don't know the key to success, but the key to failure is to try and please everyone.
Bill Cosby

Losing is simply learning to win.
Ted Turner

Imagination is more important than knowledge.
Albert Einstein

Do I contradict myself?
Very well then I contradict myself,
(I am large, I contain multitudes.)
I concentrate toward them that are nigh, I wait on the door-slab.
-- Walt Whitman, Song of Myself, 51

Learned helplessness is the giving-up reaction, the quitting response that follows from the belief that whatever you do doesn't matter.
Arnold Schwarzenegger

I've come to believe that all my past failure and frustration were actually laying the foundation for the understandings that have created the new level of living I now enjoy.
Anthony Robbins

When you believe a thing, believe in it all the way.
Walt Disney

The fact is that the work which improves the condition of mankind, the work which extends knowledge and increases power and enriches literature and elevates thought, is not done to secure a living. It is not the work of slaves driven to their tasks either by the task, by the taskmaster, or by animal necessity. It is the work of men who somehow find a form of work that brings a security for its own sake and a state of society where want is abolished.
-- MLK

A Dream Deferred

by Langston Hughes
[Langston Hughes homepage](#)

What happens to a dream deferred?
Does it dry up
like a raisin in the sun?
Or fester like a sore--
And then run?
Does it stink like rotten meat?
Or crust and sugar over--
like a syrupy sweet?
Maybe it just sags
like a heavy load.
Or does it explode?

The man who does not work for the love of work but only for money is not likely to make money nor find much fun in life.
Charles Schwab

Commit to your business. Believe in it more than anybody else. I think I overcame every single one of my personal shortcomings by the sheer passion I brought to my work.
Sam Walton

In democratic countries, knowledge of how to combine is the mother of all other forms of knowledge; on its progress depends that of all others. - Alexis de Tocqueville

If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them. - Henry David Thoreau

The risk it takes to remain tight inside the bud is more painful than the risk it takes to blossom. - Anais Nin

If your plan is for one year, plant rice. If your plan is for 10 years, plant a tree. If your plan is for 100 years, educate children. - Confucius

The struggle may be a moral one, or it may be a physical one, and it may be both moral and physical, but it must be a struggle. Power concedes nothing without a demand. It never did and it never will. Find out just what any people will quietly submit to and you have found out the exact measure of injustice and wrong which will be imposed upon them, and these will continue till they are resisted with either words or blows, or with both... -- Federick Douglass

Khalil Gibran - "To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to do."

Americans of all ages, all stations of life, and all types of disposition are forever forming associations...In democratic countries knowledge of how to combine is the mother of all other forms of knowledge; on its progress depends that of all the others."

- De Tocqueville

"I sought for the greatness and genius of America in her commodious harbors and her ample rivers, and it was not there. In the fertile fields and boundless prairies, and it was not there. In her rich mines and her vast world commerce, and it was not there. Not until I went into the churches of America and heard her pulpits, aflame with righteousness, did I understand the secret of her genius and power. America is great because she is good, and if America ever ceases to be good, America will cease to be great."

- Alexis de Tocqueville (1805-1859)

"Among the laws controlling human societies there is one more precise and clearer, it seems to me, than all the others. If men are to remain civilized or to become civilized, the art of association must develop and improve among them at the same speed as equality of conditions spreads."

- Alexis de Tocqueville (1805-1859)

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

- Helen Keller

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

"The salvation of this human world lies nowhere else than in the human heart, in the human power to reflect, in human meekness, and in human responsibility."

-- Vaclav Havel

Everything you can imagine is real.
Picasso

Genius is 1% inspiration and 99% perspiration. - Thomas Edison

No passion so effectually robs the mind of all its powers of acting and reasoning as fear.

- Edmund Burke, 1756

The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man." George Bernard Shaw

When I let go of what I am, I become what I might be.
Lao Tzu

Our doubts are traitors, and make us lose the good that we oft may win, by fearing to attempt.
William Shakespeare

Leadership has a harder job to do than just choose sides. It must bring sides together.
Jesse Jackson

If you're going through hell, keep going!
Winston Churchill

"if you want to build a ship, do not drum up people to collect wood, and do not assign them tasks of work, but rather teach them to long for the endless immensity of the sea" ---antoine de saint-exupery

Keep away from small people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.
Mark Twain

If we did all the things we are capable of, we would literally astound ourselves
Thomas Edison

"Go confidently in the direction of your dreams! Live the life you've imagined. As you simplify your life, the laws of the universe will be simpler."
-- Henry David Thoreau

It begins with the natural feeling that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead. The difference manifests itself in the care taken by the servant - first to make sure that other people's highest priority needs are served. The best test is: Do those served grow as persons; do they, while being served, become healthier, wiser, freer, more autonomous, more likely themselves to become servants?
- Robert Greenleaf

We may have all come on different ships, but we're in the same boat now. --
Dr. Martin Luther King, Jr.

To announce that there must be no criticism of the President or that we are to stand by the President, right or wrong is not only unpatriotic and servile, it is morally treasonable to the American Public.

-- President Theodore Roosevelt

"If you seek enlightenment for yourself simply to enhance yourself and your position, you miss the purpose; if you seek enlightenment for yourself to enable you to serve others, you are with purpose."

- Dalai Lama

An invasion of armies can be resisted, but not an idea whose time has come.—
Victor Hugo

"Stereotypes are the mind's shorthand for dealing with complexities. They have two aspects: they are much blunter than reality; [and] they are shaped to fit a man's preferences or prejudgments."

-- Robert E. Lane.

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. There is one elementary truth, the ignorance of which kills countless ideas, and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur that would otherwise never have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents, meetings and material assistance which no man could have dreamt would come his way."

- W.N.Murray, The Scottish Himalayan Expedition

"Purpose and principle, clearly understood and articulated, and commonly shared, are the genetic code of any healthy organization. To the degree that you hold purpose and principles in common among you, you can dispense with command and control. People will know how to behave in accordance with them, and they'll do it in thousands of unimaginable, creative ways. The organization will become a vital, living set of beliefs."

- Dee Hock

"After the final no there comes a yes, and on that yes the future world depends." - Wallace Stevens

"A person who is a master in the art of living makes little distinction between work and play, between labor and leisure, between love and religion. They hardly know which is which: to them, they are always doing both."

-- An unknown Zen poet

Go with the people.
Live with them.
Learn from them.
Love them.
Start with what they know.
Build with what they have.
And of the best leaders,
when the job is done, the task accomplished,
the people will all say: "We have done this ourselves."
Lao Tsu, China, 700 b.c.

I slept and dreamt that life was joy.
I awoke and saw that life was service.
I acted and behold, service was joy.
- Rabindranath Tagore

It does not matter how slowly you go so long as you do not stop
Confucius

You can't build a reputation on what you are going to do
Henry Ford

If I were to wish for anything, I should not wish for wealth and power, but for a passionate sense of what might be, for the eye, which ever young and ardent sees the possible. Pleasure disappoints, possibility never. And what wine is so sparkling, what so fragrant, what so intoxicating as possibility! - Soren Kierkegaard

Each of us has the right
and responsibility
to assess the roads which lie ahead
and those over which we have traveled,
and if the future road
looms ominous or unpromising
and the roads back uninviting,
then we need to gather our resolve and,
carrying only the necessary baggage,
step off that road into another direction
- Maya Angelou

The significant problems we face in life can not be solved at the same level of thinking we were at when we created them
Albert Einstein

JFK - Learning is indispensable to leadership. (??? Get this corrected...)

Efforts and courage are not enough without purpose and direction
John F. Kennedy

Make happy those who are near and those who are far will come.
Chinese proverb

Discontent is the first step in the progress of a man or nation.
Oscar Wilde

Kind words can be short and easy to speak, but their echoes are truly endless.
Mother Teresa

The mind is the source of happiness or unhappiness.
Buddha

You can get everything in life that you want. If you`ll just help enough other
people get what they want
Zig Ziglar

Great things are not done by impulse, but by a series of small things brought
together
- Vincent Van Gogh

Somehow I can`t believe that there are any heights that can`t be scaled by a
man who knows the secrets of making dreams come true. This special secret, it
seems to me, can be summarized in four Cs. They are curiosity, confidence,
courage, and constancy, and the greatest of all is confidence
Walt Disney