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Every man's life lies within the present; for the past is spent and done with, and the future is uncertain.

- Aurelius, Marcus

Remember that very little is needed to make a happy life.

- Aurelius, Marcus

Reject your sense of injury and the injury itself disappears.

- Aurelius, Marcus

If you are pained by external things, it is not they that disturb you, but your own judgment of them. And it is in your power to wipe out that judgment now.

- Aurelius, Marcus

Your life is what your thoughts make it.

- Aurelius, Marcus

How much more grievous are the consequences of anger than the causes of it.

- Aurelius, Marcus

How much time he saves who does not look to see what his neighbor says or does or thinks.

- Aurelius, Marcus

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.

- Aurelius, Marcus

I have often wondered how it is everyone loves himself more than the rest of men, but yet sets less value on his own opinions of himself than the opinions of others.

- Aurelius, Marcus

Finish each 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 encumbered with your old nonsense.

- Emerson, Ralph Waldo

Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as you can change your beliefs.

- Maltz, Maxwell

We are injured and hurt emotionally, Not so much by other people or what they say and don't say, But by our own attitude and our own response.

- Maltz, Maxwell

Our self image, strongly held, essentially determines what we become

- Maltz, Maxwell

Accept yourself as you are. Otherwise you will never see opportunity. You will not feel free to move toward it; you will feel you are not deserving.

- Maltz, Maxwell

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.

- Angelou, Maya

If you donâ€™t like something, change it. If you canâ€™t change it, change your attitude. Donâ€™t complain.

- Angelou, Maya

Remember, today is the tomorrow you worried about yesterday.

- Carnegie, Dale

Any fool can criticize, condemn, and complain -- and most fools do.

- Carnegie, Dale

Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think.

- Carnegie, Dale

Many people think that if they were only in some other place, or had some other job, they would be happy. Well, that is doubtful. So get as much happiness out of what you are doing as you can and don't put off being happy until some future date.

- Carnegie, Dale

The successful man will profit from his mistakes and try again in a different way.

- Carnegie, Dale

Do not brood over your past mistakes and failures as this will only fill your mind with grief, regret and depression. Do not repeat them in the future.

- Sivananda, Sri Swami

There is something good in all seeming failures. You are not to see that now. Time will reveal it. Be patient.

- Sivananda, Sri Swami

There is no end of craving. Hence contentment alone is the best way to happiness.

Therefore, acquire contentment.

- Sivananda, Sri Swami

Probably nothing in the world arouses more false hopes Than the first four hours of a diet.

- Beckett, Samuel

Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force.

- Blandi, Tom

Don't tell your problems to people: eighty percent don't care; and the other twenty percent are glad you have them.

- Holtz, Lou

If you wish to travel far and fast, travel light. Take off all your envies, jealousies, unforgiveness, selfishness and fears.

- Clark, Glenn

You got to sing like you don't need the money; Love like you'll never get hurt; You got to dance like nobody's watchin'; It's gotta come from the heart if you want it to work.

- Clark, Susanna

It's not the situation. It's your reaction to the situation.

- Conklin, Robert

It is not the position, but the disposition.

- Dinger, J. E.

To different minds, the same world is a hell, and a heaven.

- Emerson, Ralph Waldo

It's not what happens to you, but how you react to it that matters.

- Epictetus

Life is ten percent what happens to you and ninety percent how you respond to it.

- Holtz, Lou

One man gets nothing but discord out of a piano; another gets harmony. No one claims the piano is at fault. Life is about the same. The discord is there, and the harmony is there. Study to play it correctly, and it will give forth the beauty; play it falsely, and it will give forth the ugliness. Life is not at fault.

- Unknown, Source

Avoid popularity if you would have peace.

- Lincoln, Abraham

The one who pleased everybody died before they were born.

- Proverb

You're never s good as everyone tells you when you win, and you're never as bad as they say when you lose.

- Holtz, Lou

Outside show is a poor substitute for inner worth.

- Aesop

Woman cannot be content with health and agility: she must make exorbitant efforts to appear something that never could exist without a diligent perversion of nature. Is it too much to ask that women be spared the daily struggle for superhuman beauty in order to offer it to the caresses of a subhumanly ugly mate?

- Greer, Germaine

What I have to say is far more important than how long my eyelashes are.

- Morissette, Alanis

There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.

- Epictetus

Men are disturbed not by things that happen, but by their opinion of the things that happen.

- Epictetus

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

- Carnegie, Andrew

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

- Carnegie, Andrew

Please all, and you will please none.

- Aesop

The person who seeks all their applause from outside has their happiness in another's keeping .

- Claudianus, Claudius

He who trims himself to suit everyone will soon whittle himself away.

- Hull, Raymond

There just isn't any pleasing some people. The trick is to stop trying.

- Rosenberg, Joel

There is no way to happiness. Happiness is the way.

- Dyer, Wayne

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

- Dyer, Wayne

Maxim for life: You get treated in life the way you teach people to treat you.

- Dyer, Wayne

You cannot be lonely if you like the person you're alone with.

- Dyer, Wayne

As you think so shall you be! Since you cannot physically experience another person, you can only experience them in your mind. Conclusion: All of the other people in your life are simply thoughts in your mind. Not physical beings to you, but thoughts. Your relationships are all in how you think about the other people of your life. Your experience of all those people is only in your mind. Your feelings about your lovers come from your thoughts. For example, they may in fact behave in ways that you find offensive. However, your relationship to them when they behave offensively is not determined by their behavior, it is determined only by how you choose to relate to that behavior. Their actions are theirs, you cannot own them, you cannot be them, you can only process them in your mind.

- Dyer, Wayne

We should look to the mind, and not to the outward appearance.

- Aesop

I never admire another's fortune so much that I became dissatisfied with my own.

- Cicero, Marcus T.

Thou shouldst eat to live; not live to eat.

- Cicero, Marcus T.

Life is really simple, but men insist on making it complicated.

- Confucius

Most of the shadows of this life are caused by standing in one's own sunshine

- Emerson, Ralph Waldo

Can anything be so elegant as to have few wants, and to serve them one's self?

- Emerson, Ralph Waldo

Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.

- Emerson, Ralph Waldo

There are three wants which never can be satisfied: that of the rich, who wants something more; that of the sick, who wants something different; and that of the traveler, who says, Anywhere but here.

- Emerson, Ralph Waldo

There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide.

- Emerson, Ralph Waldo

How much of human life is lost in waiting.

- Emerson, Ralph Waldo

The more experiments you make the better.

- Emerson, Ralph Waldo

A friend is a person with whom I may be sincere. Before him, I may think aloud.

- Emerson, Ralph Waldo

It is one of the blessings of old friends that you can afford to be stupid with them.

- Emerson, Ralph Waldo

The only way to have a friend is to be one.

- Emerson, Ralph Waldo

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

- Emerson, Ralph Waldo

The mass of men lead lives of quiet desperation.

- Thoreau, Henry David

The most I can do for my friend is simply be his friend.

- Thoreau, Henry David

Water is the only drink for a wise man.

- Thoreau, Henry David

Must be out-of-doors enough to get experience of wholesome reality, as a ballast to thought and sentiment. Health requires this relaxation, this aimless life.

- Thoreau, Henry David

Drunkenness is temporary suicide.

- Russell, Bertrand

It's not the drinking to be blamed, but the excess.

- Selden, John

I made a commitment to completely cut out drinking and anything that might hamper me from getting my mind and body together. And the floodgates of goodness have opened upon me-spiritually and financially.

- Washington, Denzel

Even when the experts all agree, they may well be mistaken.

- Russell, Bertrand

Happiness is not best achieved by those who seek it directly.

- Russell, Bertrand

The secret of happiness is this: let your interests be as wide as possible, and let your reactions to the things and persons that interest you be as far as possible friendly rather than hostile.

- Russell, Bertrand

Man will do many things to get himself loved; he will do all things to get himself envied.

- Twain, Mark

Get your facts first, and then you can distort them as much as you please.

- Twain, Mark

Familiarity breeds contempt; and children.

- Twain, Mark

When there is no enemy within, the enemies outside cannot hurt you.

- Proverb, African

Man has no greater enemy than himself.

- Petrarch, Francesco

The first wealth is health.

- Emerson, Ralph Waldo

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