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## Quotes on emotions from QuotationsBook.com

You can't expect to prevent negative feelings altogether. And you can't expect to experience positive feelings all the time. The Law of Emotional Choice directs us to acknowledge our feelings but also to refuse to get stuck in the negative ones.

-Greg Anderson

All humanity is passion; without passion, religion, history, novels, art would be ineffectual.

-Honore De Balzac

The only questions worth asking today are whether humans are going to have any emotions tomorrow, and what the quality of life will be if the answer is no.

-Lester Bangs

It is not our exalted feelings, it is our sentiments that build the necessary home.

-Elizabeth Bowen

Where the heart lies, let the brain lie also.

-Robert Browning

It is as healthy to enjoy sentiment as to enjoy jam.

## -Gilbert K. Chesterton

By starving emotions we become humorless, rigid and stereotyped; by repressing them we become literal, reformatory and holier-than-thou; encouraged, they perfume life; discouraged, they poison it.

-Joseph Collins

It is very difficult to be wholly joyous or wholly sad on this earth. The comic, when it is human, soon takes upon itself a face of pain; and some of our grieves... have their source in weaknesses which must be recognized with smiling compassion as the common inheritance of us all.

-Joseph Conrad

There are strings in the human heart that had better not be vibrated.

-Charles Dickens

Do not arouse disdainful mind when you prepare a broth of wild grasses; do not arouse joyful mind when you prepare a fine cream soup.

-Dogen

You learn to put your emotional luggage where it will do some good, instead of using it to shit on other people, or blow up aeroplanes.

-Margaret Drabble

Emotion is the surest arbiter of a poetic choice, and it is the priest of all supreme unions in the mind.

-Max Eastman

Our emotions are only incidents in the effort to keep day and night together.

-T. S. Eliot

All the knowledge I possess everyone else can acquire, but my heart is all my own.

-Johann Wolfgang Von Goethe

If you would have me weep, you must first of all feel grief yourself.

-Horace

There can be no transforming of darkness into light and of apathy into movement without emotion.

-Carl Jung

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.

-Og Mandino

One ought to hold on to one's heart; for if one lets it go, one soon loses control of the head too.

-Friedrich Nietzsche

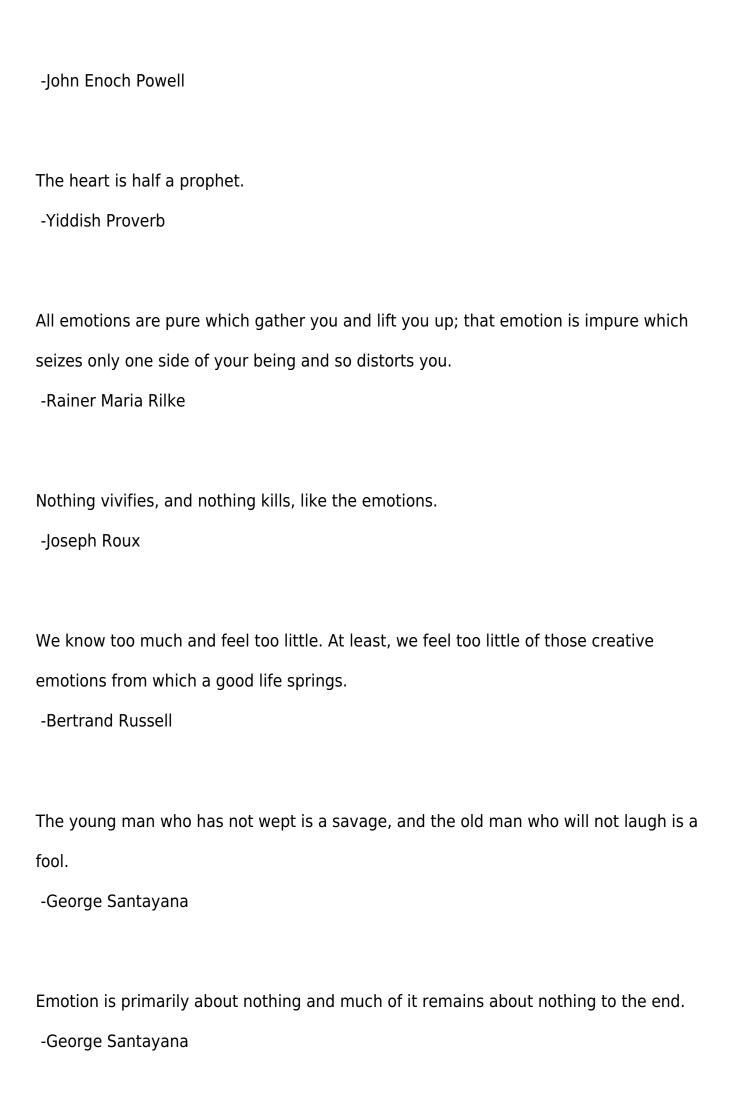
We find nothing easier than being wise, patient, superior. We drip with the oil of forbearance and sympathy, we are absurdly just, we forgive everything. For that very reason we ought to discipline ourselves a little; for that very reason we ought to cultivate a little emotion, a little emotional vice, from time to time. It may be hard for us; and among ourselves we may perhaps laugh at the appearance we thus present. But what of that! We no longer have any other mode of self-overcoming available to us: this is our asceticism, our penance.

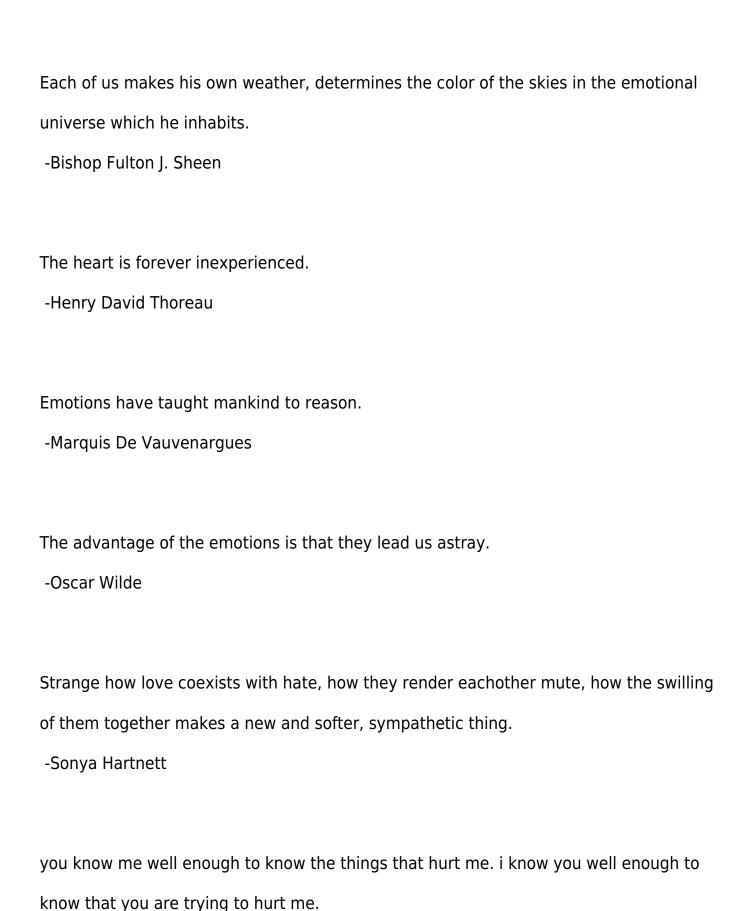
-Friedrich Nietzsche

He is not affected by the reality of distress touching his heart, but by the showy resemblance of it striking his imagination. He pities the plumage, but forgets the dying bird.

-Thomas Paine

When I repress my emotion my stomach keeps score.





-Source Unknown

