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## **Quotes bookmarked by Roula Kalantzis from QuotationsBook.com**

It's not the load that breaks you down, it's the way you carry it.

-Lena Horne

Never neglect the little things. Never skimp on that extra effort, that additional few minutes, that soft word of praise or thanks, that delivery of the very best that you can do. It does not matter what others think, it is of prime importance, however, what you think about you. You can never do your best, which should always be your trademark, if you are cutting corners and shirking responsibilities. You are special. Act it. Never neglect the little things.

-Og Mandino

Trust your hunches. They're usually based on facts filed away just below the conscious level.

-Dr. Joyce Brothers

Every man's life lies within the present; for the past is spent and done with, and the future is uncertain.

-Marcus Aurelius

Live not as though there were a thousand years ahead of you. Fate is at your elbow;

make yourself good while life and power are still yours.

-Marcus Aurelius

The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature.

-Marcus Aurelius

Remember that very little is needed to make a happy life.

-Marcus Aurelius

He who lives in harmony with himself lives in harmony with the universe.

-Marcus Aurelius

Always observe how ephemeral and worthless human things are. Pass then through this little space of time conformably to nature, and end thy journey in content, just as an olive falls off when it is ripe, blessing nature who produced it, and thanking the tree on which it grew.

-Marcus Aurelius

Reject your sense of injury and the injury itself disappears.

-Marcus Aurelius

It is not death that a man should fear, but he should fear never beginning to live.

-Marcus Aurelius

Everything that exists is in a manner the seed of that which will be.

-Marcus Aurelius

Whatever the universal nature assigns to any man at any time is for the good of that man at that time.

-Marcus Aurelius

Nothing happens to any man that he is not formed by nature to bear.

-Marcus Aurelius

Some of us think holding on makes us strong; but sometimes it is letting go.

-Herman Hesse

Being taken for granted can be a compliment. It means you've become a comfortable, trusted element in another person's life.

-Dr. Joyce Brothers

Success is a state of mind. If you want success, start thinking of yourself as a success.

-Dr. Joyce Brothers

Before your dreams can come true, you have to have those dreams.

-Dr. Joyce Brothers

The person interested in success has to learn to view failure as a healthy, inevitable part of the process of getting to the top.

-Dr. Joyce Brothers

When thou art above measure angry, bethink thee how momentary is man's life.

-Marcus Aurelius

Loss is nothing else but change, and change is Nature's delight.

-Marcus Aurelius

Let nothing disturb thee; Let nothing dismay thee; All things pass; God never changes.

Patience attains All that it strives for; He who has God Finds he lacks nothing;

-Source Unknown

Breakdowns can create breakthroughs. Things fall apart so things can fall together.

-Source Unknown

If your cup seems too bitter, if your burden seems too heavy, be sure that it is the wounded hand that is holding the cup, and that it is me who carried the cross that is carrying the burden.

-Source Unknown

If you're on thin ice, you might as well dance.

-Source Unknown

No man is more unhappy than the one who is never in adversity; the greatest affliction of life is never to be afflicted.

-Source Unknown

I didn't know I'd have to be torn down before I could be built up.

-Source Unknown

The mind is its own place, and in itself can make heaven of hell, a hell of heaven.

-John Milton

Hesitancy in judgment is the only true mark of the thinker.

-Dagobert D. Runes

If you are pained by external things, it is not they that disturb you, but your own judgment of them. And it is in your power to wipe out that judgment now.

-Marcus Aurelius

Adversity is a fact of life. It can't be controlled. What we can control is how we react to it.

-Source Unknown

Your dips and falls do not confound me, half as much as your heights astound me.

-Source Unknown

If you aren't in over your head, how do you know how tall you are?

-Source Unknown

The stars are constantly shining, but often we do not see them until the dark hours.

-Source Unknown

The sooner I fall behind, the more time I have to catch up.

-Source Unknown

There will be no crown bearers in heaven who are not cross bearers on earth.

-Source Unknown

There are times in everyone's life when something constructive is born out of adversity... when things seem so bad that you've got to grab your fate by the shoulders and shake it.

-Source Unknown

Nothing bad ever happens without equal or growth

-Source Unknown

No one would ever have crossed the ocean if he could have gotten off the ship in a storm.

-Source Unknown

The difference between stumbling blocks and stepping stones is how you use them

-Source Unknown



We are all sentenced to solitary confinement inside our own skins, for life.

-Tennessee Williams

When so many are lonely as seem to be lonely, it would be inexcusably selfish to be lonely alone.

-Tennessee Williams

We're all of us guinea pigs in the laboratory of God. Humanity is just a work in progress.

-Tennessee Williams

A high station in life is earned by the gallantry with which appalling experiences are survived with grace.

-Tennessee Williams

Change is the end result of all true learning. Change involves three things: First, a dissatisfaction with self -- a felt void or need; second, a decision to change to fill the void or need; and third, a conscious dedication to the process of growth and change -- the willful act of making the change, doing something.

-Leo Buscaglia

Life is uncharted territory. It reveals its story one moment at a time.

-Leo Buscaglia

What we call the secret of happiness is no more a secret than our willingness to choose life.

-Leo Buscaglia

A wonderful realization will be the day you realize that you are unique in all the world. There is nothing that is an accident. You are a special combination for a purpose-and don't let them tell you otherwise, even if they tell you that purpose is an illusion. (Live an illusion if you have to). You are that combination so that you can do what is essential for you to do. Don't ever believe that you have nothing to contribute. The world is an incredible unfulfilled tapestry. And only you can fulfill that tiny space that is yours.

-Leo Buscaglia

Time has no meaning in itself unless we choose to give it significance.

-Leo Buscaglia

Your talent is God's gift to you; what you do with it is your gift to God.

-Leo Buscaglia

Don't hold to anger, hurt or pain. They steal your energy and keep you from love.

-Leo Buscaglia

Love is life. And if you miss love, you miss life.

-Leo Buscaglia

Life is all memory, except for the one present moment that goes by you so quickly you hardly catch it going.

-Tennessee Williams

I have always been pushed by the negative. The apparent failure of a play sends me back to my typewriter that very night, before the reviews are out. I am more compelled to get back to work than if I had a success.

-Tennessee Williams

Choosing goals that are important to you is one of the most essential things you can do in order to live your dreams.

-Les Brown

If you set goals and go after them with all the determination you can muster, your gifts will take you places that will amaze you.

-Les Brown

You may not accomplish every goal you set -- no one does -- but what really matters is

having goals and going after them wholeheartedly.

-Les Brown

Your goals are the road maps that guide you and show you what is possible for your life.

-Les Brown

Goals help you channel your energy into action.

-Les Brown

In the end, it is the person you become, not the things you have achieved, that is the most important.

-Les Brown

All of us need to grow continuously in our lives.

-Les Brown

Never be afraid to treat the path alone. Know which is your path and follow it wherever it may lead you; do not feel you have to follow in someone else's footsteps.

-Gita Bellin

Experience is determined by yourself -- not the circumstances of your life.

-Gita Bellin

Don't look forward to the day you stop suffering, because when it comes you'll know you're dead.

-Tennessee Williams

There is a time for departure even when there's no certain place to go.

-Tennessee Williams

As you reach your goals, set new ones. That is how you grow and become a more powerful person.

-Les Brown

I have a very strong feeling that the opposite of love is not hate -- it's apathy. It's not giving a damn.

-Leo Buscaglia

Every man's life is a fairy tale written by God's finger.

-Hans Christian Anderson

Life loves to be taken by the lapel and told: I'm with you kid. Let's go.

-Maya Angelou

The drama of life begins with a wail and ends with a sigh.

-Minna Antrim

The energy of the mind is the essence of life.

-Aristotle

Your life is what your thoughts make it.

-Marcus Aurelius

Let men see, let them know, a real man, who lives as he was meant to live.

-Marcus Aurelius

To live life well is to express life poorly; if one expresses life too well, one is living it no longer.

-Gaston Bachelard

Life, an age to the miserable, and a moment to the happy.

-Francis Bacon

Life marches by, I suggest you get on with it.

-Joy Baluch

Life is a long lesson in humility.

-Sir James M. Barrie

The life of every person is like a diary in which he means to write one story, and writes another.

-Sir James M. Barrie

Life is short and we have never too much time for gladdening the hearts of those who are travelling the dark journey with us. Oh be swift to love, make haste to be kind.

-Henri Frederic Amiel

The less routine the more life.

-Amos Bronson Alcott

The easiest thing to be in the world is you. The most difficult thing to be is what other people want you to be. Don't let them put you in that position.

-Leo Buscaglia

I believe that you control your destiny, that you can be what you want to be. You can also stop and say, No, I won't do it, I won't behave his way anymore. I'm lonely and I

need people around me, maybe I have to change my methods of behaving and then  
you do it

-Leo Buscaglia

In the midst of excitement, grief, joy, and solitude, I remind myself every moment that  
the sole mission of my life is to find "the ultimate questioner" - that unimaginable who  
has put me in this madness to answer an unanswerable question.

-Kedar Joshi

Life is a question asked by God about the way he exists.

-Kedar Joshi

I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living,  
It's a way of looking at life through the wrong end of a telescope. Which is what I do,  
And that enables you to laugh at life's realities. - Dr. Seuss

-Theodor Seuss Geisel

All that we see or seem is nothing but a dream within a dream

-Edgar Allan Poe

Think big thoughts, but relish small pleasures.

-H. Jackson Brown Jr.



life isn't about waiting for the storm to pass, it's about learning how to dance in the rain.

-Source Unknown

Glory is only temporary, The way you choose to live your life, lives on in eternity

-Jerry Flanagan

If you are willing to do only what's easy, life will be hard. But if you're willing to do what's hard, life will be easy.

-T. Harv Eker

I don't want to get to the end of my life and find that I have just lived the length of it. I want to have lived the width of it as well.

-Diane Ackerman

And thou wilt give thyself relief, if thou doest every act of thy life as if it were the last.

-Marcus Aurelius

Review your goals twice every day in order to be focused on achieving them.

-Les Brown

Forgive yourself for your faults and your mistakes and move on.

-Les Brown

If one desires a change, one must be that change before that change can take place.

-Gita Bellin

One can't relive one's life. Forgiveness is not what's difficult; one's always too ready to forgive. And it does no good, that's obvious.

-Louis-Ferdinand Celine

Experience is a dim lamp, which only lights the one who bears it.

-Louis-Ferdinand Celine

The end may justify the means as long as there is something that justifies the end.

-Leon Trotsky

He who denies all, confesses all.

-Source Unknown

In confession... we open our lives to healing, reconciling, restoring, uplifting grace of

him who loves us in spite of what we are.

-Louis Cassels

Confess you were wrong yesterday; it will show you are wise today.

-Proverb

Oh the depth of both the wisdom and riches of God! How unsearchable are his judgments, and his ways beyond understanding.

-Bible

Each of our acts makes a statement as to our purpose.

-Leo Buscaglia

Do not follow where the path may lead. Go, instead, where there is no path and leave a trail.

-Ralph Waldo Emerson

Help others achieve their dreams and you will achieve yours.

-Les Brown

You are never too old to set another goal or to dream a new dream.

-Les Brown

Forgive those who have hurt you.

-Les Brown

You must remain focused on your journey to greatness.

-Les Brown

You must think of failure and defeat as the springboards to new achievements or to the next level of accomplishment.

-Les Brown

One of the most essential things you need to do for yourself is to choose a goal that is important to you. Perfection does not exist -- you can always do better and you can always grow.

-Les Brown

Shoot for the moon. Even if you miss it you will land among the stars.

-Les Brown

You have the courage and power to live your dreams.

-Les Brown

Be determined to handle any challenge in a way that will make you grow.

-Les Brown

You gotta be hungry!

-Les Brown

If you do not develop the hunger and courage to pursue your goal, you will lose your nerve and you will give up on your dream.

-Les Brown

Arguments only confirm people in their own opinions.

-Booth Tarkington

What impresses men is not mind, but the result of mind.

-Walter Bagehot

A person is his own worst enemy.

-Source Unknown

Man has no greater enemy than himself.

-Francesco Petrarch

We have meet the enemy; and he is us.

-Walt Kelly

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

-Mark Twain

The minute a man ceases to grow, no matter what his years, that minute he begins to be old.

-William James

Love is an irresistible desire to be irresistibly desired.

-Robert Frost

He who learns must suffer. And even in our sleep - pain that cannot forget; Falls drop by drop upon the heart, And in our own despite, against our will, Comes wisdom to us by the awful grace of God.

-Aeschylus

God brings men into deep waters not to drown them, but to cleanse them.

-John H. Aughey

People see God every day; they just don't recognize Him.

-Pearl Bailey

To place oneself in the position of God is painful: being God is equivalent to being tortured. For being God means that one is in harmony with all that is, including the worst. The existence of the worst evils is unimaginable unless God willed them.

-Georges Bataille

And now Israel, what does the Lord your God require from you, but to fear the Lord your God, to walk in all His ways and love Him, and to serve the Lord your God with all your heart and all your soul. [Deuteronomy 10:12]

-Bible

But from there you will seek the Lord you God and you will find Him if you search for Him with all your heart and all your soul. [Deuteronomy 4:29]

-Bible

People need hard times and oppression to develop psychic muscles.

-Frank Herbert Dune

There is a great deal of unmapped country within us which would have to be taken into account in an explanation of our gusts and storms.

-George Eliot

There is but one cause of human failure. And that is man's lack of faith in his true Self.

-William James

Memory is like an orgasm. It's a lot better if you don't have to fake it.

-Cray Seymore

The back of one door is the face of another.

-Proverb

No more duty can be urged upon those who are entering the great theater of life than simple loyalty to their best convictions.

-Edwin Hubbel Chapin

Without self-respect there can be no genuine success. Success won at the cost of self-respect is not success ? for what shall it profit a man if he gains the whole world and loses his own self-respect.



-B. C. Forbes

This above all: to thine own self be true, And it must follow, as the night the day, Thou canst not then be false to any man.

-William Shakespeare

Patience and tenacity of purpose are worth more than twice their weight of cleverness.

-Thomas H. Huxley

Irrationally held truths may be more harmful than reasoned errors.

-Thomas H. Huxley

All truth, in the long run, is only common sense clarified.

-Thomas H. Huxley

Sit down before fact like a little child, and be prepared to give up every preconceived notion. Follow humbly wherever and to whatever abyss Nature leads, or you shall learn nothing.

-Thomas H. Huxley

There is no alleviation for the sufferings of mankind except veracity of thought and of action, and the resolute facing of the world as it is when the garment of make-believe

by which pious hands have hidden its uglier features is stripped off.

-Thomas H. Huxley

There is no greater mistake than the hasty conclusion that opinions are worthless because they are badly argued.

-Thomas H. Huxley

It is because the body is a machine that education is possible. Education is the formation of habits, a superinducing of an artificial organization upon the natural organization of the body.

-Thomas H. Huxley

Why don't you want to do what you know you should do? The reason you don't is that you're in conflict with yourself.

-Tom Hopkins

All human beings are also dream beings. Dreaming ties all mankind together.

-Jack Kerouac

Fear has its use but cowardice has none.

-Mahatma Gandhi

I have learned through bitter experience the one supreme lesson to conserve my anger, and as heat conserved is transmitted into energy, even so our anger controlled can be transmitted into a power that can move the world.

-Mahatma Gandhi

Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart.

-Mahatma Gandhi

Self-respect permeates every aspect of your life.

-Joe Clark

Most of the shadows of this life are caused by standing in one's own sunshine

-Ralph Waldo Emerson

To accuse others for one's own misfortunes is a sign of want of education. To accuse oneself shows that one's education has begun. To accuse neither oneself nor others shows that one's education is complete.

-Epictetus

A man never discloses his own character so clearly as when he describes another s.

-Jean Paul Richter

Be interesting, be enthusiastic ... and don't talk too much.

-Norman Vincent Peale

If you don't make things happen then things will happen to you.

-Lanes Company

The strength of a man consists in finding out the way God is going, and going that way.

-Henry Ward Beecher

Our birth is nothing but our death begun.

-Edward Young

God will not look you over for medal, degrees or diplomas, but for scars.

-Elbert Hubbard

It does not take much strength to do things, but it requires great strength to decide what to do.

-Elbert Hubbard

Every life is its own excuse for being.

-Elbert Hubbard

One who limits himself to his chosen mode of ignorance.

-Elbert Hubbard

There is no failure except in no longer trying. There is no defeat except from within, no insurmountable barrier except our own inherent weakness of purpose.

-Elbert Hubbard

Freedom is a condition of mind, and the best way to secure it is to breed it.

-Elbert Hubbard

If you have no enemies you are apt to be in the same predicament in regard to friends.

-Elbert Hubbard

Men are rich only as they give. He who gives great service gets great rewards.

-Elbert Hubbard

Gossip is only the lack of a worthy memory.

-Elbert Hubbard

Habit is a form of exercise

-Elbert Hubbard

Strong characters are brought out by change of situation, and gentle ones by permanence.

-Jean Paul Richter

Who questions much, shall learn much, and retain much.

-Francis Bacon

Questions provide the key to unlocking our unlimited potential.

-Anthony Robbins

He that can heroically endure adversity will bear prosperity with equal greatest of the soul; for the mind that cannot be dejected by the former is not likely to be transported without the latter.

-Henry Fielding

Failure is success if we learn from it.

-Malcolm S. Forbes

When things are bad, we take comfort in the thought that they could always get worse. And when they are, we find hope in the thought that things are so bad they have to get better.

-Malcolm S. Forbes

Every hardship; every joy; every temptation is a challenge of the spirit; that the human soul may prove itself. The great chain of necessity wherewith we are bound has divine significance; and nothing happens which has not some service in working out the sublime destiny of the human soul.

-Elias A. Ford

Life is a series of experiences, each one of which makes us bigger, even though sometimes it is hard to realize this. For the world was built to develop character, and we must learn that the setbacks and grieves which we endure help us in our marching onward.

-Henry Ford

He who knows no hardships will know no hardihood. He who faces no calamity will need no courage. Mysterious though it is, the characteristics in human nature which we love best grow in a soil with a strong mixture of troubles.

-Harry Emerson Fosdick

Suffering! We owe to it all that is good in us, all that gives value to life; we owe to it pity, we owe to it courage, we owe to it all the virtues.

-Anatole France

What is to give light must endure the burning.

-Viktor E. Frankl

There is no fatigue so wearisome as that which comes from lack of work.

-Charles Haddon Spurgeon

Laziness grows on people; it begins in cobwebs and ends in iron chains. The more one has to do, the more he is able to accomplish.

-Thomas Buxton

Laziness is nothing more than the habit of resting before you get tired.

-Mortimer Caplan

So this gentlemen said, "A girl with brains ought to do something else with them besides think."

-Anita Loos



Fate keeps on happening.

-Anita Loos

It is not the answer that enlightens, but the question.

-Decouvertes

You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions.

-Naguib Mahfouz

Cultivate only the habits that you are willing should master you.

-Elbert Hubbard



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