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

- Confucius

Men are afraid to rock the boat in which they hope to drift safely through life's currents, when, actually, the boat is stuck on a sandbar. They would be better off to rock the boat and try to shake it loose, or, better still, jump in the water and swim for the shore.

- Szasz, Thomas

Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I may not forget you.

- Arthur, William

A word of encouragement during a failure is worth more than an hour of praise after success.

- Unknown, Source

Be daring, be different, be impractical, be anything that will assert integrity of purpose and imaginative vision against the play-it-safers, the creatures of the commonplace, the slaves of the ordinary.

- Beaton, Sir Cecil

Acceptance of others, their looks, their behaviors, their beliefs, bring you an inner peace and tranquillity -- instead of anger and resentment

- Unknown, Source

We must accept life for what it actually is -- a challenge to our quality without which we should never know of what stuff we are made, or grow to our full stature.

- Wylie, Ida R.

It doesn't matter what we do until we accept ourselves. Once we accept ourselves, it doesn't matter what we do.

- Heavenrich, Charly

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

Everything begins with accepting oneself. Without self-acceptance, one cannot accomplish anything.

- Nguyen, Xuan-Thu

To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.

- Robbins, Anthony

Ninety-nine percent of all problems in communications start with misunderstandings which develop as a result of differing viewpoints and conditioning.

- Unknown, Source

In the last analysis, what we ARE communicates far more eloquently than anything we SAY.

- Unknown, Source

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