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# Quotes by Peale, Norman Vincent

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Norman Vincent Peale (May 31, 1898 – December 24, 1993) was a Christian preacher and author (most notably of *The Power of Positive Thinking*) and a progenitor of the theory of "positive thinking".

Cushion the painful effects of hard blows by keeping the enthusiasm going strong, even if doing so requires struggle.

- Peale, Norman Vincent

Part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory.

- Peale, Norman Vincent

Live your life and forget your age.

- Peale, Norman Vincent

Believe you are defeated, believe it long enough, and it is likely to become a fact.

- Peale, Norman Vincent

The more you lose yourself in something bigger than yourself, the more energy you will have.

- Peale, Norman Vincent

When you become detached mentally from yourself and concentrate on helping other people with their difficulties, you will be able to cope with your own more effectively.

Somehow, the act of self-giving is a personal power-releasing factor.

- Peale, Norman Vincent

In every difficult situation is potential value. Believe this, then begin looking for it.

- Peale, Norman Vincent

Enthusiasm releases the drive to carry you over obstacles and adds significance to all you do.

- Peale, Norman Vincent

Your enthusiasm will be infectious, stimulating and attractive to others. They will love you for it. They will go for you and with you.

- Peale, Norman Vincent

There is a real magic in enthusiasm. It spells the difference between mediocrity and accomplishment.

- Peale, Norman Vincent

We tend to get what we expect.

- Peale, Norman Vincent

If you paint in your mind a picture of bright and happy expectations, you put yourself into a condition conducive to your goal.

- Peale, Norman Vincent

One of the greatest moments in anybody's developing experience is when he no longer tries to hide from himself but determines to get acquainted with himself as he really is.

- Peale, Norman Vincent

Empty pockets never held anyone back. Only empty heads and empty hearts can do that.

- Peale, Norman Vincent

Our happiness depends on the habit of mind we cultivate. So practice happy thinking every day. Cultivate the merry heart, develop the happiness habit, and life will become a continual feast.

- Peale, Norman Vincent

Once we roared like lions for liberty; now we bleat like sheep for security! The solution for America's problem is not in terms of big government, but it is in big men over whom nobody stands in control but God.

- Peale, Norman Vincent

You can have peace of mind, improved health and an ever-increasing flow of energy. Life can be full of joy and satisfaction.

- Peale, Norman Vincent

Getting people to like you is merely the other side of liking them.

- Peale, Norman Vincent

Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have.

- Peale, Norman Vincent

Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful.

- Peale, Norman Vincent

Lots of people limit their possibilities by giving up easily. Never tell yourself this is too much for me. It's no use. I can't go on. If you do you're licked, and by your own thinking too. Keep believing and keep on keeping on.

- Peale, Norman Vincent

Plan your work for today and every day, then work your plan.

- Peale, Norman Vincent

Any fact facing us is not as important as our attitude toward it, for that determines our success or failure. The way you think about a fact may defeat you before you ever do anything about it. You are overcome by the fact because you think you are.

- Peale, Norman Vincent

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

- Peale, Norman Vincent

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

- Peale, Norman Vincent

When you pray for anyone you tend to modify your personal attitude toward him.

- Peale, Norman Vincent

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

- Peale, Norman Vincent

When a problem comes along, study it until you are completely knowledgeable. Then find that weak spot, break the problem apart, and the rest will be easy.

- Peale, Norman Vincent

If you put off everything till you're sure of it, you'll never get anything done.

- Peale, Norman Vincent

Promises are like crying babies in a theater, they should be carried out at once.

- Peale, Norman Vincent

Resentment or grudges do no harm to the person against whom you hold these feelings but every day and every night of your life, they are eating at you.

- Peale, Norman Vincent

It is of practical value to learn to like yourself. Since you must spend so much time with yourself you might as well get some satisfaction out of the relationship.

- Peale, Norman Vincent

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.

- Peale, Norman Vincent

We struggle with the complexities and avoid the simplicities.

- Peale, Norman Vincent

Be interesting, be enthusiastic... and don't talk to much.

- Peale, Norman Vincent

We've all heard that we have to learn from our mistakes, but I think it's more important to learn from successes. If you learn only from your mistakes, you are inclined to learn only errors.

- Peale, Norman Vincent

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

- Peale, Norman Vincent

First thing every morning before you arise say out loud, I believe, three times.

- Peale, Norman Vincent

The mind, ever the willing servant, will respond to boldness, for boldness, in effect, is a command to deliver mental resources.

- Peale, Norman Vincent

Change your thoughts and you change your world.

- Peale, Norman Vincent

Change yourself and your work will seem different.

- Peale, Norman Vincent

The how thinker gets problems solved effectively because he wastes no time with futile ifs.

- Peale, Norman Vincent

The person who sends out positive thoughts activates the world around him positively and draws back to himself positive results.

- Peale, Norman Vincent

Understanding can overcome any situation, however mysterious or insurmountable it may appear to be.

- Peale, Norman Vincent

Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all.

- Peale, Norman Vincent

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.

- Peale, Norman Vincent

It is a fact that you project what you are.

- Peale, Norman Vincent

When every physical and mental resources is focused, one's power to solve a problem multiplies tremendously.

- Peale, Norman Vincent





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