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Self-acceptance comes from meeting life's challenges vigorously. Don't numb yourself to your trials and difficulties, nor build mental walls to exclude pain from your life. You will find peace not by trying to escape your problems, but by confronting them courageously. You will find peace not in denial, but in victory.

- Walters, J. Donald

I have learnt that I am me, that I can do the things that, as one might put it, me can do, but I cannot do the things that me would like to do.

- Christie, Agatha

Natural ability without education has more often raised a man to glory and virtue than education without natural ability.

- Cicero, Marcus T.

Natural abilities are like natural plants; they need pruning by study.

- Bacon, Francis

The question Who ought to be boss? is like as Who ought to be the tenor in the quartet? Obviously, the man who can sing tenor.

- Ford, Henry

The person born with a talent they are meant to use will find their greatest happiness in using it.

- Goethe, Johann Wolfgang Von

The really unhappy person is the one who leaves undone what they can do, and starts doing what they don't understand; no wonder they come to grief.

- Goethe, Johann Wolfgang Von

There is something that is much more scarce, something rarer than ability. It is the ability to recognize ability.

- Half, Robert

Ability is of little account without opportunity.

- Bonaparte, Napoleon

Never tell a young person that anything cannot be done. God may have been waiting centuries for someone ignorant enough of the impossible to do that very thing.

- Holmes, John Andrew

It is a fine thing to have ability, but the ability to discover ability in others is the true test.

- Hubbard, Elbert

The boy was as useless as rubber lips on a woodpecker.

- Pitts, Earl

The principle of all successful effort is to try to do not what is absolutely the best, but what is easily within our power, and suited for our temperament and condition.

- Ruskin, John

Natural abilities can almost compensate for the want of every kind of cultivation, but no cultivation of the mind can make up for the want of natural abilities.

- Schopenhauer, Arthur

A genius can't be forced; nor can you make an ape an alderman.

- Somerville, Thomas

He is the best sailor who can steer within fewest points of the wind, and exact a motive power out of the greatest obstacles.

- Thoreau, Henry David

I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor.

- Thoreau, Henry David

All endeavor calls for the ability to tramp the last mile, shape the last plan, endure the last

hours toil. The fight to the finish spirit is the one...characteristic we must posses if we are to face the future as finishers.

- Unknown, Source

God does not ask about our ability, but our availability.

- Unknown, Source

They are able because they think they are able.

- Virgil

Whatever women do they must do twice as well as men to be thought half as good. Luckily, this is not difficult.

- Whitton, Charlotte

If sex and creativity are often seen by dictators as subversive activities, it's because they lead to the knowledge that you own your own body (and with it your own voice), and that's the most revolutionary insight of all.

- Jong, Erica

You cannot be lost on a road that is straight.

- Proverb

We grow because we struggle, we learn and overcome.

- Allen, R. C.

Some people are molded by their admirations, others by their hostilities.

- Bowen, Elizabeth

In the end, it is the person you become, not the things you have achieved, that is the most important.

- Brown, Les

Love dies only when growth stops.

- Buck, Pearl S.

The perfecting of one's self is the fundamental base of all progress and all moral development.

- Confucius

All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work.

- Coolidge, Calvin

Slow buds the pink dawn like a rose From out night's gray and cloudy sheath; Softly and still it grows and grows, Petal by petal, leaf by leaf.

- Coolidge, Susan

If it's not growing, it's going to die.

- Eisner, Michael

The strongest principle of growth lies in human choice.

- Eliot, George

The key to success is to keep growing in all areas of life -- mental, emotional, spiritual, as well as physical.

- Erving, Julius

If we don't change, we don't grow. If we don't grow, we aren't really living.

- France, Anatole

I have always believed, and I still believe, that whatever good or bad fortune may come our way we can always give it meaning and transform it into something of value.

- Hesse, Hermann

Strength and growth come only through continuous effort and struggle...

- Hill, Napoleon

The minute a man ceases to grow, no matter what his years, that minute he begins to be old.

- James, William

A tree trunk the size of a man grows from a blade as thin as a hair. A tower nine stories high is built from a small heap of earth.

- Lao-Tzu

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

- Lawton, C.R.

Ever since I was a child I have had this instinctive urge for expansion and growth. To me, the function and duty of a quality human being is the sincere and honest development of one's potential.

- Lee, Bruce

I don't know what it's like for a book writer or a doctor or a teacher as they work to get established in their jobs. But for a singer, you've got to continue to grow or else you're just like last night's cornbread -- stale and dry.

- Lynn, Loretta

Close scrutiny will show that most crisis situations are opportunities to either advance, or stay where you are.

- Maltz, Maxwell

The sculptor will chip off all unnecessary material to set free the angel. Nature will chip and pound us remorselessly to bring out our possibilities. She will strip us of wealth, humble our pride, humiliate our ambition, let us down from the ladder of fame, will discipline us in a thousand ways, if she can develop a little character, Everything must give way to that. Wealth is nothing, position is nothing, fame is nothing, manhood is everything.

- Marden, Orison Swett

Good timber does not grow with ease. The stronger the wind the stronger the trees.

- Malloch, Douglas

By depending on the great, The small may rise high. See: the little plant ascending the tall tree Has climbed to the top.

- Pandita, Saskya

Nirvana or lasting enlightenment or true spiritual growth can be achieved only through persistent exercise of real love.

- Peck, M. Scott

Enough shovels of earth -- a mountain. Enough pails of water -- a river.

- Proverb, Chinese

Climb mountains to see lowlands.

- Proverb, Chinese

We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth.

- Satir, Virginia

Growth means change and change involves risk, stepping from the known to the unknown.

- Shinn, George

What is the most rigorous law of our being? Growth. No smallest atom of our moral, mental, or physical structure can stand still a year. It grows -- it must grow; nothing can prevent it.

- Twain, Mark

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