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Quotes by Anderson, Greg

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Quotations Book needs to check these quotes and who they belong to - the origin of Greg Anderson (and his background) is unknown.

Changing our diet is something we choose to do, not something we are forced to do.

Instead of dreading it, try saying, Here's another thing I get to do to help myself. Great!

- Anderson, Greg

You can't expect to prevent negative feelings altogether. And you can't expect to experience positive feelings all the time. The Law of Emotional Choice directs us to acknowledge our feelings but also to refuse to get stuck in the negative ones.

- Anderson, Greg

... focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it.

- Anderson, Greg

Let us be about setting high standards for life, love, creativity, and wisdom. If our expectations in these areas are low, we are not likely to experience wellness. Setting high standards makes every day and every decade worth looking forward to.

- Anderson, Greg

When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life.

- Anderson, Greg

Only one thing has to change for us to know happiness in our lives: where we focus our attention.

- Anderson, Greg

The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.

- Anderson, Greg

The perfect no-stress environment is the grave. When we change our perception we gain control. The stress becomes a challenge, not a threat. When we commit to action, to actually doing something rather than feeling trapped by events, the stress in our life becomes manageable.

- Anderson, Greg

When we blame, we give away our power.

- Anderson, Greg

Stop the mindless wishing that things would be different. Rather than wasting time and emotional and spiritual energy in explaining why we don't have what we want, we can start to pursue other ways to get it.

- Anderson, Greg

Although our inattention can contribute to our lack of total well-being, we also have the power to choose positive behaviors and responses. In that choice we change our every experience of life!

- Anderson, Greg

The Law of Win/Win says, Let's not do it your way or my way; let's do it the best way.

- Anderson, Greg

Let's face it. In most of life we really are interdependent. We need each other. Staunch independence is an illusion, but heavy dependence isn't healthy, either. The only position of long-term strength is interdependence: win/win.

- Anderson, Greg



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