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# Quotes about Cheerfulness

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Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.

- Addison, Joseph

O Holy Spirit, descend plentifully into my heart. Enlighten the dark corners of this neglected dwelling and scatter there Thy cheerful beams.

- Augustine, St.

To be free minded and cheerfully disposed at hours of meat and sleep and of exercise is one of the best precepts of long lasting.

- Bacon, Francis

The cheerful live longest in years, and afterwards in our regards. Cheerfulness is the off-shoot of goodness.

- Bovee, Christian Nevell

A happy family is but an earlier heaven.

- Bowering, Sir John

People are always good company when they are doing what they really enjoy.

- Butler, Samuel

Wondrous is the strength of cheerfulness, and its power of endurance -- the cheerful man will do more in the same time, will do it ;better, will preserve it longer, than the sad or sullen.

- Carlyle, Thomas

Oh, give us the man who sings at his work.

- Carlyle, Thomas

Cheerfulness and contentment are great beautifiers and are famous preservers of youthful looks.

- Dickens, Charles

I feel an earnest and humble desire, and shall till I die, to increase the stock of harmless cheerfulness.

- Dickens, Charles

So of cheerfulness, or a good temper, the more it is spent, the more it remains.

- Emerson, Ralph Waldo

It is not fitting, when one is in God's service, to have a gloomy face or a chilling look.

- Francis of Assisi, St.

A cheerful face is nearly as good for an invalid as healthy weather.

- Franklin, Benjamin

An ounce of cheerfulness is worth a pound of sadness to serve God with.

- Fuller, Thomas

The true source of cheerfulness is benevolence.

- Godwin, P.

The path to cheerfulness is to sit cheerfully and to act and speak as if cheerfulness were already there.

- James, William

Thus the sovereign voluntary path to cheerfulness, if cheerfulness be lost, is to sit up cheerfully and to act and speak as if cheerfulness were already there.

- James, William

Cheer up! The worst is yet to come!

- Johnson, Philander

In making up the character of God, the old theologians failed to mention that He is of infinite cheerfulness. The omission has caused the world much tribulation.

- Monahan, Michael

The most manifest sign of wisdom is a continual cheerfulness; her state is like that in the regions above the moon, always clear and serene.

- Montaigne, Michel Eyquem De

The most certain sign of wisdom is cheerfulness.

- Montaigne, Michel Eyquem De

I went out to Charing Cross to see Major General Harrison hanged, drawn, and quartered; which was done there, he looking as cheerful as any man could in that condition.

- Pepys, Samuel

To watch the corn grow, or the blossoms set; to draw hard breath over the plough or spade; to read, to think, to love, to pray, are the things that make men happy.

- Ruskin, John

The voluntary path to cheerfulness, if our spontaneous be lost, is to sit up cheerfully, and act and speak as if cheerfulness were already there. To feel brave, act as if we were brave, use all our will to that end, and courage will very likely replace fear. If we act as if from some better feeling, the bad feeling soon folds its tent like an Arab and silently steals away

- Shakespeare, William

Happiness is essentially a state of going somewhere wholeheartedly, one-directionally, without regret or reservation.

- Sheldon, W. H.

I always cheer up immensely if an attack is particularly wounding because I think, well, if they attack one personally, it means they have not a single political argument left.

- Thatcher, Margaret

The best way to cheer yourself up is to try to cheer somebody else up.

- Twain, Mark

Delicate humor is the crowning virtue of the saints.

- Underhill, Evelyn

Cheerfulness greases the axles of the world.

- Unknown, Source

Cheerfulness removes the rust from the mind, lubricates our inward machinery, and enables us to do our work with fewer creaks and ;groans. If people were universally cheerful, probably there wouldn't be half the quarreling or a tenth part of the wickedness

- Unknown, Source

There is no danger of developing eyestrain from looking on the bright side of things.

- Unknown, Source

Cheerfulness in most cheerful people, is the rich and satisfying result of strenuous discipline.

- Whipple, Edwin P.

The truest greatness lies in being kind, the truest wisdom in a happy mind.

- Wilcox, Ella Wheeler

Developing a cheerful disposition can permit an atmosphere wherein one's spirit can be nurtured and encouraged to blossom and bear fruit. Being pessimistic and negative about our experiences will not enhance the quality of our lives. A determination to be of good cheer can help us and those around us to enjoy life more fully.

- Winder, Barbara W.





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