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To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

- Londen, William

Controlled deep breathing helps the body to transform the air we breathe into energy. The stream of energized air produced by properly executed and controlled deep breathing produces a current of inner energy which radiates throughout the entire body and can be channeled to the body areas that need it the most, on demand.

- Zi, Nancy

Fear less, hope more; eat less, chew more; whine less breathe more; talk less, say more; hate less, love more; and all good things are yours.

- Proverb, Swedish

Walking uplifts the spirit. Breathe out the poisons of tension, stress, and worry; breathe in the power of God. Send forth little silent prayers of goodwill toward those you meet. Walk with a sense of being a part of a vast universe. Consider the thousands of miles of earth beneath your feet; think of the limitless expanse of space above your head. Walk in awe, wonder, and humility. Walk at all times of day. In the early morning when the world is just waking up. Late at night under the stars. Along a busy city street at noontime.

- Peterson, Wilferd A.

To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.

- Emerson, Ralph Waldo

Your emotions affect every cell in your body. Mind and body, mental and physical, are intertwined.

- Tutko, Thomas

The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.

- Robbins, Anthony

Difficulties strengthen the mind, as labor does the body.

- Seneca

The eyes like sentinel occupy the highest place in the body.

- Cicero, Marcus T.

A true friend is one soul in two bodies.

- Aristotle

Gracefulness is to the body what understanding is to the mind.

- La Rochefoucauld, Francois De

Happiness is not being pained in body or troubled in mind.

- Jefferson, Thomas

Happiness is good for the body but sorrow strengthens the spirit.

- Unknown, Source

We are all cells in the same body of humanity.

- Pilgrim, Peace

The best cure for the body is a quiet mind.

- Bonaparte, Napoleon

A little body often harbors a great soul.

- Proverb

What soap is for the body, tears are for the soul.

- Proverb, Jewish

Courage conquers all things: it even gives strength to the body.

- Ovid

Take care of your body. It's the only place you have to live.

- Rohn, Jim

If you are ruled by mind you are a king; if by body, a slave.

- Cato The Elder

The sovereign invigorator of the body is exercise, and of all the exercises walking is the best.

- Jefferson, Thomas

Humor is a whisper from the soul, imploring mind and body to relax, let go and be at peace again.

- Unknown, Source

True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment.

- Penn, William

In order to experience everyday spirituality, we need to remember that we are spiritual

beings spending some time in a human body.

- Angelis, Barbara De

Know the self to be sitting in the chariot, the body to be the chariot, the intellect the charioteer, and the mind the reins.

- Upanishads, Veda

There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever.

- Gandhi, Mahatma

Just as certain selections of music will nourish your physical body and your emotional layer, so other musical works will bring greater health to your mind.

- Lingerman, Hal A.

Pain was their body's way of telling them that they'd pushed themselves to their limits -- which was exactly where they were supposed to be.

- Marcinko, Richard

Suffer no anxiety, for he who is a sufferer of anxiety becomes regardless of enjoyment of the world and the spirit, and contraction happens to his body and soul.

- Zoroaster

Do not follow the ideas of others, but learn to listen to the voice within yourself. Your body and mind will become clear and you will realize the unity of all things.

- Dogen

A fresh mind keeps the body fresh. Take in the ideas of the day, drain off those of yesterday. As to the morrow, time enough to consider it when it becomes today.

- Bulwer-Lytton, Edward G.

Gluttony is the source of all our infirmities and the fountain of all our diseases. As fire extinguished by an excess of fuel, so is the natural health of the body destroyed by an intemperate diet.

- Burton

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.

- Buddha

The truth is that we can learn to condition our minds, bodies, and emotions to link pain or pleasure to whatever we choose. By changing what we link pain and pleasure to, we will instantly change our behaviors.

- Robbins, Anthony

Good humor is a tonic for mind and body. It is the best antidote for anxiety and

depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.

- Kleiser, Grenville

All truly great thoughts are conceived by walking.

- Nietzsche, Friedrich

The true charm of pedestrianism does not lie in the walking, or in the scenery, but in the talking. The walking is good to time the movement of the tongue by, and to keep the blood and the brain stirred up and active; the scenery and the woodsy smells are good to bear in upon a man an unconscious and unobtrusive charm and solace to eye and soul and sense; but the supreme pleasure comes from the talk.

- Twain, Mark

Making a success of the job at hand is the best step toward the kind you want.

- Baruch, Bernard M.

A man must drive his energy, not be driven by it.

- Book, William Frederick

Beauty is also to be found in a day's work.

- Burns, Mamie Sypert

Every man's work, whether it be literature, or music or pictures or architecture or anything else, is always a portrait of himself.

- Butler, Samuel

Every noble work is at first impossible.

- Carlyle, Thomas

Work alone is noble.

- Carlyle, Thomas

Do the hard jobs first. The easy jobs will take care of themselves.

- Carnegie, Dale

If you want creative workers, give them enough time to play.

- Cleese, John

Chose a job you love, and you will never have to work a day in your life.

- Confucius

Work is more fun than fun.

- Coward, Noel

Do all the work you can; that is the whole philosophy of the good way of life.

- Delacroix, Eugene

I don't think anybody yet has invented a pastime that's as much fun, or keeps you as young, as a good job.

- Ecker, Frederick Hudson

Good work habits help develop an internal toughness and a self-confident attitude that will sustain you through every adversity and temporary discouragement.

- Fleyer, Paul J.

If you have a job without aggravations, you don't have a job.

- Forbes, Malcolm S.

Like the bee, we should make our industry our amusement.

- Goldsmith, Oliver

Get happiness out of your work or you may never know what happiness is.

- Hubbard, Elbert

We work to become, not to acquire.

- Hubbard, Elbert

There is a kind of victory in good work, no matter how humble.

- Kemp, Jack

Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.

- Mcclellan, Foster C.

Confine yourself to the present

- Aurelius, Marcus

Change yourself, change your fortunes.

- Proverb, Portuguese

Walking is the best possible exercise. Habituate yourself to walk very fast.

- Jefferson, Thomas

If you would have a faithful servant, and one that you like, serve yourself.

- Franklin, Benjamin

You must begin to think of yourself as becoming the person you want to be.

- Viscott, David

First say to yourself what you would be; and then do what you have to do.

- Epictetus

You must live in the present, launch yourself on every wave, find your eternity in each moment.

- Thoreau, Henry David

Above all be of single aim; have a legitimate and useful purpose, and devote yourself unreservedly to it.

- Allen, James

Your work is to discover your work and then with all your heart to give yourself to it.

- Buddha

Very little is needed to make a happy life; it is all within yourself, in your way of thinking.

- Aurelius, Marcus

The secret of business is to know something that nobody else knows.

- Onassis, Aristotle

Boys, I may not know much, but I know chicken shit from chicken salad.

- Johnson, Lyndon B.

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