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I keep the telephone of my mind open to peace, harmony, health, love, and abundance. Then, whenever doubt, anxiety, or fear try to call me, they will keep getting a busy signal and soon they'll forget my number.

- Armstrong, Edith

Soon silence will have passed into legend. Man has turned his back on silence. Day after day he invents machines and devices that increase noise and distract humanity from the essence of life, contemplation, meditation. Tooting, howling, screeching, booming, crashing, whistling, grinding, and trilling bolster his ego. His anxiety subsides. His inhuman void spreads on like a gray vegetation.

- Arp, Jean

This is my depressed stance. When you're depressed, it makes a lot of difference how you stand. The worst thing you can do is straighten up and hold your head high because then you'll start to feel better. If you're going to get any joy out of being depressed, you've got to stand like this.

- Brown, Charlie

In addition to my other numerous acquaintances, I have one more intimate confidant. My depression is the most faithful mistress I have known -- no wonder, then, that I return the love.

- Kierkegaard, Søren

Geez, if I could get through to you, kiddo, that depression is not sobbing and crying and giving vent, it is plain and simple reduction of feeling. Reduction, see? Of all feeling. People who keep stiff upper lips find that it's damn hard to smile.

- Guest, Judith

If I feel depressed I will sing. If I feel sad I will laugh. If I feel ill I will double my labor. If I feel fear I will plunge ahead. If I feel inferior I will wear new garments. If I feel uncertain I will raise my voice. If I feel poverty I will think of wealth to come. If I feel incompetent I will think of past success. If I feel insignificant I will remember my goals. Today I will be the master of my emotions.

- Mandino, Og

There is nothing with which every man is so afraid as getting to know how enormously much he is capable of doing and becoming.

- Kierkegaard, Søren

Life can only be understood backwards, but it must be lived forward.

- Kierkegaard, Søren

Truth always rests with the minority, and the minority is always stronger than the majority, because the minority is generally formed by those who really have an opinion, while the strength of a majority is illusory, formed by the gangs who have no opinion -- and who,

therefore, in the next instant (when it is evident that the minority is the stronger) assume its opinion... while truth again reverts to a new minority.

- Kierkegaard, Søren

How ironical that it is by means of speech that man can degrade himself below the level of dumb creation -- for a chatterbox is truly of a lower category than a dumb creature.

- Kierkegaard, Søren

My turn of mind is so given to taking things in the absurd point of view, that it breaks out in spite of me every now and then.

- Byron, Lord

Only in a house where one has learnt to be lonely does one have this solicitude for things. One's relation to them, the daily seeing or touching, begins to become love, and to lay one open to pain.

- Bowen, Elizabeth

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

- Dyer, Wayne

At the innermost core of all loneliness is a deep and powerful yearning for union with one's lost self.

- Francis, Brendan

Loneliness is never more cruel than when it is felt in close propinquity with someone who has ceased to communicate.

- Greer, Germaine

Here's to the crazy ones. The misfits. The rebels. The trouble-makers. The round heads in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status-quo. You can quote them. Disagree with them. Glorify, or vilify them. But the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough
to think they can change the world
Are the ones who do.

- Apple Computer

Real obstacles don't take you in circles. They can be overcome. Invented ones are like a maze.

- Sher, Barbara

The things you want are always possible; it is just that the way to get them is not always apparent. The only real obstacle in your path to a fulfilling life is you, and that can be a considerable obstacle because you carry the baggage of insecurities and past experience.

- Brown, Les

Give us the fortitude to endure the things which cannot be changed, and the courage to change the things which should be changed, ;and the wisdom to know one from the other.

- Hart, Oliver J.

What is necessary to change a person is to change his awareness of himself.

- Maslow, Abraham H.

We don't change what we are, we change what we think what we are.

- Butterworth, Eric

Virtue is simply happiness, and happiness is a by-product of function. You are happy when you are functioning.

- Burroughs, William S.

We are more interested in making others believe we are happy than in trying to be happy ourselves.

- La Rochefoucauld, Francois De

Sooner or later comes a crisis in our affairs, and how we meet it determines our future happiness and success. Since the beginning of time, every form of life has been called upon to meet such crisis.

- Collier, Robert

Iron rusts from disuse, stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigors of the mind.

- Da Vinci, Leonardo

You are more likely to act yourself into feelings, than feel yourself into action.

- Brunner, Dr. Jerome

Life is 10 percent what you make it and 90 percent how you take it.

- Berlin, Irving

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

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

- Emerson, Ralph Waldo

That which makes people dissatisfied with their condition, is the chimerical idea they form of the happiness of others.

- Thomson, James

Why do people persist in a dissatisfying relationship, unwilling either to work toward

solutions or end it and move on? It's because they know changing will lead to the unknown, and most people believe that the unknown will be much more painful than what they're already experiencing.

- Robbins, Anthony

Always reward your long hours of labor and toil in the very best way, surrounded by your family. Nurture their love carefully, remembering that your children need models, not critics, and your own progress will hasten when you constantly strive to present your best side to your children. And even if you have failed at all else in the eyes of the world, if you have a loving family, you are a success.

- Mandino, Og

Never let your head hang down. Never give up and sit down and grieve. Find another way. And don't pray when it rains if you don't pray when the sun shines.

- Paige, Leroy "Satchel"

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