

QUOTING THE EXPERTS IN US ALL

I want to live to the edges of my own skin.
Janetta Ozard

You can get anything in life you want, if you'll help enough other people get what they want.
Zig Ziglar

Silence is the heart of all things; sound the fluttering of its pulse.
Unknown

If you want 1 year of prosperity, grow grain.
If you want 10 years of prosperity, grow trees.
If you want 100 years of prosperity, grow people.
- Chinese Proverb

Rarely do we find men who willingly engage in hard, solid thinking. There is an almost universal quest for easy answers and half-baked solutions. Nothing pains some people more than having to think.
Martin Luther King, Jr.
1929-1968, Human Rights Activist and Nobel Prize Winner

How much of ourselves do we keep in the shadows, afraid of what others may think, of judgment, of scrutiny? What might happen if we let the light bathe us, expose our vulnerability, allow intimacy to take center stage, if only for a brief moment? What would they see?"
Ridgely Goldsborough
Author and Speaker

Don't ask yourself what the world needs - ask yourself what makes you come alive, and then go do it. Because what the world needs is people who have come alive.
Harold Thurman Whitman
Philosopher and Theologian

The little unremembered acts of kindness and love are the best parts of a person's life.
William Wordsworth
1770-1850, Poet

Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!

Anne Frank
1929-1945, Jewish Refugee and Diarist

Things don't go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be.

Charles "Tremendous" Jones
Motivational Speaker and Author

"I celebrate myself, and sing myself,

And what I assume you shall assume,

For every atom belonging to me as good belongs to you."

"Song of Myself" a selection from Leaves of Grass by Walt Whitman

There's a need for simplicity in my life. I notice that when my life is too complex I miss things. I don't want to miss things.

Dr. Sheila Jaggard

Let us be about setting high standards for life, love, creativity, and wisdom. If our expectations in these areas are low, we are not likely to experience wellness. Setting high standards makes every day and every decade worth looking forward to.

Greg Anderson
Author

Getting ahead in a difficult profession requires avid faith in yourself. You must be able to sustain yourself against staggering blows. There is no code of conduct to help beginners. That is why some people with mediocre talent, but with great inner drive, go much further than people with vastly superior talent.

Sophia Loren

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia
Author and Lecturer

Without love we could not survive. Human beings are social creatures, and a concern for each other is the very basis of our life together.

His Holiness the Dalai Lama

I know for sure that what we dwell on is who we become...Become the change you want to see -
those are words I live by.

Oprah Winfrey
Media Personality

Don't argue for other people's weaknesses. Don't argue for your own. When you make a mistake, admit it, correct it, and learn from it - immediately.

Stephen R. Covey
Author and Speaker

A Native American grandfather was talking to his grandson about how he felt about a tragedy.
He said, "I feel as if I have two wolves fighting in my heart.
One wolf is the vengeful, angry, violent one.
The other wolf is the loving, compassionate one."
The grandson asked him, "Which wolf will win the fight in your heart?"
The grandfather answered, "The one I feed."

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

-George Bernard Shaw

**Oh wad some Power the giftie gie us
To see oursels as ithers see us!**
Robert Burns, Scottish Poet, 1759-1796

If you always do what you always did --
you'll always get what you always got.
- - Aerosmith (Steven Tyler) - -

... for to do things with care is the closest thing to love that I know
the cape of grace falling softly about the shoulders
as we focus on the task at hand
whether it be to listen
or to leave
or to learn
~Jane Siberry

At the crossroads of the busy lives we lead,
there are those special people who help answer the question,
which way?

Too often we underestimate the power of a touch, a smile, a kind word,
a listening ear, an honest compliment, or the smallest act of caring,
all of which have the potential to turn a life around.

-- Leo Buscaglia

Now, again, may thankfulness be harvested in every heart.

The essence of our friendships for life is they keep us sane, jump in when necessary and provide the silver lining to a dark cloud (or at least a messy one). When things are rough or we are going through transitions that turn our lives upside down, we can find a friend holding our hand.

Choose a job you love, and you'll never have to work a day in your life.

Do not anticipate trouble, or worry about what may never
happen. Keep in the sunlight. Benjamin Franklin

As soon as you trust yourself you will know how to live.

What we call luck is the inner man externalized. We make
things happen to us. Robertson Davies

Some folk want their luck buttered.
Thomas Hardy

I've found that luck is quite predictable. If you want more luck, take more chances. Be more active.
Show up more often. Brian Tracy

We must believe in luck. For how else can we explain the success of those we don't like?
Jean Cocteau

According to Hyrum W. Smith, author of "What Matters Most: The Power of Living Your Values,"
Do whatever it takes to get the fear of failure out of your system. Failure is a marvelous, magnificent
blessing that teaches us how to grow.

Never judge a book by its movie.

J. W. Eaga

It's powerful to bring all races and creeds together to create something beautiful. It's a metaphor that we
as a society—as a world—should latch on to.

Nancy Carstedt, president and CEO of the Chicago Children's Choir

When danger approaches, sing to it.

Creativity is piercing the mundane to find the marvelous.

Bill Moyers

Creativity is a type of learning process where the teacher and pupil are located in the same individual.
Arthur Koestler

Creativity is not the finding of a thing, but the making something out of it after it is found.

James Russell Lowell

No more doubts and no more excuses -
It's time to turn on those creative juices!

Be brave enough to live creatively. The creative is the place where no one else has ever been. You
have to leave the city of your comfort and go into the wilderness of your intuition. You can't get there by
bus, only by hard work, risking, and by not quite knowing what you're doing. What you'll discover will be
wonderful: yourself.

Alan Alda

The ultimate weakness of violence is that it is a descending spiral, begetting the very thing it seeks to
destroy. Instead of diminishing evil, it multiplies it. Through violence you may murder the liar, but you
cannot murder the lie, nor establish the truth. Through violence you may murder the hater, but you do not
murder hate. In fact, violence merely increases hate. So it goes. Returning violence for violence
multiplies violence, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out
darkness: only light can do that. Hate cannot drive out hate: only love can do that.

Martin Luther King.

Make no judgments where you have no compassion.

Anne McCaffrey

At the crossroads of the busy lives we lead,
there are those special people who help answer the question...
which way?

Leaders are visionaries with a poorly developed sense of fear and no concept of the odds against them.

Dr. Robert Jarvik
inventor of the Jarvik-7, an artificial heart

Patriotism is not short, frenzied outbursts of emotion, but the tranquil and steady dedication of a lifetime.

Adlai Stevenson, 23rd vice president of the United States

We need to teach the next generation of children from Day One that they are responsible for their lives. Mankind's greatest gift, also its greatest curse, is that we have free choice. We can make our choices built from love or from fear.

Elisabeth Kubler-Ross

Live your dream by making deliberate choices, not just responding to whatever life throws your way.

Marcia Wieder

I have often thought morality may perhaps consist solely in the courage of making a choice.

Leon Blum

I have learnt silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet strange, I am ungrateful to these teachers.

Kahlil Gibran

Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness.

George Sand

Forget injuries, never forget kindnesses.

Confucius

No act of kindness, no matter how small, is ever wasted.

Aesop

Happiness lies within the reach of those who reach beyond themselves.

A mind at peace, a mind centered and not focused on harming others, is stronger than any physical force in the universe.

Wayne Dyer

A toast to the weapons of war, may they rust in peace.

Robert Orben

Man is still the greatest miracle and the greatest problem on this earth.

David Sarnoff

For every minute you remain angry, you give up sixty seconds of peace of mind.

Ralph Waldo Emerson

Hope is stronger than fear; Love is greater than grief; Life is mightier than death;

Disaster is an incident of time. The shadows and rain of today will nourish the blossoms of tomorrow.

Archibald Rutledge, former poet laureate of South Carolina

Perfection lives only in the imagination.

Peace is not won by those who fiercely guard their differences
but by those who with open minds and hearts seek out connections.

Katherine Paterson

It's like Albert Einstein said: 'Problems cannot be solved at the same level of awareness that created them.' You have to rise above them to the next level.

William Edwin Swing, United Religions Initiative

The world belongs to those who care deeply,
who dream boldly,
and who work steadfastly.

The lives of happy people are dense with their own doings - crowded, active, thick . . . But the sorrowing
are nomads, on a plain with few landmarks and no boundaries; sorrow's horizons are vague and its
demands are few.

Larry McMurtry

Witticisms please as long as we keep them within boundaries, but pushed to excess they cause offense.
Phaedrus

Give to the world the best you have,
and the best will come back to you.

Never esteem anything as of advantage to you
that will make you break your word or lose your self-respect.
- Marcus Antonius

It is neither wealth nor splendor,
but the tranquility and occupation which give happiness.
- Thomas Jefferson

Imagination is far more important than knowledge.
- Albert Einstein

Attitude is more important than the past, than education, than money, than circumstances, than what
people do or say.

It is more important than appearance, giftedness, or skill.
Charles Swindoll

Being a sex symbol has to do with an attitude, not looks.
Most men think it's looks, most women know otherwise.
Kathleen Turner

You don't have to see the whole staircase, just take the first step
Martin Luther King Jr.

The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love.
William Wordsworth

The everyday kindness of the back roads more than makes up for the acts of greed in the headlines.
Charles Kuralt

Be able to be alone. Lose not the advantage of solitude, and the society of thyself.
Thomas Browne

Being solitary is being alone well: being alone luxuriously immersed in doings of your own choice, aware
of the fullness of your own presence rather than of the absence of others. Because solitude is an
achievement.
Alice Koller

I had three chairs in my house; one for solitude, two for friendship, three for society.
Henry David Thoreau

Letter writing is the only device for combining solitude with good company.
George Gordon Byron

Don't wait for a light to appear at the end of the tunnel, stride down there and light the bloody thing
yourself.
Sara Henderson

Facts do not cease to exist because they are ignored.

Aldous Leonard Huxley

I would sooner have you hate me for telling you the truth than adore me for telling you lies.

Pietro Aretino

Let us be about setting high standards for life, love, creativity, and wisdom. If our expectations in these areas are low, we are not likely to experience wellness. Setting high standards makes every day and every decade worth looking forward to.

Greg Anderson

To fly on the wings of a dream is to soar with the spirit of life.

Do your job and demand your compensation - but in that order.

Cary Grant

I knew what my job was; it was to go out and meet the people and love them.

Diana Princess of Wales

Fear is that little darkroom where negatives are made.

Micheal Pritchard

I merely took the energy it takes to pout and wrote some blues.

Duke Ellington

As knowledge increases, wonder deepens.

Charles Morgan

Be careful the environment you choose for it will shape you; be careful the friends you choose for you will become like them. W. Clement Stone

Freedom is an internal achievement rather than an external adjustment.

Adam Clayton Powell

I believe that we are here on the planet Earth to live, grow up and do what we can to make this world a better place for all people to enjoy freedom.

Rosa Parks

Now, on the road to freedom, I was pausing for a moment near Temuco and could hear the voice of the water that had taught me to sing.

Pablo Neruda

We will be known by the tracks we leave behind.

- Dakota proverb

The journey to fulfillment is designed to lead you where you were most meant to be.

I believe that this world was set about for us to enjoy and to love and to experience and to have it all be, to a certain extent, unpredictable. Ever since I was a child I have believed that my life has been guided.
Judith Jamison

I do find a certain fascination with the unpredictable.
The transitory years we wade through are what they are -
what we make of them.
Gordon Parks

When your values are clear to you, making decisions becomes easier.

Roy Disney

I am a woman in process. I'm just trying like everybody else. I try to take every conflict, every experience, and learn from it. Life is never dull.
Oprah Winfrey

If you can't describe what you are doing as a process, you don't know what you're doing.

W. Edwards Deming

Life is a lively process of becoming.
Douglas MacArthur

There is nothing in life less creative than opposition.
Edna Manley

If you keep thinking about what you want to do or what you hope will happen, you don't do it, and it won't happen. Joe Dimaggio

We can travel far in our minds and hearts,
and conquer much in our dreams,
but it is only perseverance that takes our goals
and makes them come to life.

Everything you want is out there waiting for you to ask.
Everything you want also wants you. But you have to take
action to get it.
Jack Canfield

After all is said and done, more is said than done.
American Proverb

Between saying and doing, many a pair of shoes is worn out.

Italian Proverb

It is not enough to wire the world if you short circuit your souls.

Tom Brokaw speaking at a graduation ceremony.

The outside things of life are not the really important things. It's our insides that make up who we are, that allow us to dream and wonder and feel for others. That's what's essential. That's what will always make the biggest difference in our world.

Fred Rogers (Mr. Dressup)

Under all speech that is good for anything there lies a silence that is better. Silence is deep as Eternity; speech is shallow as Time.

Thomas Carlyle

In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth.

Mahatma Gandhi

Silence is more musical than any song.

Christina Rossetti

After silence, that which comes nearest to expressing the inexpressible is music.

Aldous Huxley

"Money isn't the scarcest resource—imagination is." Linda Yates, partner, Painted Wolf Ltd

Destiny is not a matter of chance;
it is a matter of choice.

It is not a thing to be waited for;
it is a thing to be achieved.

- William Jennings Bryan

To move the world, we must first move ourselves.

- Socrates

The human need to play is a powerful one. When we ignore it, we feel there is something missing in our lives.

Leo Buscaglia

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

Ralph Waldo Emerson

Searching for the good in life keeps dreams alive and hope shining brightly.

What we say and what we do ultimately comes back to us so let us own our responsibility, place it in our hands and carry it with dignity and strength.

Gloria Evangelina Anzaldua

It is not size or age that separates children from adults. It is responsibility.

Jules Feiffer

Not doing more than the average is what keeps the average down.

William M. Winans

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.
Vince Lombardi

If you don't stand for something, you'll fall for anything.

Unknown

When you were born, you cried and the world rejoiced.
Live your life in such a manner that when you die the
world cries and you rejoice.
Old Indian saying

Time reveals to us the gifts in life that last...

memories shared,
promises kept,
dreams realized."

There are two mistakes one can make along the road to truth -- not going all the way, and not starting.
Buddha

See your goal
Understand the obstacles
Clear your mind of doubt
Create a positive mental picture
Embrace the challenge
Stay on track
Show the world you can do it."

To be able to look back upon one's past life with satisfaction is to live twice.
John Dalberg Acton

You and I are essentially infinite choice-makers. In every moment of our existence, we are in that field of all possibilities where we have access to an infinity of choices.

Deepak Chopra

I am where I am because I believe in all possibilities.
Whoopi Goldberg

The difference between optimism and pessimism resides in memory. The pessimist aptly recalls the hurts and failures of yesterday, but cannot remember the plentiful possibilities of a new tomorrow. The optimist has a hopeful future already memorized.

Charles E. Jinks

Our dreams mean so much more when someone else shares in them.

It is no disgrace to start all over. It is usually an opportunity.
George Matthew Adams

The lure of the distant and the difficult is deceptive.
The great opportunity is where you are.
John Burroughs

Living a robust life is about pursuing your dreams, starting your own company, or doing work that you are passionate about.

-- Helen M. Whelan, president of MyPrimeTime Inc.

It is what we think we know already that often prevents us from learning.
Claude Bernard

A moment's insight is sometimes worth a life's experience.
- Oliver Wendell Holmes

Human beings are born with a great deal of creativity, and by the age of 12, we've lost most of it.

-- Madeleine L'Engle, author

Some people come into our lives and quickly go. Some people stay awhile and leave footprints on our hearts. And we are never the same. Flavia Weed

As a leader, if you're not calm and confident, no one else will be.
--Mike Useem, professor of management at the Wharton School

The bottom line is that new talent can force everyone to play at a higher level.
--Tony DiCicco, former head coach,
U.S. Women's World Cup and Olympic soccer teams

I prefer to explore the most intimate moments, the smaller, crystallized details we all hinge our lives on.
Rita Dove

Wisdom is to finish the moment, to find the journey's end
in every step of the road, to live the greatest number of
good hours.
Ralph Waldo Emerson

The universe is full of magical things patiently waiting for our wits to grow sharper.
Eden Phillpotts

You can't be truly rude until you understand good manners.
Rita Mae Brown

The hardest job kids face today is learning good manners without seeing any.
Fred Astaire

Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good
manners, no matter what fork you use.
Emily Post

Good manners have much to do with emotions. To make them ring true, one must feel them, not merely
exhibit them.
Amy Vanderbilt

A good leader helps give cultural meaning to work and creates a place where people can be themselves
and grow.
--Rolf Fehlbaum, CEO of Vitra

In order to survive in these wild times, you're going to make a total fool of yourself with incredible
regularity. If you can't laugh about it, then you are doomed.
--Tom Peters, author and speaker

Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees
with your own reason and your own common sense.
Buddha

Common sense is only a modification of talent. Genius is an exaltation of it. The difference is, therefore, in degree, not nature.
Edward G. Bulwer-Lytton

Common sense is genius dressed in its working clothes.
Ralph Waldo Emerson

Common sense is the wick of the candle.
Ralph Waldo Emerson

Trust your hunches . . . Hunches are usually based on facts filed away just below the conscious level.
Dr. Joyce Brothers

Courage is the power to let go of the familiar.
Raymond Lindquist

Take a chance! All life is a chance.
The man who goes furthest is generally the one who is willing to do and dare.
Dale Carengie

Take risk. If you win, you will be happy; if you lose, you will be wise.
Anonymous

On the other side of a bold move, your best life could be waiting.
Oprah Winfrey

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.
Henri Bergson

When it comes to atoms, language can be used only as in poetry. The poet, too, is not nearly so concerned with describing facts as with creating images.
Niels Bohr

Bebop was about change, about evolution. It wasn't about standing still and becoming safe. If anybody wants to keep creating they have to be about change.
Miles Davis

I'm always thinking about creating. My future starts when I wake up every morning . . . Every day I find something creative to do with my life.
Miles Davis

Education is an ornament in prosperity and a refuge in adversity.
Aristotle

If we had no winter, the spring would not be so pleasant. If we did not sometimes taste of adversity,
prosperity would not be so welcome.
Anne Bradstreet

Don't be disquieted in time of adversity. Be firm with dignity and self-reliant with vigor.
Chiang Kai-Shek

In prosperity, our friends know us; in adversity, we know our friends.
John Churton Collins

The job of a good leader is to articulate a vision that others are inspired to follow.
-- Lorraine Monroe, executive director of the School Leadership Academy

Without laughter, life on our planet would be intolerable. So important is laughter that societies highly
reward those who make a living by inducing laughter in others.
Steve Allen

LAUGHTER, n. An interior convulsion, producing a distortion of the features and accompanied by
inarticulate noises. It is infectious and, though intermittent, incurable. Liability to attacks of laughter
distinguishes man from the animals.
Ambrose Bierce

If I have caused just one person to wipe away a tear of laughter, that's my reward.
Victor Borge

In wisdom gathered over time I have found that every experience is a form of exploration.
Ansel Adams

Observation more than books, experience rather than persons, are the prime educators.
Amos Bronson Alcott

Prepare yourself in every way you can by increasing your knowledge and adding to your experience, so
that you can make the most of opportunity when it occurs.
Mario Andretti

Pointing out the comic elements of a situation can bring a sense of proportion and perspective to what
might otherwise seem an overwhelming problem.
- Harvey Mindess

We can lick gravity, but sometimes the paperwork is overwhelming.
- Wernher von Braun

Let's choose today to quench our thirst for the "good life" we think others lead by acknowledging the good
that already exists in our lives. We can then offer the universe the gift of our grateful hearts.
Sarah Ban Breathnach

Spirit borrows from matter the perceptions on which it feeds and restores them to matter in the form of movements which it has stamped with its own freedom.

Henri Bergson

A life spent in making mistakes is not only more honorable, but more useful than a life spent in doing nothing.

George Bernard Shaw

Happiness is not having what you want. It's wanting what you have.

Unknown

Now and then it's good to pause in our pursuit of happiness and just be happy.

Guillaume Apollinaire

A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change.

Earl Nightingale

The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.

William James

The greatest thing a man can do in this world is to make the most possible out of the stuff that has been given to him.

Orston Swett Marden

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

Buddha

The horizon leans forward, offering you space to place new steps of change.

Maya Angelou

When you blame others, you give up your power to change.

Robert Anthony

We must change in order to survive.

Pearl Bailey

No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change.

Barbara De Angelis

Integrity is telling myself the truth. And honesty is telling the truth to other people.
Spencer Johnson

A "No" uttered from the deepest conviction is better than a "Yes" merely uttered to please, or worse, to avoid trouble.
Mohandas Gandhi

A person is not given integrity. It results from the relentless pursuit of honesty at all times.
Anonymous

Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You don't have to know about Plato and Aristotle...[or] Einstein's Theory of Relativity...[or] the Second Theory of Thermodynamics in physics to serve. You only need a heart full of grace - a soul generated by love.
~ Martin Luther King, Jr.

It's surprising how many persons go through life without ever recognizing that their feelings toward other people are largely determined by their feelings toward themselves, and if you're not comfortable within yourself, you can't be comfortable with others.
Sydney J. Harris

Anger is a symptom, a way of cloaking and expressing feelings too awful to experience directly -- hurt, bitterness, grief and, most of all, fear.
Joan Rivers

Worry often gives a small thing a big shadow.
Swedish Proverb

Don't be pushed by your problems. Be led by your dreams.
Anonymous

Sometimes you gotta create what you want to be a part of.
Geri Weitzman

Instead of comparing our lot with that of those who are more fortunate than we are, we should compare it with the lot of the great majority of our fellow men. It then appears that we are among the privileged.
Helen Keller

You only live once, but if you work it right, once is enough.
Joe E. Lewis

The greatest sweetener of human life is Friendship. To raise this to the highest pitch of enjoyment, is a secret

which but few discover.
Joseph Addison

One's life has value so long as one attributes value to
the life of others, by means of love, friendship,
indignation and compassion.
Simone de Beauvoir

Work like you don't need the money. Love like you've never been hurt. Dance like nobody's watching.
Sing like nobody's listening. Live like it's Heaven on Earth.

Life is a journey....respect each other.

The difference between optimism and pessimism resides in
memory. The pessimist aptly recalls the hurts and failures
of yesterday, but cannot remember the plentiful
possibilities of a new tomorrow. The optimist has a hopeful
future already memorized.
Charles E. Jinks

A pessimist is one who makes difficulties of his
opportunities; an optimist is one who makes opportunities
of his difficulties.
Reginald B. Mansell

A discovery is said to be an accident meeting a prepared mind.
Albert Szent-Gyorgi

If you make people think they're thinking, they'll love you. If you really make them think they'll hate you.
Donald Robert Perry, Marquis

It is not enough to have a good mind. The main thing is to use it well.
Rene Descartes

Let your thoughts meander towards a sea of ideas.
Leo D. Minnigh

I can't understand why people are frightened of new ideas. I'm frightened of the old ones.
John Cage

Such is human psychology that if we don't express our joy, we soon cease to feel it.
Lin Yutang