

NATIONAL BESTSELLER

THE BOOK OF
POSITIVE
QUOTATIONS
3RD EDITION



With a new preface by
LESLIE ANN GIBSON

Compiled and Edited by John Cook
Edited by Steve Deger and Leslie Ann Gibson

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QUOTATIONS

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Essex, Connecticut



An imprint of The Globe Pequot Publishing Group, Inc.
64 South Main Street
Essex, CT 06426
www.globepequot.com

Distributed by NATIONAL BOOK NETWORK


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This Lyons Press paperback edition: 2024

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British Library Cataloguing in Publication Information available

Library of Congress Cataloging-in-Publication Data available

ISBN 978-1-4930-8695-5 (paper : alk paper)
ISBN 978-1-4930-8919-2 (electronic)

 The paper used in this publication meets the minimum requirements of American National Standard for Information Sciences—Permanence of Paper for Printed Library Materials, ANSI/NISO Z39.48-1992.

for Freddi, Blake, Brian, and Timmy

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Preface



The first edition of this book was compiled by John Cook as a personal exercise in taking life one day at a time. Deciding the manuscript would be helpful to other like-minded people, he submitted it to former behavioral publisher Fairview Press, and the book went on to become a nationally best-selling reference work.

I had received John's book as a gift and used it regularly whenever I needed an inspirational quotation for an email signature or piece of business writing. But feeling it was somewhat heavy on quotes by men, I took it upon myself to create a companion volume featuring quotes by and for women. The result was *The Women's Book of Positive Quotations*, which was published in 2002 and is now out of print.

When John Cook passed away, his editor contacted me asking if I'd be interested in expanding and updating the book series. One such step involved taking all the unique quotations from my book and rolling them into a revised and expanded *The Book of Positive Quotations, 2nd Edition*. Steve Deger and I collaborated on that edition, as well as on a series of popular but short-lived gift editions for boys and girls.

Now in a revised third edition, *The Book of Positive Quotations* is still going strong. What makes it so popular? I've had the good fortune to have a number of readers track me down on social media to tell me how important the book has been to them. Several had been given the book following the death of a loved one and found the inspirational messages deeply helpful in coping with their grief and loss. Others told me they had received their copies as gifts after completing major life goals such as college graduation or running their first marathon.

Little did I know that when I was first given this book, I'd ultimately become part of a chain of "paying it forward." Whether you're looking

to lift someone's spirits or just show them how much they inspire you, *The Book of Positive Quotations* shows the impact that kind words can have when shared with us during pivotal moments in our lives.

—Leslie Ann Gibson

Introduction



There are many excellent collections of quotations. My hope is that this volume may prove a worthy companion to them, in two main ways.

First, in its size and scope. *The Book of Positive Quotations* is the largest collection of its kind, containing over 10,300 quotations on 62 subjects. And, within those subjects, the quotations are arranged according to 703 concepts. (Similar, if less comprehensive, collections include Frank S. Mead's *Encyclopedia of Religious Quotations*, Margaret Pepper's *The Harper Religious and Inspirational Quotation Companion*, and Albert M. Well, Jr.'s *Inspiring Quotations, Contemporary and Classical*, all of which are wonderful resources.)

Second, in its practicality and ease of use. Special steps have been taken to make this dictionary as friendly to users as possible.

To begin with, the quotations are arranged not just by individual subjects or concepts—such as “Acceptance” or “Self-Reliance”—but by specific aspects of, or approaches to, these concepts.

For example, the chapter “Acceptance” consists of sixteen sections, such as “Acceptance Isn’t Resignation” (eleven quotes), “Tension, Trouble, and Adversity Are Normal Parts of Life” (twenty-three quotes), and “Paradox: Acceptance Can Lead to Change” (seven quotes). And “Self-Reliance” features eleven sections, such as “We Must Rely on What’s Inside Us” (twenty-four quotes), “We’re Responsible for Our Own Happiness” (thirty-two quotes), and “Accepting Responsibility for Our Errors and Mistakes” (fifteen quotes).

And, to provide readers with a wide selection of styles and tones, the collection includes many different ways of expressing each concept. Including many expressions of a concept lends that concept more credibility. Further, it shows how smart, sensitive men and women throughout history have agreed about certain basic approaches to life. They have expressed these ideas in very different ways, of course. But whether

expressed in the language of the schools or the language of the streets, there must be truth in concepts that so many different people have believed in and lived by—and, in some cases, died for.

The Book of Positive Quotations is one of the few, if not the only, collection to include the same quotation in more than one category; this brings the total number of entries to more than 11,500. One reason for this approach is that, because of their subject matter, insight, or eloquence, many quotations and concepts virtually demand to appear in more than one category. (Does it not make sense to include the twenty-four quotations in the section entitled “Doing Our Duty and Pursuing Goals Leads to Happiness” in two chapters, “Goals” and “Happiness”? And shouldn’t the thirty-nine quotations found in “Having Realistic Expectations of Ourselves” be included in the chapters on “Realistic Expectations” and “Self-Acceptance”?)

Equally important, however, making each chapter self-sufficient gives readers—quickly and easily, with minimal cross-checking of other chapters—the greatest range of quotations about a particular topic. (It’s a shame to miss a wonderful quotation because it doesn’t appear exactly where one is looking.)



Numerous questions and concerns about accuracy confront anyone who compiles quotations. Take, for example, differences in the spelling of sources’ names. The same famous Russian novelist has had his name spelled “Dostoevski,” “Dostoievski,” and “Dostoyevsky.”

The formality required to identify sources is another issue. The Spanish Jesuit writer Baltasar Gracian Y Morales, for example, is more commonly referred to as “Baltasar Gracian,” or simply “Gracian.” And some sources are almost universally referred to by only one name, usually in the interest of brevity, and because it would be difficult to confuse them with anyone else. “Crebillion,” for example, is used for Prosper Jolyot de Crebillion, the French dramatic poet.

And, of course, through the years many exact quotations—and even more that are very similar—have been attributed to more than one source.

I have made every effort to present each quotation as accurately as possible, and to recognize and honor the appropriate source. In particularly demanding situations, the language and sources cited are those most often used by other compilers and editors. Where it was impossible to verify the accuracy or source of a quotation, I have included it anyway if I believed that the usefulness of the quotation outweighed the demands of scholarly rigor.

This book originated as a selection of life-affirming quotations I compiled for my nephews and niece for Christmas 1989.

Because I was concerned that one of them was too young for it, I wrote in a letter that accompanied the collection, “just put it away in a safe place until you’re ready for it.” To address the question of how someone would know they were “ready,” I wrote:

“You’ll be ready the first time things don’t go the way you want them to, the first time you doubt your ability to do something, the first time you’re tempted to quit or give up, the first time you actually fail at something.

“You’ll be ready the first time you doubt a friend, or think you can’t trust anyone.

“You’ll be ready the first time you have to make an important decision, or choice.

“You’ll be ready the first time you’re afraid of something, or worried.

“You’ll know when you’re ready. When you are, these thoughts should give you the courage and confidence and spirit you need . . . and they’ll remind you of the wonder and the joy of life, regardless of how dark things seem at the moment.

“I know they will. . . . They always have for me.”

So, in addition to being a resource for researchers, writers, students, and professionals, I hope this collection will provide comfort and inspiration for the casual browser or reader.

PART I

Peace of Mind

Peace of Mind



WE ALL SEEK PEACE OF MIND

I take it that what all men are really after is some form of, perhaps only some formula of, peace.

—James Conrad

The mind is never right but when it is at peace within itself.

—Seneca

I am searching for that which every man seeks—peace and rest.

—Dante Alighieri

PRIMARY SOURCES OF PEACE OF MIND

It is a peaceful thing to be the one succeeding.

—Gertrude Stein

[In] back of tranquility lies always conquered unhappiness.

—David Grayson

Order your soul; reduce your wants; live in charity; associate in Christian community; obey the laws; trust in Providence.

—Saint Augustine

Thinking about interior peace destroys interior peace. The patient who constantly feels his pulse is not getting any better.

—Hubert van Zeller

To be glad of life, because it gives you the chance to love and to work and to play and to look up at the stars; to be satisfied with your possessions, but not contented with yourself until you have made the best of them; to despise nothing in the world except falsehood and meanness, and to fear nothing except cowardice; to be governed by your admirations rather than by your disgusts; to covet nothing that is your neighbor's except his kindness of heart and gentleness of manners; to think seldom of your enemies, often of your friends, and every day of Christ; and to spend as much time as you can, with body and with spirit, in God's out-of-doors—these are little guideposts on the footpath to peace.

—Henry Van Dyke

Forgiving those who hurt us is the key to personal peace.

—G. Weatherly

The first rule is to keep an untroubled spirit. The second is to look things in the face and know them for what they are. —Marcus Aurelius

It takes time, love, and support to find peace with the restless one. —Deidra Sarault

The only peace, the only security, is in fulfillment. —Henry Miller

Peace of mind is that mental condition in which you have accepted the worst. —Lin Yutang

In truth, to attain to interior peace, one must be willing to pass through the contrary to peace. —Swami Brahmananda

When at night you cannot sleep, talk to the Shepherd and stop counting sheep. —Anon.

WE MUST FIND PEACE WITHIN OURSELVES

When we are unable to find tranquility within ourselves, it is useless to seek it elsewhere. —Francois de La Rochefoucauld

If you do not find peace in yourself, you will never find it anywhere else. —Paula A. Bendry

If there is to be any peace it will come through being, not having. —Henry Miller

Nowhere can man find a quieter or more untroubled retreat than in his own soul. —Marcus Aurelius

Peace does not dwell in outward things, but within the soul; we may preserve it in the midst of the bitterest pain, if our will remains firm and submissive. Peace in this life springs from acquiescence to, not in an exemption from, suffering. —Francois de Fenelon

Nothing can bring you peace but yourself. —Ralph Waldo Emerson

PEACE AND A HIGHER POWER

In a world filled with causes for worry and anxiety . . . we need the peace of God standing guard over our hearts and minds. —Jerry W. McCant

Peace is not the absence of conflict, but the presence of God no matter what the conflict. —Anon.

There may be those on earth who dress better or eat better, but those who enjoy the peace of God sleep better. —L. Thomas Holdcroft

This is a sane, wholesome, practical, working faith: That it is a man's business to do the will of God; second, that God himself takes on the care of that man; and third, that therefore that man ought never to be afraid of anything. —George MacDonald

When we believe that God is Father, we also believe that such a father's hand will never cause his child a needless tear. We may not understand life any better, but we will not resent life any longer. —William Barclay

The peace is won by accompanying
God into the battle.

—Eivind Josef Berggrav

GENERAL QUOTATIONS
ABOUT PEACE OF MIND

I do not want the peace which pass-
eth understanding, I want the under-
standing which bringeth peace.

—Helen Keller

It takes more distress and poison to
kill someone who has peace of mind
and loves life.

—Bernie S. Siegel, M.D.

She could not separate success from
peace of mind. The two must go
together. —Daphne du Maurier

Happiness



THE IMPORTANCE OF HAPPINESS

When a man has lost all happiness, he's not alive. Call him a breathing corpse. —Sophocles

Whether you are talking about education, career, or service, you are talking about life. And life must really have joy. It's supposed to be fun. —Barbara Bush

Why is it that people who cannot show feeling presume that that is a strength and not a weakness? —May Sarton

Happiness is the meaning and the purpose of life, the whole aim and end of human existence —Aristotle

Happiness is the only sanction in life; where happiness fails, existence remains a mad and lamentable experiment. —George Santayana

The pursuit of happiness . . . is the greatest feat man has to accomplish. —Robert Henri

Make us happy and you make us good. —Robert Browning

A good laugh makes any interview, or any conversation, so much better. —Barbara Walters

The joyfulness of a man prolongeth his days. —Proverbs 10:27

I love myself when I am laughing. —Zora Neale Hurston

Everyone, without exception, is searching for happiness. —Blaise Pascal

LIVING FULLY AND ENJOYING LIFE

I will not be just a tourist in the world of images, just watching images passing by which I cannot live in, make love to, possess as permanent sources of joy and ecstasy. —Anaïs Nin

Celebrate the happiness that friends are always giving, make every day a holiday and celebrate just living! —Amanda Bradley

Live all you can; it's a mistake not to. It doesn't so much matter what you do in particular, so long as you have your life. If you haven't had that, what have you had? —Henry James

Is life worth living?
Aye, with the best of us,
Heights of us, depths of us—
Life is the test of us!
—Corinne Roosevelt Robinson

The general rule is that people who enjoy life also enjoy marriage.
—Phyllis Battelle

It is only by expressing all that is inside that purer and purer streams come.
—Brenda Ueland

Age does not protect you from love but love to some extent protects you from age.
—Jeanne Moreau

There is no cure for birth and death save to enjoy the interval.
—George Santayana

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

Men are made for happiness, and anyone who is completely happy has a right to say to himself: "I am doing God's will on earth."
—Anton Chekhov

To live is so startling it leaves little time for anything else.
—Emily Dickinson

Living well and beautifully and justly are all one thing.
—Socrates

Without pleasure man would live like a fool and soon die.
—Pierre de Beaumarchais

Life has got to be lived—that's all that there is to it.
—Eleanor Roosevelt

All animals except man know that the principle business of life is to enjoy it.
—Samuel Butler

Everything holds its breath except spring. She bursts through as strong as ever.
—B.M. Bower

To live as fully, as completely as possible, to be happy . . . is the true aim and end to life.
—Llewelyn Powers

This is life! It can harden and it can exalt!
—Henrik Ibsen

All I can say about life is, Oh God, enjoy it!
—Bob Newhart

It is in his pleasure that a man really lives.
—Agnes Repplier

Happiness hates the timid!
—Eugene O'Neill

I have smelt all the aromas there are in the fragrant kitchen they call Earth; and what we can enjoy in this life, I surely have enjoyed just like a lord!
—Heinrich Heine

Man is that he might have joy.
—Joseph Smith

It is better to be happy for a moment and be burned up with beauty than to live a long time and be bored all the while.
—Don Marquis

If you want to die happily, learn to live; if you would live happily, learn to die. —Celio Calcagnini

Happiness comes more from loving than being loved; and often when our affection seems wounded it is only our vanity bleeding. To love, and to be hurt often, and to love again—this is the brave and happy life. —J.E. Buchrose

The true object of all human life is play. —G.K. Chesterton

The right to happiness is fundamental. —Anna Pavlova

LOVE AND HAPPINESS

Love lights more fires than hate extinguishes, And men grow better as the world grows old. —Ella Wheeler Wilcox

The Eskimos had fifty-two names for snow because it was important to them; there ought to be as many for love. —Margaret Atwood

Not all of us have to possess earth-shaking talent. Just common sense and love will do. —Myrtle Auvil

The secret of a happy marriage is finding the right person. You know they're right if you love to be with them all of the time. —Julia Child

We can sometimes love what we do not understand, but it is impossible completely to understand what we do not love. —Anna Jameson

To serve thy generation, this thy fate: "Written in water," swiftly fades thy name; But he who loves his kind does, first or late, A work too great for fame. —Mary Clemmer

Love and respect are the most important aspects of parenting, and of all relationships. —Jodie Foster

Perhaps the best function of parenthood is to teach the young creature to love with safety, so that it may be able to venture unafraid when later emotion comes; the thwarting of the instinct to love is the root of all sorrow and not sex only but divinity itself is insulted when it is repressed. To disapprove, to condemn—the human soul shrivels under barren righteousness. —Freya Stark

Love, I find, is like singing. Everybody can do enough to satisfy themselves, though it may not impress the neighbors as being very much. —Zora Neale Hurston

Love is the same as like except you feel sexier. —Judith Viorst

Love is the only thing we can carry with us when we go, and it makes the end so easy. —Louisa May Alcott

Love, by its very nature, is unworldly, and it is for this reason rather than its rarity that it is not only apolitical but anti-political, perhaps the most powerful of all anti-political human forces. —Hannah Arendt

I love, and the world is mine! —Florence Earle Coates

When love is out of your life, you're through in a way. Because while it is there it's like a motor that's going, you have such vitality to do things, big things, because love is goosing you all the time. —Fanny Brice

A caress is better than a career.
—Elizabeth Marbury

I don't want to live—I want to love first, and live incidentally.
—Zelda Fitzgerald

What is it that love does to a woman? Without it, she only sleeps; with it alone, she lives. —Ouida

What a richly colored strong warm coat is woven when love is the warp and work is the woof.
—Marge Piercy

We cannot really love anybody with whom we never laugh.
—Agnes Repplier

There is only one happiness in life, to love and be loved. —George Sand

When you come right down to it, the secret of having it all is loving it all.
—Dr. Joyce Brothers

Where there is great love, there are always wishes. —Willa Cather

The cure for all ills and wrongs, the cares, the sorrows and the crimes of humanity, all lie in the one word 'love.' It is the divine vitality that everywhere produces and restores life.
—Lydia M. Child

To love is to receive a glimpse of heaven.
—Karen Sunde

Love is a force more formidable than any other. It is invisible—it cannot be seen or measured, yet it is powerful enough to transform you in a moment, and offer you more joy than any material possession could.
—Barbara De Angelis

Love is the only effective counter to death.
—Maureen Duffy

There are only two things that are absolute realities, love and knowledge, and you can't escape them.
—Olive Schreiner

There is nothing ridiculous in love.
—Olive Schreiner

Our society allows people to be absolutely neurotic and totally out of touch with their feelings and everyone else's feelings, and yet be very respectable. —Ntozake Shange

From the moment we walk out the door until we come back home our sensibilities are so assaulted by the world that we have to soak up as much love as we can get, simply to arm ourselves. —Patty Duke

Infatuation is when you think that he's as sexy as Robert Redford, as smart as Henry Kissinger, as noble as Ralph Nader, as funny as Woody Allen, and as athletic as Jimmy Connors. Love is when you realize that he's as sexy as Woody Allen, as smart as Jimmy Connors, as funny as Ralph Nader, as athletic as Henry Kissinger, and nothing like Robert Redford—but you'll take him anyway.
—Judith Viorst

I was in love with the whole world
and all that lived in its rainy arms.
—Louise Erdrich

'Tis what I love determines how I love.
—George Eliot

WE HAVE A DUTY TO BE HAPPY

Not only is there a right to be happy,
there is a duty to be happy. So much
sadness exists in the world that we
are all under obligation to contribute
as much joy as lies within our pow-
ers. —John Sutherland Bonnell

There is no duty so much underrated
as the duty of being happy.
—Robert Louis Stevenson

Pleasure is the object, duty and the
goal of all rational creatures.
—Voltaire

THERE ARE DIFFERENT FORMS OF HAPPINESS FOR DIFFERENT PEOPLE

Different men seek . . . happiness
in different ways and by different
means. —Aristotle

What's joy to one is a nightmare to
the other. —Bertolt Brecht

People genuinely happy in their
choices seem less often tempted to
force them on other people than
those who feel martyred and broken
by their lives. —Jane Rule

Happiness . . . leads none of us by the
same route. —Charles Caleb Colton

Even the lowliest, provided he is
whole, can be happy, and in his own
way, perfect. —Johann von Goethe

Happiness, to some, is elation; to
others it is mere stagnation.
—Amy Lowell

No sooner is it a little calmer with
me than it is almost too calm, as
though I have the true feeling of
myself only when I am unbearably
unhappy —Franz Kafka

Your readiest desire is your path to
joy . . . even if it destroys you.
—Holbrook Jackson

All men have happiness as their
object: there are no exceptions.
However different the means they
employ, they aim at the same end.
—Blaise Pascal

We all live with the objective of being
happy; our lives are all different and
yet the same. —Anne Frank

The world is so full of a number of
things, I'm sure we should all be as
happy as kings.
—Robert Louis Stevenson

THE BEAUTY OF HAPPINESS

There is no cosmetic for beauty like
happiness.
—Lady Marguerite Blessington

Love is a great beautifier.
—Louisa May Alcott

Taking joy in life is a woman's best
cosmetic. —Rosalind Russell

Beauty is a radiance that originates from within and comes from inner security and strong character.

—Jane Seymour

BEWARE FALSE HAPPINESS

Real happiness is cheap enough, yet how dearly we pay for its counterfeit.

—Hosea Ballou

False happiness renders men stern and proud, and that happiness is never communicated. True happiness renders kind and sensible, and that happiness is always shared.

—Charles de Montesquieu

Don't mistake pleasures for happiness. They are a different breed of dog.

—Josh Billings

Mirth is better than fun, and happiness is better than mirth.

—William Blake

Amusement is the happiness of those who cannot think.

—Alexander Pope

Happiness is a small and unworthy goal for something as big and fancy as a whole lifetime, and should be taken in small doses.

—Russell Baker

False happiness is like false money; it passes for a long time as well as the true, and serves some ordinary occasions; but when it is brought to the touch, we find the lightness and alloy, and feel the loss.

—Alexander Pope

There is more to life than just existing and having a pleasant time.

—J.C.F. von Schiller

The test of enjoyment is the remembrance which it leaves behind.

—Logan Pearsall Smith

WE'RE RESPONSIBLE FOR OUR OWN HAPPINESS

When I have been unhappy, I have heard an opera . . . and it seemed the shrieking of winds; when I am happy, a sparrow's chirp is delicious to me. But it is not the chirp that makes me happy, but I that make it sweet.

—John Ruskin

Happiness depends upon ourselves.

—Aristotle

The U.S. Constitution doesn't guarantee happiness, only the pursuit of it. You have to catch up with it yourself.

—Benjamin Franklin

Happiness belongs to those who are sufficient unto themselves. For all external sources of happiness and pleasure are, by their very nature, highly uncertain, precarious, ephemeral and subject to chance.

—Arthur Schopenhauer

Most folks are about as happy as they make up their minds to be.

—Abraham Lincoln

One is happy as a result of one's own efforts—once one knows the necessary ingredients of happiness—simple tastes, a certain degree of courage, self-denial to a point, love of work, and, above all, a clear conscience.

—George Sand

Nothing can bring you peace but yourself.

—Ralph Waldo Emerson

Discontent is want of self-reliance; it is infirmity of will.
—Ralph Waldo Emerson

I'm happier. . . . I guess I made up my mind to be that way.
—Merle Haggard

The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things.
—Epictetus

No one gives joy or sorrow. . . . We gather the consequences of our own deeds.
—Garuda Purana

Happiness, happiness . . . the flavor is with you—with you alone, and you can make it as intoxicating as you please.
—Joseph Conrad

Few are they who have never had the chance to achieve happiness . . . and fewer those who have taken that chance.
—André Maurois

To win one's joy through struggle is better than to yield to melancholy.
—André Gide

Life is a romantic business, but you have to make the romance.
—Oliver Wendell Holmes

To be obliged to beg our daily happiness from others bespeaks a more lamentable poverty than that of him who begs his daily bread.
—Charles Caleb Colton

Some pursue happiness, others create it.
—Anon.

Man is the artificer of his own happiness. —Henry David Thoreau

The man who makes everything that leads to happiness depend upon himself, and not upon other men, has adopted the very best plan for living happily.
—Plato

It is not the level of prosperity that makes for happiness but the kinship of heart to heart and the way we look at the world. Both attitudes are within our power, so that a man is happy so long as he chooses to be happy, and no one can stop him.
—Aleksandr Solzhenitsyn

Happy is he that chastens himself.
—Anon.

How unhappy is he who cannot forgive himself.
—Publilius Syrus

WE CAN LEARN HOW TO BE HAPPY

There is always something left to love. And if you ain't learned that, you ain't learned nothing.
—Lorraine Hansbury

Like swimming, riding, writing or playing golf, happiness can be learned.
—Dr. Boris Sokoloff

Being happy is something you have to learn. I often surprise myself by saying, "Wow, this is it. I guess I'm happy. I've got a home that I love. A career that I love. I'm even feeling more and more at peace with myself." If there's something else to happiness, let me know. I'm ambitious for that, too. —Harrison Ford

Learn how to feel joy. —Seneca

PRESCRIPTIONS FOR
TOTAL HAPPINESS

Someone once asked me what I regarded as the three most important requirements for happiness. My answer was: "A feeling that you have been honest with yourself and those around you; a feeling that you have done the best you could both in your personal life and in your work; and the ability to love others."

—Eleanor Roosevelt

Nine requisites for contented living: Health enough to make work a pleasure. Wealth enough to support your needs. Strength to battle with difficulties and overcome them. Grace enough to confess your sins and forsake them. Patience enough to toil until some good is accomplished. Charity enough to see some good in your neighbor. Love enough to move you to be useful and helpful to others. Faith enough to make real the things of God. Hope enough to remove all anxious fears concerning the future. —Johann von Goethe

Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed.

—Storm Jameson

Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and easy. Maybe there are other things your special case requires to make you happy; but, my friend, these I reckon will give you a good lift.

—Abraham Lincoln

To love deeply in one direction makes us more loving in all others.

—Anne-Sophie Swetchine

Have a variety of interests. . . . These interests relax the mind and lessen tension on the nervous system. People with many interests live, not only longest, but happiest.

—George Matthew Allen

Build a little fence of trust
Around today;
Fill the space with loving work,
And therein stay.

—Mary Frances Butts

This is wisdom: to love wine, beauty, and the heavenly spring. That's sufficient—the rest is worthless.

—Theodore De Banville

If a man has important work, and enough leisure and income to enable him to do it properly, he is in possession of as much happiness as is good for any of the children of Adam.

—R.H. Tawney

The secret of happiness . . . is to be in harmony with existence, to be always calm, always lucid, always willing "to be joined to the universe without being more conscious of it than an idiot," to let each wave of life wash us a little farther up the shore.

—Cyril Connolly

Good friends, good books and a sleepy conscience: this is the ideal life.

—Mark Twain

The grand essentials to happiness in this life are something to do, something to love and something to hope for.

—Joseph Addison

The best philosophy is to do one's duties, to take the world as it comes, submit respectfully to one's lot, and bless the goodness that has given us so much happiness with it, whatever it is.
—Horace Walpole

One is happy as a result of one's own efforts—once one knows the necessary ingredients of happiness—simple tastes, a certain degree of courage, self-denial to a point, love of work, and, above all, a clear conscience.
—George Sand

In order to be utterly happy the only thing necessary is to refrain from comparing this moment with other moments in the past, which I often did not fully enjoy because I was comparing them with other moments of the future.
—André Gide

From birth to age eighteen, a girl needs good parents. From eighteen to thirty-five, she needs good looks. From thirty-five to fifty-five, she needs a good personality. From fifty-five on, she needs good cash.
—Sophie Tucker

To make a man happy, fill his hands with work, his heart with affection, his mind with purpose, his memory with useful knowledge, his future with hope, and his stomach with food.
—Frederick E. Crane

For me, happiness came from prayer to a kindly God, faith in a kindly God, love for my fellow man, and doing the very best I could every day of my life. I had looked for happiness in fast living, but it was not there. I tried to find it in money, but it was not there, either. But when I placed

myself in tune with what I believe to be fundamental truths of life, when I began to develop my limited ability, to rid my mind of all kinds of tangled thoughts and fill it with zeal and courage and love, when I gave myself a chance by treating myself decently and sensibly, I began to feel the stimulating, warm glow of happiness.
—Edward Young

There are three ingredients in the good life: learning, earning and yearning.
—Christopher Morley

Work and love—these are the basics. Without them there is neurosis.
—Theodor Reik

If thou workest at that which is before thee . . . expecting nothing, fearing nothing, but satisfied with thy present activity according to Nature, and with heroic truth in every word and sound which thou utterest, thou wilt live happy. And there is no man who is able to prevent this.
—Marcus Aurelius

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation and freedom in all just pursuits.
—Thomas Jefferson

I believe the recipe for happiness to be just enough money to pay the monthly bills you acquire, a little surplus to give you confidence, a little too much work each day, enthusiasm for your work, a substantial share of good health, a couple of real friends and a wife and children to share life's beauty with you.
—J. Kenfield Morley

If we could learn how to balance rest against effort, calmness against strain, quiet against turmoil, we would assure ourselves of joy in living and psychological health for life.
—Josephine Rathbone

Five great enemies to peace inhabit us: avarice, ambition, envy, anger and pride. If those enemies were to be banished, we should infallibly enjoy perpetual peace.
—Ralph Waldo Emerson

True happiness . . . arises, in the first place, from the enjoyment of one's self, and in the next, from the friendship and conversation of a few select companions. —Joseph Addison

May you have warmth in your igloo, oil in your lamp, and peace in your heart. —Eskimo proverb

What can be added to the happiness of man who is in health, out of debt, and has a clear conscience?
—Adam Smith

To do the useful thing, to say the courageous thing, to contemplate the beautiful thing; that is enough for one man's life. —T.S. Eliot

Let your boat of life be light, packed only with what you need—a homely home and simple pleasures, one or two friends worth the name, someone to love and to love you, a cat, a dog, enough to eat and enough to wear, and a little more than enough to drink, for thirst is a dangerous thing.
—Jerome K. Jerome

To be glad of life, because it gives you the chance to love and to work and to play and to look up at the stars; to be satisfied with your possessions, but not contented with yourself until you have made the best of them; to despise nothing in the world except falsehood and meanness, and to fear nothing except cowardice; to be governed by your admirations rather than by your disgusts; to covet nothing that is your neighbor's except his kindness of heart and gentleness of manners; to think seldom of your enemies, often of your friends, and every day of Christ; and to spend as much time as you can, with body and with spirit, in God's out-of-doors—these are little guideposts on the footpath to peace. —Henry Van Dyke

Order your soul; reduce your wants; live in charity; associate in Christian community; obey the laws; trust in Providence. —Saint Augustine

Simplicity, clarity, singleness: these are the attributes that give our lives power and vividness and joy.
—Richard Halloway

To live content with small means; to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable, and wealthy, not rich; to study hard, think quietly, talk gently, act frankly; to listen to the stars and birds, to babes and sages, with open heart; to bear on cheerfully, do all bravely, awaiting occasions, worry never; in a word to, like the spiritual, unbidden and unconscious, grow up through the common. —William Ellery Channing

The attributes of a great lady may still be found in the rule of the four S's: Sincerity, Simplicity, Sympathy, and Serenity. —Emily Post

Manifest plainness,
Embrace simplicity,
Reduce selfishness,
Have few desires. —Lao-tzu

Do you prefer that you be right, or that you be happy?
—*A Course in Miracles*

Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed.
—Storm Jameson

Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; love more, and all good things will be yours.
—Swedish proverb

Practice easing your way along. Don't get het up or in a dither. Do your best; take it as it comes. You can handle anything if you think you can. Just keep your cool and your sense of humor.
—Smiley Blanton

To live and let live, without clamor for distinction or recognition; to wait on divine Love; to write truth first on the tablet of one's own heart—this is the sanity and perfection of living, and my human ideal.
—Mary Baker Eddy

Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can. —Anon.

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible without surrender, be on good terms with all persons. Speak your truth quietly and clearly, and listen to others, even the dull and ignorant; they too have their story. . . .

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours and aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world.

—Max Ehrmann

Accept the pain, cherish the joys, resolve the regrets; then can come the best of benedictions—"If I had my life to live over, I'd do it all the same."
—Joan McIntosh

The way of a superior man is three-fold: Virtuous, he is free from anxieties; wise, he is free from perplexities; bold, he is free from fear.
—Confucius

The first rule is to keep an untroubled spirit. The second is to look things in the face and know them for what they are. —Marcus Aurelius

HAPPINESS COMES FROM
WHO AND WHAT WE ARE, AND
OUR INNER LIFE

It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere. —Agnes Repplier

Joy is the feeling of grinning on the inside. —Dr. Melba Colgrove

It is those who have a deep and real inner life who are best able to deal with the irritating details of outer life. —Evelyn Underhill

To live happily is an inward power of the soul. —Marcus Aurelius

The secret of staying young is to live honestly, eat slowly, and lie about your age. —Lucille Ball

Virtue, like a dowerless beauty, has more admirers than followers. —Lady Marguerite Blessington

We can build upon foundations anywhere, if they are well and truly laid. —Ivy Compton-Burnett

Though language forms the preacher, 'Tis "good works" make the man. —Eliza Cook

All times are beautiful for those who maintain joy within them; but there is no happy or favorable time for those with disconsolate or orphaned souls. —Rosalia Castro

When you're in your nineties and looking back, it's not going to be how much money you made or how many awards you've won. It's really what did you stand for. Did you make a positive difference for people? —Elizabeth Dole

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his or her fingers through it once a day.

For poise, walk with the knowledge you'll never walk alone. —Audrey Hepburn

What you become is what counts. —Liz Smith

If an Arab in the desert were suddenly to discover a spring in his tent, and so would always be able to have water in abundance, how fortunate he would consider himself; so too, when a man who . . . is always turned toward the outside, thinking that his happiness lies outside him, finally turns inward and discovers that the source is within him. —Søren Kierkegaard

Happiness is not in our circumstances, but in ourselves. It is not something we see, like a rainbow, or feel, like the heat of a fire. Happiness is something we are. —John B. Sheerin

Seek not outside yourself, heaven is within. —Mary Lou Cook

If we have not peace within ourselves, it is in vain to seek it from outward sources.

—Francois de La Rochefoucauld

Most true happiness comes from one's inner life, from the disposition of the mind and soul. Admittedly, a good inner life is difficult to achieve, especially in these trying times. It takes reflection and contemplation and self-discipline. —W.L. Shirer

It's what you do that makes your soul, not the other way around.

—Barbara Kingsolver

The happiest people seem to be those who have no particular cause for being happy except that they are so.

—William Ralph Inge

I think the inner person is the most important. . . . I would like to see an invention that keeps the mind alert. That's what is important.

—Julia Child

I don't think that . . . one gets a flash of happiness once, and never again; it is there within you, and it will come as certainly as death. —Isak Dinesen

There is no other solution to man's progress but the day's honest work, the day's honest decisions, the day's generous utterances, and the day's good deed. —Clare Boothe Luce

You have much more power when you are working for the right thing than when you are working for the wrong thing. —Peace Pilgrim

I am convinced that we must train not only the head, but the heart and hand as well.

—Madame Chiang Kai-Shek

Live virtuously, and you cannot die too soon, or live too long.

—Lady R. Russell

A happy life is one which is in accordance with its own nature.

—Marcus Annaeus Seneca

IF WE ARE OPEN TO HAPPINESS,
IT WILL REVEAL ITSELF

People see God every day, they just don't recognize Him. —Pearl Bailey

We hear voices in solitude, we never hear in the hurry and turmoil of life; we receive counsels and comforts we get under no other condition.

—Amelia Barr

We are new every day.

—Irene Claremont de Castillejo

IT DOESN'T PAY TO SEEK
HAPPINESS DIRECTLY

Happiness is not a possession to be prized, it is a quality of thought, a state of mind. —Daphne du Maurier

Happiness is a butterfly which, when pursued, is always beyond our grasp, but, if you will sit down quietly, may alight upon you.

—Nathaniel Hawthorne

Happiness is something that comes into our lives through doors we don't even remember leaving open.
—Rose Wilder Lane

To seek after beauty as an end, is a wild goose chase, a will-o'-the-wisp, because it is to misunderstand the very nature of beauty, which is the normal condition of a thing being as it should be.
—Ada Bethune

Perfect happiness is the absence of striving for happiness.
—Chuang-tzu

This will be triumph! This will be happiness! Yea, that very thing, happiness, which I have been pursuing all my life, and have never yet overtaken.
—Joanna Baillie

I don't sit around thinking that I'd like to have another husband; only another man would make me think that way.
—Lauren Bacall

Pleasure is very seldom found where it is sought. Our brightest blazes are commonly kindled by unexpected sparks.
—Samuel Johnson

A sure way to lose happiness, I found, is to want it at the expense of everything else.
—Bette Davis

Those who seek happiness miss it, and those who discuss it, lack it.
—Holbrook Jackson

Inspiration never arrived when you were searching for it.
—Lisa Alther

Nothing is more hopeless than a scheme of merriment.
—Samuel Johnson

Now and then it's good to pause in our pursuit of happiness and just be happy.
—*The Cockle Bur*

Happiness is never stopping to think if you are.
—Palmer Soudreal

It is the paradox of life that the way to miss pleasure is to seek it first. The very first condition of lasting happiness is that a life should be full of purpose, aiming at something outside self.
—Hugh Black

If you pursue happiness you'll never find it.
—C.P. Snow

Some of us might find happiness if we quit struggling so desperately for it.
—William Feather

Seek not happiness too greedily, and be not fearful of unhappiness.
—Lao-tzu

The man of pleasure, by a vain attempt to be more happy than any man can be, is often more miserable than most men.
—Charles Caleb Colton

The bird of paradise alights only on the hand that does not grasp.
—John Berry

The only way to happiness is never to give happiness a thought.
—Elton Trueblood

Everyone chases after happiness, not noticing that happiness is at their heels.
—Bertolt Brecht

Seek to do good, and you will find that happiness will run after you.
—James Freeman Clarke

Deliberately to pursue happiness is not the surest way of achieving it. Seek it for its own sake and I doubt whether you will find it.

—Robert J. McCracken

Happiness must not be sought for; when what disturbs passes away, happiness comes of itself.

—*The Gospel According to Zen*

Enjoyment is not a goal, it is a feeling that accompanies important ongoing activity.

—Paul Goodman

If only we'd stop trying to be happy we'd have a pretty good time.

—Edith Wharton

Most men pursue pleasure with such breathless haste that they hurry past it.

—Søren Kierkegaard

Happiness comes most to persons who seek it least, and think least about it. It is not an object to be sought, it is a state to be induced. It must follow and not lead. It must overtake you, and not you overtake it.

—John Burroughs

Happiness sneaks in through a door you didn't know you left open.

—John Barrymore

Happiness is like a cat. If you try to coax it or call it, it will avoid you. It will never come. But if you pay no attention to it and go about your business, you'll find it rubbing against your legs and jumping into your lap.

—William Bennett

One must never look for happiness: one meets it by the way.

—Isabelle Eberhardt

They seemed to come suddenly upon happiness as if they had surprised a butterfly in the winter woods.

—Edith Wharton

Happiness in this world, when it comes, comes incidentally. Make it the object of pursuit, and it leads us on a wild-goose chase, and is never attained. Follow some other object, and very possibly we may find that we have caught happiness without dreaming of it.

—Nathaniel Hawthorne

Happiness and beauty are by-products. Folly is the direct pursuit of happiness and beauty.

—George Bernard Shaw

It is the very pursuit of happiness that thwarts happiness.

—Viktor Frankel

If you ever find happiness by hunting for it, you will find it, as the old woman did her lost spectacles, safe on her nose all the time.

—Josh Billings

Happiness is not a goal, it is a by-product.

—Eleanor Roosevelt

Happiness is mostly a by-product of doing what makes us feel fulfilled.

—Dr. Benjamin Spock

Happiness is something you get as a by-product in the process of making something else.

—Aldous Huxley

Happiness is not a horse, you cannot harness it.

—Chinese proverb

TO BE HAPPY, WE MUST BE
TRUE TO OURSELVES

The attainment of justice is the highest human endeavor.

—Florence Ellinwood Allen

Conscience, as I understand it, is the impulse to do the right thing because it is right, regardless of personal ends, and has nothing whatever to do with the ability to distinguish between right and wrong.

—Margaret Collier Graham

I cannot and will not cut my conscience to fit this year's fashions.

—Lillian Hellman

The principles we live by, in business and in social life, are the most important part of happiness.

—Harry Harrison

If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself.

—Barbara De Angelis

Happiness is when what you think, what you say, and what you do are in harmony.

—Mahatma Gandhi

A good message will always find a messenger.

—Amelia Barr

It's no good saying one thing and doing another.

—Catherine Cookson

There can be no happiness if the things we believe in are different from the things we do.

—Freya Stark

Let how you live your life stand for something, no matter how small and incidental it may seem.

—Jodie Foster

Happy is the man who ventures boldly to defend what he holds dear.

—Ovid

It is necessary to the happiness of man that he be mentally faithful to himself.

—Thomas Paine

Happiness is that state of consciousness which proceeds from the achievement of one's values.

—Ayn Rand

It is the chiefest point of happiness that a man is willing to be what he is.

—Erasmus

Resolve to be thyself; and know that who finds himself, loses his misery.

—Matthew Arnold

There is only one history of any importance, and it is the history of what you once believed in, and the history of what you came to believe in.

—Kay Boyle

The needle of our conscience is as good a compass as any.

—Ruth Wolff

But what is happiness except the simple harmony between a man and the life he leads?

—Albert Camus

That kind of life is most happy which affords us most opportunities of gaining our own esteem.

—Samuel Johnson

KEEPING BUSY IS A
KEY TO HAPPINESS

Happiness is not something you get,
but something you do.

—Marcelene Cox

Happiness is action.

—David Thomas

I am enjoying to a full that period of
reflection which is the happiest con-
clusion to a life of action.

—Willa Cather

Action may not always bring happi-
ness, but there is no happiness with-
out action.

—William James

I want a busy life, a just mind, and a
timely death.

—Zora Neale Hurston

Happiness is often the result of being
too busy to be miserable.

—Anon.

Painting's not important. The impor-
tant thing is keeping busy.

—Grandma Moses

To attain happiness in another world
we need only to believe something;
to secure it in this world, we must do
something.

—Charlotte P. Gilman

To fill the hour, and leave no crevice
. . . that is happiness.

—Ralph Waldo Emerson

If you observe a really happy man,
you will find . . . that he is happy in
the course of living life twenty-four
crowded hours of each day.

—W. Beran Wolfe

I find my joy of living in the fierce
and ruthless battles of life.

—August Strindberg

Happiness is an expression of the
soul in considered actions.

—Aristotle

We must be doing something to be
happy.

—William Hazlitt

Happiness lies in the fulfillment of
the spirit through the body.

—Cyril Connolly

We must not seek happiness in peace,
but in conflict.

—Paul Claudel

Happiness walks on busy feet.

—Kitte Turmell

Our actions are the springs of our
happiness or misery.

—Philip Skelton

The formula for complete happiness
is to be very busy.

—A. Edward Newton

The busiest man is the happiest man.

—Sir Theodore Martin

To be busy is man's only happiness.

—Mark Twain

The only way to avoid being miser-
able is not to have enough leisure to
wonder whether you are happy or
not.

—George Bernard Shaw

The happiest people are those who
are too busy to notice whether they
are or not.

—William Feather

ACCEPTING THE INEVITABLE IS
CRITICAL TO OUR HAPPINESS

In great moments life seems neither right nor wrong, but something greater: it seems inevitable.

—Margaret Sherwood

Happiness . . . can exist only in acceptance.

—Denis De Rougemont

Knowledge of what is possible is the beginning of happiness.

—George Santayana

There is only one way to happiness, and that is to cease worrying about things which are beyond the power of our will.

—Epictetus

Happiness comes from . . . some curious adjustment to life.

—Hugh Walpole

Happy is he who learns to bear what he cannot change!

—J.C.F. von Schiller

The secret of happiness is not in doing what one likes, but in liking what one has to do.

—Sir James M. Barrie

He is happy whose circumstances suit his temper; but he is more excellent who suits his temper to any circumstances.

—David Hume

Happiness is experienced when your life gives you what you are willing to accept.

—Ken Keyes, Jr.

Peace of mind is that mental condition in which you have accepted the worst.

—Lin Yutang

Life is not always what one wants it to be, but to make the best of it as it is, is the only way of being happy.

—Jennie Jerome Churchill

We deem those happy who from the experience of life have learned to bear its ills, without being overcome by them.

—Juvenal

DOING OUR DUTY AND PURSUING
GOALS LEADS TO HAPPINESS

This is true joy of life—being used for a purpose that is recognized by yourself as a mighty one . . . instead of being a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy.

—George Bernard Shaw

Never mind your happiness; do your duty.

—Will Durant

Human happiness and moral duty are inseparably connected.

—George Washington

When we . . . devote ourselves to the strict and unsparing performance of duty, then happiness comes of itself.

—Wilhelm von Humboldt

Seek happiness for its own sake, and you will not find it; seek for duty, and happiness will follow as the shadow comes with the sunshine.

—Tyron Edwards

True happiness . . . is not attained through self-gratification, but through fidelity to a worthy purpose.

—Helen Keller

The only true happiness comes from squandering ourselves for a purpose.
—William Cowper

Happiness is the natural flower of duty.
—Phillips Brooks

The happiest excitement in life is to be convinced that one is fighting for all one is worth on behalf of some clearly seen and deeply felt good.
—Ruth Benedict

True happiness, we are told, consists in getting out of one's self. But the point is not only to get out, you must stay out. And to stay out, you must have some absorbing errand.
—Henry James

The secret of living is to find . . . the pivot of a concept on which you can make your stand. —Luigi Pirandello

A man's happiness: to do the things proper to man. —Marcus Aurelius

Happy [is] the man who knows his duties!
—Christian Furchtegott Gellert

The only ones among you who will be really happy are those who will have sought and found how to serve.
—Albert Schweitzer

He who never sacrificed a present to a future good, or a personal to a general one, can speak of happiness only as the blind speak of color.
—Horace Mann

There is no happiness except in the realization that we have accomplished something. —Henry Ford

I believe half the unhappiness in life comes from people being afraid to go straight at things. —William J. Locke

The full-grown modern human being . . . is conscious of touching the highest pinnacle of fulfillment . . . when he is consumed in the service of an idea, in the conquest of the goal pursued.
—R. Briffault

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

Happiness is the overcoming of not unknown obstacles toward a known goal. —L. Ron Hubbard

Give a man health and a course to steer, and he'll never stop to trouble about whether he's happy or not.
—George Bernard Shaw

Having a goal is a state of happiness.
—E.J. Bartek

Happiness lies in the joy of achievement and the thrill of creative effort.
—Franklin Delano Roosevelt

Without duty, life is soft and boneless.
—Joseph Joubert

TRUE HAPPINESS COMES FROM LITTLE THINGS—NOT BIG ONES

It is always the simple that produces the marvelous. —Amelia Barr

Happiness consists not in having much, but in being content with little.
—Lady Marguerite Blessington

Man is meant for happiness and this happiness is in him, in the satisfaction of the daily needs of his existence. —Leo Tolstoy

I have had more than half a century of such happiness. A great deal of worry and sorrow, too, but never a worry or a sorrow that was not offset by a purple iris, a lark, a bluebird, or a dewy morning glory.
—Mary McLeod Bethune

A multitude of small delights constitute happiness. —Charles Baudelaire

The happiness of life is made up of minute fractions—the little, soon-forgotten charities of a kiss or smile, a kind look, a heart-felt compliment, and the countless infinitesimals of pleasurable and genial feeling.
—Samuel Taylor Coleridge

For me it is sufficient to have a corner by my hearth, a book and a friend, and a nap undisturbed by creditors or grief.
—Fernandez de Andrada

A happy life is made up of little things . . . a gift sent, a letter written, a call made, a recommendation given, transportation provided, a cake made, a book lent, a check sent.
—Carol Holmes

Yes, there is a Nirvanah; it is in leading your sheep to a green pasture, and in putting your child to sleep, and in writing the last line of your poem.
—Kahlil Gibran

First health, then wealth, then pleasure, and do not owe anything to anybody. —Catherine the Great

I know well that happiness is in little things. —John Ruskin

Sooner or later we all discover that the important moments in life are not the advertised ones, not the birthdays, the graduations, the weddings, not the great goals achieved. The real milestones are less prepossessing. They come to the door of memory.
—Susan B. Anthony

There is nothing like staying at home for real comfort. —Jane Austen

I don't think about whether people will remember me or not. I've been an okay person. I've learned a lot. I've taught people a thing or two. That's what's important.
—Julia Child

What would life be without art? Science prolongs life. To consist of what—eating, drinking, and sleeping? What is the good of living longer if it is only a matter of satisfying the requirements that sustain life? All this is nothing without the charm of art.
—Sarah Bernhardt

It is by studying little things that we attain the great knowledge of having as little misery and as much happiness as possible. —Samuel Johnson

The happiest people I have known in this world have been the Saints—and, after these, the men and women who get immediate and conscious enjoyment from little things.
—Hugh Walpole

The little things are infinitely the most important.
—Sir Arthur Conan Doyle

We women ought to put first things first. Why should we mind if men have their faces on the money, as long as we get our hands on it?

—Ivy Baker Priest

Eating is not merely a material pleasure. Eating well gives a spectacular joy to life and contributes immensely to goodwill and happy companionship. It is of great importance to the morale.

—Elsa Schiaparelli

I am beginning to learn that it is the sweet, simple things of life which are the real ones after all.

—Laura Ingalls Wilder

Happiness consists more in small conveniences or pleasures that occur every day, than in great pieces of good fortune that happen but seldom.

—Benjamin Franklin

The happiness of most people is not ruined by great catastrophes or fatal errors, but by the repetition of slowly destructive little things.

—Ernest Dimnet

Enjoy the little things, for one day you may look back and realize they were the big things.

—Robert Brault

Why not learn to enjoy the little things—there are so many of them.

—Anon.

Anyone who's a great kisser I'm always interested in.

—Cher

Moderation. Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health.

—Julia Child

The best things are nearest: breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of God just before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things of life.

—Robert Louis Stevenson

In violent and chaotic times such as these, our only chance for survival lies in creating our own little islands of sanity and order, in making little havens of our homes.

—Susan Kaufman

Small kindnesses, small courtesies, small considerations, habitually practiced in our social intercourse, give a greater charm to the character than the display of great talents and accomplishments.

—Mary Ann Keltz

For most of life, nothing wonderful happens. If you don't enjoy getting up and working and finishing your work and sitting down to a meal with family or friends, then the chances are you're not going to be very happy. If someone bases his happiness or unhappiness on major events like a great new job, huge amounts of money, a flawlessly happy marriage or a trip to Paris, that person isn't going to be happy much of the time. If, on the other hand, happiness depends on a good breakfast, flowers in the yard, a drink or a nap, then we are more likely to live with quite a bit of happiness.

—Andy Rooney

The mere sense of living is joy enough.

—Emily Dickinson

OUR HAPPINESS INCREASES
WHEN WE HELP OTHER PEOPLE

The true way to soften one's troubles
is to solace those of others.

—Madame De Maintenon

To complain that life has no joys
while there is a single creature whom
we can relieve by our bounty, assist by
our counsels or enliven by our pres-
ence, is . . . just as rational as to die of
thirst with the cup in our hands.

—Thomas Fitzosborne

We learn the inner secret of happiness
when we learn to direct our inner
drives, our interest, and our attention
to something besides ourselves.

—Ethel Percy Andrus

Little deeds of kindness, little words
of love,
Help to make earth happy like the
heaven up above.

—Julia A. Fletcher Carney

In about the same degree as you are
helpful, you will be happy.

—Karl Reiland

Hire the best. Pay them fairly.
Communicate frequently. Provide
challenges and rewards. Believe
in them. Get out of their way and
they'll knock your socks off.

—Mary Ann Allison

Treat a horse like a woman and a
woman like a horse. And they'll both
win for you.

—Elizabeth Arden

Invest in the human soul. Who knows,
it might be a diamond in the rough.

—Mary McLeod Bethune

All the goodness, beauty, and perfec-
tion of a human being belong to the
one who knows how to recognize
these qualities. —Georgette Leblanc

You cannot always have happiness,
but you can always give happiness.

—Anon.

The nice thing about teamwork is
that you always have others on your
side.

—Margaret Carty

No one can sincerely try to help
another without helping himself.

—Charles Dudley Warner

Happiness is a by-product of helping
others.

—Denny Miller

The most exquisite pleasure is giving
pleasure to others.

—Jean de La Bruyère

No man can live happily who regards
himself alone, who turns everything
to his own advantage. Thou must live
for another if thou wishest to live for
thyself.

—Marcus Annaeus Seneca

Scatter seeds of kindness everywhere
you go;

Scatter bits of courtesy—watch them
grow and grow.

Gather buds of friendship, keep them
till full-blown;

You will find more happiness than
you have ever known.

—Amy R. Raabe

If all our happiness is bound up
entirely in our personal circumstances,
it is difficult not to demand of life
more than it has to give.

—Bertrand Russell

No man is more cheated than the selfish man. —Henry Ward Beecher

The habit of being uniformly considerate toward others will bring increased happiness to you.

—Grenville Kleiser

If you have not often felt the joy of doing a kind act, you have neglected much, and most of all yourself.

—A. Neilen

We cannot hold a torch to light another's path without brightening our own.

—Ben Sweetland

Life becomes harder for us when we live for others, but it also becomes richer and happier.

—Albert Schweitzer

Happiness . . . consists in giving, and in serving others.

—Henry Drummond

Pleasure is a reciprocal; no one feels it who does not at the same time give it. To be pleased, one must please.

—Lord Chesterfield

He that despiseth his neighbor sinneth; but he that hath mercy on the poor, happy is he. —Proverbs 14:21

Instinct teaches us to look for happiness outside ourselves.

—Blaise Pascal

A bit of fragrance always clings to the hand that gives you roses.

—Chinese proverb

When you dig another out of their troubles, you find a place to bury your own.

—Anon.

One thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.

—Albert Schweitzer

Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness.

—Rabbi Harold Kushner

The entire sum of existence is the magic of being needed by just one person.

—Vi Putnam

One of the things I keep learning is that the secret of being happy is doing things for other people.

—Dick Gregory

Make one person happy each day and in forty years you will have made 14,600 human beings happy for a little time, at least.

—Charley Willey

The most satisfying thing in life is to have been able to give a large part of oneself to others.

—Pierre Teilhard de Chardin

To be kind to all, to like many and love a few, to be needed and wanted by those we love, is certainly the nearest we can come to happiness.

—Mary Roberts Rinehart

Seldom can the heart be lonely, If it seeks a lonelier still; Self-forgetting, seeking only Emptier cups of love to fill.

—Frances Ridley Havergal

The older you get, the more you realize that kindness is synonymous with happiness.

—Lionel Barrymore

There is no happiness in having or in getting, but only in giving.
—Henry Drummond

Make happy those who are near, and those who are far will come.
—Chinese proverb

True happiness consists in making others happy.
—Hindu proverb

HAPPINESS IS MEANT TO BE SHARED

All who would win joy, must share it; happiness was born a twin.
—Lord Byron

Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give.
—Norman MacEwan

Happiness quite unshared can scarcely be called happiness; it has no taste.
—Charlotte Brontë

Happiness is a sunbeam which may pass through a thousand bosoms without losing a particle of its original ray; nay, when it strikes on a kindred heart, like the converged light on a mirror, it reflects itself with redoubled brightness. It is not perfected till it is shared. —Jane Porter

The tourist may complain of other tourists, but he would be lost without them.
—Agnes Repplier

Unshared joy is an unlighted candle.
—Spanish proverb

A joy that's shared is a joy made double.
—English proverb

The human heart, at whatever age, opens only to the heart that opens in return.
—Maria Edgeworth

Happiness is the cheapest thing in the world . . . when we buy it for someone else.
—Paul Flemming

To get the full value of a joy you must have somebody to divide it with.
—Mark Twain

We have no more right to consume happiness without producing it than to consume wealth without producing it.
—George Bernard Shaw

When someone does something good, applaud! You will make two people happy.
—Samuel Goldwyn

Happiness is not perfected until it is shared.
—Jane Porter

Happiness . . . is achieved only by making others happy.
—Stuart Cloete

OUR THOUGHTS DETERMINE OUR HAPPINESS

High above hate I dwell,
O storms! Farewell.
—Louise Imogen Guiney

The happiness of your life depends upon the quality of your thoughts.
—Marcus Aurelius

I am happy and content because I think I am.
—Alain-Rene Lesage

All happiness is in the mind.
—Anon.

Happiness is not a matter of events; it depends upon the tides of the mind.

—Alice Meynell

A happy life consists in tranquility of mind.

—Cicero

The real winners in life are the people who look at every situation with an expectation that they can make it work or make it better.

—Barbara Pletcher

A man's as miserable as he thinks he is.

—Marcus Annaeus Seneca

The happiest person is the person who thinks the most interesting thoughts.

—William Lyon Phelps

Unhappiness indicates wrong thinking, just as ill health indicates a bad regimen.

—Paul Bourge

He is happy that knoweth not himself to be otherwise.

—Thomas Fuller

The greater part of our happiness or misery depends on our dispositions, and not our circumstances.

—Martha Washington

Happiness does not depend on outward things, but on the way we see them.

—Leo Tolstoy

Happiness will never be any greater than the idea we have of it.

—Maurice Maeterlinck

We are never so happy or so unhappy as we think.

—Francois de La Rochefoucauld

Misery is almost always the result of thinking.

—Joseph Joubert

A great obstacle to happiness is to expect too much happiness.

—Bernard de Fontenelle

It isn't our position, but our disposition, that makes us happy.

—Anon.

A man's happiness or unhappiness depends as much on his temperament as on his destiny.

—Francois de La Rochefoucauld

WORK IS ESSENTIAL TO MOST PEOPLE'S HAPPINESS

I went back to being an amateur, in the sense of somebody who loves what she is doing. If a professional loses the love of work, routine sets in, and that's the death of work and life.

—Ada Bethune

The high prize of life, the crowning fortune of man, is to be born with a bias to some pursuit which finds him in employment and happiness.

—Ralph Waldo Emerson

The medals don't mean anything and the glory doesn't last. It's all about your happiness. The rewards are going to come, but my happiness is just loving the sport and having fun performing.

—Jackie Joyner-Kersey

The road to happiness lies in two simple principles: find what it is that interests you and that you can do well, and when you find it put your whole soul into it—every bit of energy and ambition and natural ability you have.

—John D. Rockefeller III

They are happy men whose natures
sort with their vocations.
—Francis Bacon

Happiness consists in the full employ-
ment of our faculties in some pursuit.
—Harriet Martineau

The happy people are those who are
producing something.
—William Ralph Inge

Congenial labor is the secret of hap-
piness. —Arthur Christopher Benson

To find out what one is fitted to do,
and to secure an opportunity to do it,
is the key to happiness.
—John Dewey

If I were to suggest a general rule for
happiness, I would say “Work a little
harder; Work a little longer; Work!”
—Frederick H. Ecker

To make a man happy, fill his hands
with work. —Frederick E. Crane

Work is the true elixir of life. The
busiest man is the happiest man.
—Sir Theodore Martin

Happiness . . . loves to see men work.
She loves sweat, weariness, self-
sacrifice. She will not be found in the
palaces, but lurking in cornfields and
factories, and hovering over littered
desks. —David Grayson

Every job has drudgery. . . . The first
secret of happiness is the recognition
of this fundamental fact.
—M.C. McIntosh

All happiness depends on courage
and work. —Honore de Balzac

There is work that is work and there
is play that is play; there is play that
is work and work that is play. And in
only one of these lie happiness.
—Gelett Burgess

Employment . . . is so essential to
human happiness that indolence is
justly considered the mother of misery.
—Robert Burton

Happiness comes only when we push
our brains and hearts to the farthest
reaches of which we are capable.
—Leo C. Rosten

A man is relieved and gay when he
has put his heart into his work and
done his best.
—Ralph Waldo Emerson

There is certainly no greater hap-
piness than to be able to look back
on a life usefully and virtuously
employed, to trace our own progress
in existence by such tokens as excite
neither shame nor sorrow.
—Samuel Johnson

Continuity of purpose is one of the
most essential ingredients of happiness
in the long run, and for most men this
comes chiefly through their work.
—Bertrand Russell

Blessed is he who has found his work;
let him ask no other blessedness. He
has a work, a life-purpose. . . . Get
your happiness out of your work or
you will never know what real happi-
ness is. . . . Even in the meanest sorts
of labor, the whole soul of a man is
composed into a kind of real harmony
the instant he sets himself to work.
—Thomas Carlyle

Man is happy only as he finds a work worth doing—and does it well.

—E. Merrill Root

Life without absorbing occupation is hell.

—Elbert Hubbard

Few persons realize how much of their happiness, such as it is, is dependent upon their work.

—John Burroughs

Joy is the will which labours, which overcomes obstacles, which knows triumph.

—William Butler Yeats

Get happiness out of your work or you may never know what happiness is.

—Elbert Hubbard

When men are rightly occupied, their amusement grows out of their work, as the color-petals out of a fruitful flower.

—John Ruskin

HOME AND FAMILY LIFE CAN BE A PRIME SOURCE OF HAPPINESS

Parents, however old they and we may grow to be, serve among other things to shield us from a sense of our doom. As long as they are around, we can avoid the fact of our mortality; we can still be innocent children.

—Jane Howard

You leave home to seek your fortune and, when you get it, you go home and share it with your family.

—Anita Baker

Sometimes the strength of motherhood is greater than natural laws.

—Barbara Kingsolver

He is happiest, be he king or peasant, who finds peace in his home.

—Johann von Goethe

My child looked at me and I looked back at him in the delivery room, and I realized that out of a sea of infinite possibilities it had come down to this: a specific person, born on the hottest day of the year, conceived on a Christmas Eve, made by his father and me miraculously from scratch.

—Anna Quindlen

And when our baby stirs and struggles to be born it compels humility: what we began is now its own.

—Anne Ridler

What families have in common the world around is that they are the place where people learn who they are and how to be that way.

—Jean Illsley Clarke

Family life is the source of the greatest human happiness.

—Robert J. Havighurst

Where thou art, that is home.

—Emily Dickinson

Parenting, at its best, comes as naturally as laughter. It is automatic, involuntary, unconditional love.

—Sally James

If this world affords true happiness, it is to be found in a home where love and confidence increase with the years, where the necessities of life come without severe strain, where luxuries enter only after their cost has been carefully considered.

—A. Edward Newton

There are four things a child needs:
plenty of love, nourishing food, regu-
lar sleep, and lots of soap and water.
—Ivy Baker Priest

Family jokes, though rightly cursed
by strangers, are the bond that keeps
most families alive. —Stella Benson

The secret of a happy marriage is
finding the right person. You know
they're right if you love to be with
them all of the time. —Julia Child

An easygoing husband is the one
indispensable comfort of life.
—Ouida

My father got me strong and straight
and slim
And I give thanks to him.
My mother bore me glad and sound
and sweet,
I kiss her feet.
—Marguerite Wilkinson

A house is not a home unless it con-
tains food and fire for the mind as
well as the body. —Margaret Fuller

No music is so pleasant to my ears as
that word—father.
—Lydia M. Child

He who leaves his house in search of
happiness pursues a shadow.
—Anon.

If solid happiness we prize,
within our breast this jewel lies,
And they are fools who roam;
the world has nothing to bestow,
From our own selves our bliss must
flow,
And that dear hut—our home.
—Nathaniel Cotton

Happiness grows at our own fire-
sides, and is not to be picked in
strangers' gardens. —Douglas Jerrold

A mother's arms are more comforting
than anyone else's.
—Diana, Princess of Wales

He who would be happy should stay
at home. —Greek proverb

Every family is a "normal" family—
no matter whether it has one parent,
two, or no children at all.
—Shere Hite

Within our family there was no
such thing as a person who did not
matter. Second cousins thrice removed
mattered. —Shirley Abbott

All the wealth of the world cannot
be compared with the happiness of
living together happily united.
—Saint Mary Margaret d'Youville

There's a thread that binds all of us
together, pull one end of the thread,
the strain is felt all down the line.
—Rosamond Marshall

Love from one being to another can
only be that two solitudes come near-
er, recognize and protect and comfort
each other. —Han Suyin

HAPPINESS AND HEALTH

Happiness is good health and a bad
memory. —Ingrid Bergman

Where there is laughter there is
always more health than sickness.
—Phyllis Bottome

In the Orient people believed that the basis of all disease was unhappiness. Thus to make a patient happy again was to restore him to health.

—Donald Law

Loving, like prayer, is a power as well as a process. It's curative. It is creative.

—Zona Gale

The simple truth is that happy people generally don't get sick.

—Bernie S. Siegel, M.D.

Laughter is by definition healthy.

—Doris Lessing

Laughter is the best medicine.

—Anon.

Love is the great miracle cure. Loving ourselves works miracles in our lives.

—Louise L. Hay

Happiness is not being pained in body nor troubled in mind.

—Thomas Jefferson

One of the quickest ways to become exhausted is by suppressing your feelings.

—Sue Patton Thoele

Being asked one day what was the surest way of remaining happy in this world, the Emperor Sigismund of Germany replied: "Only do in health what you have promised to do when you were sick."

—Anon.

HAPPINESS AND MONEY AND SUCCESS

The best things in life aren't things.

—Ann Landers

Money, or even power, can never yield happiness unless it be accompanied by the goodwill of others.

—B.C. Forbes

To fulfill a dream, to be allowed to sweat over lonely labor, to be given the chance to create, is the meat and potatoes of life. The money is the gravy.

—Bette Davis

I have now reigned above fifty years in victory or peace, beloved by my subjects, dreaded by my enemies, respected by my allies. Riches and honors, power and pleasure, have awaited my call, nor does any earthly blessing seem to have been wanting . . . I have diligently numbered the days of pure and genuine happiness that have fallen to my lot; they amount to fourteen.

—Abd al-Rahman

I don't want to make money. I just want to be wonderful.

—Marilyn Monroe

It's pretty hard to tell what does bring happiness; poverty and wealth have both failed.

—Kin Hubbard

It is neither wealth nor splendor, but tranquility and occupation, which give happiness.

—Thomas Jefferson

Joy has nothing to do with material things, or with a man's outward circumstance . . . a man living in the lap of luxury can be wretched, and a man in the depths of poverty can overflow with joy.

—William Barclay

Hope costs nothing.

—Colette

Getting what you go after is success; but liking it while you are getting it is happiness. —Bertha Damon

Happiness seems to require a modicum of external prosperity. —Aristotle

Success can also cause misery. The trick is not to be surprised when you discover it doesn't bring you all the happiness and answers you thought it would. —Prince

Those who have easy, cheerful attitudes tend to be happier than those with less pleasant temperaments regardless of money, "making it" or success. —Dr. Joyce Brothers

No social system will bring us happiness, health and prosperity unless it is inspired by something greater than materialism. —Clement R. Attlee

Money, or even power, can never yield happiness unless it be accompanied by the goodwill of others. —B.C. Forbes

The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things. —Epictetus

The secret of happiness is to admire without desiring. —F.H. Bradley

Happiness depends, as Nature shows, less on exterior things than most suppose. —William Cowper

Few rich men own their own property. Their property owns them. —Robert G. Ingersoll

There are two things to aim at in life: first, to get what you want; and, after that, to enjoy it. Only the wisest of mankind achieve the second. —Logan Pearsall Smith

HAPPINESS AND WISDOM

We can be wise from goodness and good from wisdom. —Marie von Ebner-Eschenbach

In this world there are only two tragedies. One is not getting what one wants, and the other is getting it. —Oscar Wilde

She knew what all smart women knew: Laughter made you live better and longer. —Gail Parent

A life of frustration is inevitable for any coach whose main enjoyment is winning. —Chuck Noll

An Arabian proverb says there are four sorts of men:
He who knows not and knows not he knows not: he is a fool—shun him.

Money is human happiness in the abstract; he, then, who is no longer capable of enjoying human happiness in the concrete devotes himself utterly to money. —Arthur Schopenhauer

He who knows not and knows he knows not: he is simple—teach him.
He who knows and knows not he knows: he is asleep—wake him.
He who knows and knows he knows: he is wise—follow him.

—Lady Isabel Burton

There are only two things that are absolute realities, love and knowledge, and you can't escape them.

—Olive Schreiner

Wisdom is the most important part of happiness.

—Sophocles

Knowledge is the prime need of the hour.

—Mary McLeod Bethune

Better be happy than wise.

—Anon.

Be happy. It's one way of being wise.

—Colette

With happiness comes intelligence to the heart.

—Chinese proverb

Joy is the holy fire that keeps our purpose warm and our intelligence aglow.

—Helen Keller

Our happiness depends on wisdom all the way.

—Sophocles

The genius of happiness is still so rare, is indeed on the whole the rarest genius. To possess it means to approach life with the humility of a beggar, but to treat it with the proud generosity of a prince; to bring to its totality the deep understanding of a great poet and to each of its moments the abandonment and ingenuousness of a child.

—Ellen Key

What matters most is that we learn from living.

—Doris Lessing

Best trust the happy moments. . . .

The days that make us happy make us wise.

—John Masefield

OTHER SOURCES OF HAPPINESS

It is an aspect of all happiness to suppose that we deserve it.

—Joseph Joubert

A garden isn't meant to be useful. It's for joy.

—Rumer Godden

A reasonable man needs only to practice moderation to find happiness.

—Johann von Goethe

To forget oneself is to be happy.

—Robert Louis Stevenson

Happiness is a resultant of the relative strengths of positive and negative feelings rather than an absolute amount of one or the other.

—Norman Bradburn

The first recipe for happiness is: Avoid too lengthy meditations on the past.

—André Maurois

Man needs, for his happiness, not only the enjoyment of this or that, but hope and enterprise and change.

—Bertrand Russell

Happy is the man who can do only one thing; in doing it, he fulfills his destiny.

—Joseph Joubert

And may I live the remainder of my life . . . for myself; may there be plenty of books and many years' store of the fruits of the earth!

—Horace

Behold, we count them happy which endure.

—James 5:11

The will of man is his happiness.

—J.C.F. von Schiller

Happiness to a dog is what lies on
the other side of the door.
—Charlton Ogburn, Jr.

The supreme happiness of life is the
conviction that we are loved.
—Victor Hugo

The happiness of a man in this life
does not consist in the absence, but
in the mastery, of his passions.
—Alfred, Lord Tennyson

It is comparison that makes men
happy or miserable. —Anon.

Let him that would be happy for a
day, go to the barber; for a week,
marry a wife; for a month, buy him
a new horse; for a year, build him a
new house; for all his lifetime, be an
honest man. —Anon.

Who will present pleasure refrain, shall
in time to come the more pleasure
obtain. —Anon.

A happy life must be to a great extent
a quiet life, for it is only in an atmo-
sphere of quiet that true joy can live.
—Bertrand Russell

It is in virtue that happiness consists,
for virtue is the state of mind which
tends to make the whole of life har-
monious. —Zeno

To live we must conquer incessantly,
we must have the courage to be happy.
—Henri Frederic Amiel

Happiness has many roots, but none
more important than security.
—E.R. Stettinius, Jr.

No man can be merry unless he is
serious. —G.K. Chesterton

Happy [is] the man who has learned
the cause of things and has put under
his feet all fear, inexorable fate, and
the noisy strife of the hell of greed.
—Virgil

The happiest man is he who learns
from nature the lesson of worship.
—Ralph Waldo Emerson

It takes great wit and interest and
energy to be happy. The pursuit of
happiness is a great activity. One
must be open and alive. It is the
greatest feat man has to accomplish.
—Robert Henri

Talk happiness. The world is sad
enough without your woe. No path is
wholly rough. —Ella Wheeler Wilcox

We act as though comfort and luxury
were the chief requirements of life,
when all that we need to make us
really happy is something to be enthu-
siastic about. —Charles Kingsley

What we call happiness is what we
do not know. —Anatole France

For the happiest life, days should be
rigorously planned, nights left open
to chance. —Mignon McLaughlin

Happy people plan actions, they don't
plan results. —Dennis Wholey

If you want others to be happy, prac-
tice compassion. If you want to be
happy, practice compassion.
—The Dalai Lama

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

The best way for a person to have happy thoughts is to count his blessings and not his cash. —Anon.

All happiness depends on a leisurely breakfast. —John Gunther

Happy is he who still loves something he loved in the nursery: He has not been broken in two by time; he is not two men, but one, and he has saved not only his soul, but his life. —G.K. Chesterton

To be happy means to be free, not from pain or fear, but from care or anxiety. —W.H. Auden

THE SOURCES OF OUR HAPPINESS CHANGE

The art of living does not consist in preserving and clinging to a particular mode of happiness, but in allowing happiness to change its form without being disappointed by the change; happiness, like a child, must be allowed to grow up. —Charles L. Morgan

Just as a cautious businessman avoids investing all his capital in one concern, so wisdom would probably admonish us also not to anticipate all our happiness from one quarter alone. —Sigmund Freud

Growth itself contains the germ of happiness. —Pearl S. Buck

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us. —Helen Keller

We live in an ascending scale when we live happily, one thing leading to another in an endless series. —Robert Louis Stevenson

HAPPINESS IS A JOURNEY

Happiness is not a station to arrive at, but a manner of traveling. —Margaret Lee Runbeck

Everyone only goes around the track once in life, and if you don't enjoy that trip, it's pretty pathetic. —Gary Rogers

I believe that a worthwhile life is defined by a kind of spiritual journey and a sense of obligation. —Hillary Rodham Clinton

The really happy man is one who can enjoy the scenery on a detour. —Anon.

Happiness is to be found along the way, not at the end of the road, for then the journey is over and it is too late. —Robert R. Updegraff

Spiritual life is like a moving sidewalk. Whether you go with it or spend your whole life running against it, you're still going to be taken along. —Bernadette Roberts

Happiness is a way station between too little and too much. —Channing Pollock

DON'T EXAMINE HAPPINESS . . .
JUST ENJOY IT

Enjoy your happiness while you have it, and while you have it do not too closely scrutinize its foundation.
—Joseph Farrall

Suspicion of happiness is in our blood.
—E.V. Lucas

Love is like a beautiful flower which I may not touch, but whose fragrance makes the garden a place of delight just the same.
—Helen Keller

My advice to you is not to inquire why or whither, but just enjoy your ice cream while it's on your plate.
—Thornton Wilder

Most people ask for happiness on condition. Happiness can only be felt if you don't set any condition.
—Arthur Rubinstein

Ask yourself whether you are happy, and you will cease to be so.
—John Stuart Mill

Best to live lightly, unthinkingly.
—Sophocles

The secret of being miserable is to have leisure to bother about whether you are happy or not.
—George Bernard Shaw

To describe happiness is to diminish it.
—Stendhal

My life has no purpose, no direction, no aim, no meaning, and yet I'm happy. I can't figure it out. What am I doing right?
—Charles M. Schulz

DON'T POSTPONE HAPPINESS

People who postpone happiness are like children who try chasing rainbows in an effort to find the pot of gold at the rainbow's end. . . . Your life will never be fulfilled until you are happy here and now.
—Ken Keyes, Jr.

Happiness consists of living each day as if it were the first day of your honeymoon and the last day of your vacation.
—Anon.

For a long time it seemed to me that real life was about to begin, but there was always some obstacle in the way. Something had to be got through first, some unfinished business; time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life.
—Bette Howland

Every minute your mouth is turned down you lose sixty seconds of happiness.
—Tom Walsh

Why not seize the pleasure at once? How often is happiness destroyed by preparation, foolish preparation?
—Jane Austen

Enjoy yourself. These are the "good old days" you're going to miss in the years ahead.
—Anon.

UNHAPPINESS

Is anyone in all the world safe from unhappiness?
—Sophocles

Unhappiness is the ultimate form of self-indulgence.
—Tom Robbins

Unhappiness indicates wrong thinking, just as ill health indicates a bad regimen. —Paul Bourge

Unhappiness is best defined as the difference between our talents and our expectations.
—Dr. Edward De Bono

By becoming more unhappy, we sometimes learn how to be less so.
—Madame Swetchine

Men are the only animals that devote themselves, day in and day out, to making one another unhappy.
—H.L. Mencken

The worst sin—perhaps the only sin—passion can commit is to be joyless.
—Dorothy L. Sayers

Those who are unhappy have no need for anything in this world but people capable of giving them their attention.
—Simone Weil

Irresolution on the schemes of life which offer themselves to our choice, and inconstancy in pursuing them, are the greatest causes of all unhappiness.
—Joseph Addison

O Lord! Unhappy is the man whom man can make unhappy.
—Ralph Waldo Emerson

Unhappiness is not knowing what we want and killing ourselves to get it.
—Don Herold

All mankind's unhappiness derives from one thing: his inability to know how to remain in repose in one room.
—Blaise Pascal

None think the great unhappy but the great. —Edward Young

The primary cause of unhappiness in the world today is . . . lack of faith.
—Carl Jung

Sadness is a state of sin.
—André Gide

Fate often puts all the material for happiness and prosperity into a man's hands just to see how miserable he can make himself with them.
—Don Marquis

Whenever one finds oneself inclined to bitterness, it is a sign of emotional failure.
—Bertrand Russell

CHEERFULNESS

Steady as a clock, busy as a bee, and cheerful as a cricket.
—Martha Washington

I'm not happy, I'm cheerful. There's a difference. A happy woman has no cares at all. A cheerful woman has cares but has learned how to deal with them.
—Beverly Sills

The clearest sign of wisdom is continued cheerfulness.
—Michel de Montaigne

Cheerfulness is as natural to the heart of man in strong health as color to his cheek; and wherever there is habitual gloom there must be either bad air, unwholesome food, improperly severe labor or erring habits of life.
—John Ruskin

Cheerfulness prepares a glorious
mind for all the noblest acts.
—Elizabeth Ann Seton

A man of gladness seldom falls into
madness. —Anon.

Always let them think of you as sing-
ing and dancing. —Anita Brookner

Developing a cheerful disposition can
permit an atmosphere wherein one's
spirit can be nurtured and encour-
aged to blossom and bear fruit. Being
pessimistic and negative about our
experiences will not enhance the
quality of our lives.
—Barbara W. Winder

Gaiety alone, as it were, is the hard
cash of happiness; everything else is
just a promissory note.
—Arthur Schopenhauer

HAPPINESS CAN COME FROM UNHAPPINESS

No pleasure without pain. —Anon.

But here's what I've learned in this
war, in this country, in this city: to
love the miracle of having been born.
—Oriana Fallaci

Pleasure is not pleasant unless it cost
dear. —Anon.

The sweetest joy, the wildest woe is
love. —Pearl Bailey

So they speak soothingly about prog-
ress and the greatest possible happi-
ness, forgetting that happiness is itself
poisoned if the measure of suffering
has not been fulfilled. —Carl Jung

Life begins on the other side of despair.
—Jean-Paul Sartre

Sadness and gladness succeed each
other. —Anon.

THE HAPPINESS OF NOT NEEDING HAPPINESS

The greatest happiness you can have
is knowing that you do not necessar-
ily require happiness.
—William Saroyan

Happiness comes fleetingly now and
then to those who have learned to do
without it, and to them only.
—Don Marquis

Unquestionably, it is possible to do
without happiness; it is done involun-
tarily by nineteen-twentieths of man-
kind. —John Stuart Mill

Perfect happiness is the absence of
striving for happiness. —Chuang-tzu

WE'RE HAPPIER THAN WE THINK

Happiness lies in the consciousness
we have of it. —George Sand

There are men who are happy with-
out knowing it. —Vauvenargues

Eden is that old-fashioned house we
dwell in every day without suspecting
our abode until we drive away.
—Emily Dickinson

Why is it that so many people are
afraid to admit that they are happy?
—William Lyon Phelps

Man's real life is happy, chiefly because he is ever expecting that it soon will be so. —Edgar Allan Poe

What a wonderful life I've had! I only wish I'd realized it sooner.
—Colette

Those who are the most happy appear to know it the least; happiness is something that for the most part seems to mainly consist in not knowing it.
—Dr. Joyce Brothers

We are all happy, if we only knew it.
—Fyodor Dostoyevsky

Eden is that old-fashioned house we dwell in every day Without suspecting our abode until we drive away.
—Emily Dickinson

Happiness is a Swedish sunset; it is there for all, but most of us look the other way and lose it. —Mark Twain

Paradise is exactly like where you are right now . . . only much, much better.
—Laurie Anderson

Time is compressed like the fist I close on my knee . . . I hold inside it the clues and solutions and the power for what I must do now.
—Margaret Atwood

The major job was getting people to understand that they had something within their power that they could use.
—Ella Baker

Each moment in time we have it all, even when we think we don't.
—Melody Beattie

Happiness always looks small while you hold it in your hands, but let it go, and you learn at once how big and precious it is. —Maxim Gorky

HAPPINESS AND CONTENTMENT

Contentment is not happiness. An oyster may be contented. Happiness is compounded of richer elements.
—Christian Bovee

Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content.
—Helen Keller

The world is full of people looking for spectacular happiness while they snub contentment. —Doug Larson

Happiness is a rare plant that seldom takes root on earth—few ever enjoyed it, except for a brief period; the search after it is rarely rewarded by the discovery, but there is an admirable substitute for it . . . a contented spirit.
—Lady Marguerite Blessington

If all were gentle and contented as sheep, all would be as feeble and helpless. —John Lancaster Spalding

GENERAL QUOTATIONS ABOUT HAPPINESS

The world of those who are happy is different from the world of those who are not. —Ludwig Wittgenstein

My heart is like a singing bird.
—Christina Georgina Tossetti

I don't think being an athlete is unfeminine. I think of it as a kind of grace. —Jackie Joyner-Kersey

If happiness truly consisted in physical ease and freedom from care, then the happiest individual . . . would be, I think, an American cow.
—William Lyon Phelps

My happiness is not the means to any end. It is the end. It is its own goal. It is its own purpose. —Ayn Rand

When unhappy, one doubts everything; when happy, one doubts nothing.
—Joseph Roux

The more the heart is sated with joy, the more it becomes insatiable.
—Gabrielle Roy

There is a courage of happiness as well as a courage of sorrow.
—Maurice Maeterlinck

The truth is, laughter always sounds more perfect than weeping. Laughter flows in a violent riff and is effortlessly melodic. Weeping is often fought, choked, half strangled, or surrendered to with humiliation.
—Anne Rice

No man is happy unless he believes he is. —Publilius Syrus

Who is the happiest of men? He who values the merits of others, And in their pleasure takes joy, even as though t'were his own.
—Johann von Goethe

Only man clogs his happiness with care, destroying what is, with thoughts of what may be. —John Dryden

If you obey all the rules you miss all the fun. —Katharine Hepburn

We never enjoy perfect happiness; our most fortunate successes are mingled with sadness; some anxieties always perplex the reality of our satisfaction.
—Pierre Corneille

Happiness is not the end of life; character is. —Henry Ward Beecher

Human life is basically a comedy. Even its tragedies often seem comic to the spectator, and not infrequently they actually have comic touches to the victim. Happiness probably consists largely in the capacity to detect and relish them. —H.L. Mencken

We may fail of our happiness, strive we ever so bravely; but we are less likely to fail if we measure with judgment our chances and our capabilities.
—Agnes Repplier

We always have enough to be happy if we are enjoying what we do have—and not worrying about what we don't have. —Ken Keyes, Jr.

That sanguine expectation of happiness which is happiness itself.
—Jane Austen

A great obstacle to happiness is to expect too much happiness.
—Bernard de Fontenelle

If you always do what interests you, at least one person is pleased.
—Katharine Hepburn

Suffering is not a prerequisite for happiness. —Judy Tatelbaum

He is happy that knoweth not himself
to be otherwise. —Thomas Fuller

That man is happiest who lives from
day to day and asks no more, garner-
ing the simple goodness of a life.
—Euripides

Change is an easy panacea. It takes
character to stay in one place and be
happy there.
—Elizabeth Clarke Dunn

Such is the state of life that none
are happy but by the anticipation of
change. The change itself is nothing;
when we have made it the next wish
is to change again.
—Samuel Johnson

Life delights in life. —William Blake

I look at what I have not and think
myself unhappy; others look at what
I have and think me happy.
—Joseph Roux

Part of the happiness of life consists
not in fighting battles, but in avoid-
ing them. A masterly retreat is in
itself a victory.
—Norman Vincent Peale

Acceptance



ACCEPTANCE ISN'T RESIGNATION

Some people confuse acceptance with apathy, but there's all the difference in the world. Apathy fails to distinguish between what can and what cannot be helped; acceptance makes that distinction. Apathy paralyzes the will-to-action; acceptance frees it by relieving it of impossible burdens.

—Arthur Gordon

Acceptance says, "True, this is my situation at the moment. I'll look unblinkingly at the reality of it. But I'll also open my hands to accept willingly whatever a loving Father sends me." —Catharine Marshall

It's not a very big step from contentment to complacency.

—Simone de Beauvoir

The minute you settle for less than you deserve, you get even less than you settled for. —Maureen Dowd

"Good enough never is" has become the motto of this company.

—Debbi Fields

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

—Reinhold Niebuhr

We must accept finite disappointment, but we must never lose infinite hope.

—Martin Luther King, Jr.

Acceptance is not submission; it is acknowledgement of the facts of a situation. Then deciding what you're going to do about it.

—Kathleen Casey Theisen

Self-complacency is fatal to progress.

—Margaret Elizabeth Sangster

You have to take it as it happens, but you should try to make it happen the way you want to take it.

—Old German proverb

Never deny a diagnosis, but do deny the negative verdict that may go with it.

—Norman Cousins

TENSION, TROUBLE, AND
ADVERSITY ARE NORMAL
PARTS OF LIFE

All that is necessary is to accept the impossible, do without the indispensable, and bear the intolerable.

—Kathleen Norris

The happy and efficient people in this world are those who accept trouble as a normal detail of human life and resolve to capitalize it when it comes along.

—H. Bertram Lewis

For those who live neither with religious consolations about death nor with a sense of death (or of anything else) as natural, death is the obscene mystery, the ultimate affront, the thing that cannot be controlled. It can only be denied.

—Susan Sontag

Who except the gods can live without any pain?

—Aeschylus

Misfortune comes to all men.

—Chinese proverb

The real world is not easy to live in. It is rough; it is slippery. Without the most clear-eyed adjustments we fall and get crushed.

—Clarence Day

Life has no smooth road for any of us; and in the bracing atmosphere of a high aim the very roughness stimulates the climber to steadier steps 'til the legend, "over steep ways to the stars," fulfills self.

—W. C. Doane

Maturity is achieved when a person accepts life as full of tension.

—Joshua L. Liebman

Yet man is born unto trouble, as the sparks fly upward.

—Job 5:7

Into each life some rain must fall, some days must be dark and dreary.

—Henry Wadsworth Longfellow

There is no man in this world without some manner of tribulation or anguish, though he be king or pope.

—Thomas à Kempis

There is no armor against fate; death lays his icy hands on kings.

—James Shirley

There is no easy path leading out of life, and few are the easy ones that lie within it.

—Walter Savage Landor

A man shares his days with hunger, thirst, and cold, with the good times and the bad, and the first part of being a man is to understand that.

—Louis L'Amour

It is arrogance to expect that life will always be music. . . . Harmony, like a following breeze at sea, is the exception. In a world where most things wind up broken or lost, our lot is to tack and tune.

—Harvey Oxenhorn

One cannot get through life without pain. . . . What we can do is choose how to use the pain life presents to us.

—Bernie S. Siegel, M.D.

The mass of men lead lives of quiet desperation.

—Henry David Thoreau

If you have arthritis, calmly say, I was always complaining about the ruts in the road until I realized that the ruts are the road.

—Anon.

“Okay, I have arthritis, and this is the way arthritis is.” Take pain as it comes and you can better master it.
—Charles Clifford Peale

It is right it should be so,
Man was made for joy and woe;
And when this we rightly know,
Through the world we safely go.
—William Blake

Anyone who proposes to do good must not expect people to roll stones out of his way, but must accept his lot calmly, even if they roll a few more upon it. —Albert Schweitzer

Free man is by necessity insecure;
thinking man by necessity uncertain.
—Erich Fromm

You have come into a hard world.
I know of only one easy place in it,
and that is the grave.
—Henry Ward Beecher

ACCEPTANCE AND NECESSITY

Against necessity, against its strength,
no one can fight and win.
—Aeschylus

A wise man never refuses anything to necessity. —Publilius Syrus

When necessity speaks, it demands.
—Russian proverb

How base a thing it is when a man will struggle with necessity! We have to die.
—Euripides

ACCEPTING THIS WORLD

Whatever is—is best.
—Ella Wheeler Wilcox

Anything in life that we don't accept will simply make trouble for us until we make peace with it.
—Shakti Gawain

The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. —George Bernard Shaw

Much sheer effort goes into avoiding the truth; left to itself, it sweeps in like the tide. —Fay Weldon

We win half the battle when we make up our minds to take the world as we find it, including the thorns.
—Orison Swett Marden

A man must live in the world and make the best of it, such as it is.
—Michel de Montaigne

There are some people that you cannot change, you must either swallow them whole or leave them alone.
—Margot Asquith

The world is not to be put in order, the world is order incarnate. It is for us to put ourselves in unison with this order. —Henry Miller

God asks no man whether he will accept life. This is not the choice. You must take it. The only question is how. —Henry Ward Beecher

There is no cure for birth or death save to enjoy the interval.
—George Santayana

No man can have society upon his own terms.
—Ralph Waldo Emerson

The most popular persons are those who take the world as it is, who find the least fault.
—Charles Dudley Warner

GOING WITH THE FLOW

If you bear the cross unwillingly, you make it a burden, and load yourself more heavily; but you must bear it.
—Thomas à Kempis

There are two ways of meeting difficulties: you alter the difficulties, or you alter yourself to meet them.
—Phyllis Bottome

I find that it is not the circumstances in which we are placed, but the spirit in which we face them, that constitutes our comfort.
—Elizabeth T. King

It is almost more important how a person takes his fate than what it is.
—Wilhelm von Humboldt

The individual who is best prepared for any occupation is the one . . . able to adapt himself to any situation.
—Mortimer Smith

To act with common sense, according to the moment, is the best wisdom; and the best philosophy is to do one's duties, to take the world as it comes, submit respectfully to one's lot, and bless the goodness that has given us so much happiness with it, whatever it is.
—Horace Walpole

The art of life lies in a constant readjustment to our surroundings.
—Okakura Kakuzo

To repel one's cross is to make it heavier.
—Henri Frederic Amiel

Ask not that events should happen as you will, but let your will be that events should happen as they do, and you shall have peace.
—Epictetus

The survival of the fittest is the ageless law of nature, but the fittest are rarely the strong. The fittest are those endowed with the qualifications for adaptation, the ability to accept the inevitable and conform to the unavoidable, to harmonize with existing or changing conditions.
—Dave E. Smalley

The ideal man bears the accidents of life with dignity and grace, making the best of circumstances.
—Aristotle

He is happy whose circumstances suit his temper; but he is more excellent who can suit his temper to any circumstances.
—David Hume

Life is 10 percent what you make it, and 90 percent how you take it.
—Irving Berlin

A mountain man tries to live with the country instead of against it.
—Louis L'Amour

Vex not thy spirit at the course of things; they heed not thy vexation. How ludicrous and outlandish is astonishment at anything that may happen in life.
—Marcus Aurelius

If you can't fight, and you can't flee,
flow. —Robert Eliot

Today I know that I cannot control
the ocean tides. I can only go with
the flow. . . . When I struggle and try
to organize the Atlantic to my speci-
fications, I sink. If I flail and thrash
and growl and grumble, I go under.
But if I let go and float, I am borne
aloft. —Marie Stilkind

One learns to adapt to the land in
which one lives. —Louis L'Amour

She had believed the land was her
enemy, and she struggled against it,
but you could not make war against
a land any more than you could
against the sea. One had to learn to
live with it, to belong to it, to fit into
its seasons and its ways.
—Louis L'Amour

Flow with whatever may happen and
let your mind be free. Stay centered
by accepting whatever you are doing.
This is the ultimate. —Chuang-tzu

When you have got an elephant by
the hind legs and he is trying to run
away, it is best to let him run.
—Abraham Lincoln

Learn to drink the cup of life as it
comes. —Agnes Turnbull

Arrange whatever pieces come your
way. —Virginia Woolf

Everything in life that we really accept
undergoes a change. So suffering must
become love. That is the mystery.
—Katherine Mansfield

You can't fight the desert . . . you
have to ride with it.
—Louis L'Amour

All I can do is play the game the way
the cards fall.
—James A. Michener

Don't be sad, don't be angry, if life
deceives you! Submit to your grief;
your time for joy will come, believe
me. —Aleksandr Pushkin

When we see ourselves in a situation
which must be endured and gone
through, it is best to meet it with firm-
ness, and accommodate everything
to it in the best way practicable. This
lessens the evil, while fretting and fum-
ing only increase your own torments.
—Thomas Jefferson

Always fall in with what you're asked
to accept. . . . My aim in life has
always been to hold my own with
whatever's going. Not against: with.
—Robert Frost

There is no quality of human nature
so nearly royal as the ability to yield
gracefully. —Charles Conrad

The best thing we can do is to make
wherever we're lost look as much like
home as we can. —Christopher Fry

Make a virtue of necessity.
—Geoffrey Chaucer

Cooperation is doing with a smile
what you have to do anyhow.
—Anon.

We must make the best of those ills
which cannot be avoided.
—Alexander Hamilton

For so must it be, and help me do
my part. —A Tibetan master

ADAPTING TO NEW CONDITIONS

There are no conditions to which a
man cannot become accustomed.
—Leo Tolstoy

A private railroad car is not an
acquired taste. One takes to it im-
mediately. —Eleanor R. Belmont

Man adapts himself to everything, to
the best and the worst.
—José Ortega y Gasset

Being unready and ill-equipped is
what you have to expect in life. It is
the universal predicament. It is your
lot as a human being to lack what
it takes. Circumstances are seldom
right. You never have the capacities,
the strength, the wisdom, the virtue
you ought to have. You must always
do with less than you need in a situ-
ation vastly different from what you
would have chosen as appropriate for
your special endowments.
—Charlton Ogburn, Jr.

In the face of an obstacle which is
impossible to overcome, stubbornness
is stupid. —Simone de Beauvoir

Very few live by choice. Every man
is placed in his present condition
by causes which acted without his
foresight, and with which he did not
always willingly cooperate; and there-
fore you will rarely meet one who
does not think the lot of his neighbor
better than his own.
—Samuel Johnson

To exist is to adapt, and if one could
not adapt, one died and made room
for those who could.
—Louis L'Amour

ACCEPTING THE SPREAD BETWEEN WISHES AND REALITIES

Happy the man who early learns
the wide chasm that lies between his
wishes and his powers.
—Johann von Goethe

Real life is, to most men . . . a per-
petual compromise between the ideal
and the possible. —Bertrand Russell

People are lucky and unlucky . . .
according to the ratio between what
they get and what they have been led
to expect. —Samuel Butler

He who cannot do what he wants
must make do with what he can.
—Terence

What has always made a hell on
earth has been that man has tried to
make it his heaven.
—Friedrich Holderlin

Good is not good, where better is
expected. —Thomas Fuller

Nobody has things just as he would
like them. The thing to do is to make
a success with what material I have.
It is a sheer waste of time and soul-
power to imagine what I would do
if things were different. They are not
different. —Dr. Frank Crane

We must like what we have when we
don't have what we like.
—Bussy-Rabutin

Better is the enemy of the good.
—Voltaire

If you aspire to the highest place, it is no disgrace to stop at the second, or even the third, place.
—Cicero

Genius does what it must, talent does what it can.
—Edward Bulwer-Lytton

Nature is what you may do. There is much you may not do.
—Ralph Waldo Emerson

Results are what you expect; consequences are what you get.
—Anon.

To expect life to be tailored to our specifications is to invite frustration.
—Anon.

The resistance to the unpleasant situation is the root of suffering.
—Ram Dass and Paul Gorman

The chief pang of most trials is not so much the actual suffering itself as our own spirit of resistance to it.
—Jean Nicholas Grou

Each of us does, in effect, strike a series of “deals” or compromises between the wants and longings of the inner self, and an outer environment that offers certain possibilities and sets certain limitations.
—Maggie Scarf

Man is the only animal that laughs and weeps; for he is the only animal that is struck with the difference between what things are and what they might have been.
—William Hazlitt

Every creator painfully experiences the chasm between his inner vision and its ultimate expression. The chasm is never completely bridged. We all have the conviction, perhaps illusory, that we have much more to say than appears on the paper.
—Isaac Bashevis Singer

The greatest and most important problems in life are all in a certain sense insoluble. They can never be solved, but only outgrown.
—Carl Jung

We do not write as we want, but as we can.
—W. Somerset Maugham

The art of living lies less in eliminating our troubles than in growing with them.
—Bernard M. Baruch

A body shouldn't heed what might be. He's got to do with what is.
—Louis L'Amour

The greatest evil which fortune can inflict on men is to endow them with small talents and great ambitions.
—Vauvenargues

We may fail of our happiness, strive we ever so bravely; but we are less likely to fail if we measure with judgment our chances and our capabilities.
—Agnes Repplier

One of the signs of maturity is a healthy respect for reality—a respect that manifests itself in the level of one's aspirations and in the accuracy of one's assessment of the difficulties which separate the facts of today from the bright hopes of tomorrow.
—Robert H. Davies

Is life so wretched? Isn't it rather your hands which are too small, your vision which is muddled? You are the one who must grow up.

—Dag Hammarskjöld

Nothing you write, if you hope to be any good, will ever come out as you first hoped.

—Lillian Hellman

Unhappiness is best defined as the difference between our talents and our expectations.

—Dr. Edward De Bono

Anxiety is that range of distress which attends willing what cannot be willed.

—Leslie H. Farber

There is a mortal breed most full of futility. In contempt of what is at hand, they strain into the future, hunting impossibilities on the wings of ineffectual hopes.

—Pindar

A life of frustration is inevitable for any coach whose man enjoyment is winning.

—Chuck Noll

No traveler e'er reached that blest abode who found not thorns and briars in his road.

—William Cowper

The trouble with most people is that they think with their hopes or fears or wishes rather than with their minds.

—Will Durant

It is a common observation that those who dwell continually upon their expectations are apt to become oblivious to the requirements of their actual situation.

—Charles Sanders Peirce

A hero is a man who does what he can.

—Romain Rolland

Life's under no obligation to give us what we expect.

—Margaret Mitchell

Buddha's doctrine: Man suffers because of his craving to possess and keep forever things which are essentially impermanent . . . this frustration of the desire to possess is the immediate cause of suffering.

—Alan Watts

IT IS WISE TO SEEK OUT THE BEST THINGS IN WHATEVER WE MUST ACCEPT

The point . . . is to dwell upon the brightest parts in every prospect, to call off the thoughts when turning upon disagreeable objects, and strive to be pleased with the present circumstances.

—Abraham Tucker

Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content.

—Helen Keller

Life is not always what one wants it to be, but to make the best of it, as it is, is the only way of being happy.

—Jennie Jerome Churchill

The English know how to make the best of things. Their so-called muddling through is simply skill at dealing with the inevitable.

—Sir Winston Churchill

I make the most of all that comes and the least of all that goes.

—Sara Teasdale

IT'S BEST TO ACCEPT THINGS
ENTHUSIASTICALLY

We cannot conquer fate and necessity, yet we can yield to them in such a manner as to be greater than if we could. —Walter Savage Landor

The idea came to me that I was, am, and will be, but perhaps will not become. This did not scare me. There was for me in being an intensity I did not feel in becoming.
—Nina Berberova

Here is a rule to remember when anything tempts you to feel bitter: not, "This is a misfortune," but "To bear this worthily is good fortune."
—Marcus Aurelius

There is no good in arguing with the inevitable. The only argument available with an east wind is to put on your overcoat.
—James Russell Lowell

Trouble will come soon enough, and when he does come receive him as pleasantly as possible . . . the more amiably you greet him, the sooner he will go away. —Artemus Ward

Adapt yourself to the things among which your lot has been cast and love sincerely the fellow creatures with whom destiny has ordained that you shall live. —Marcus Aurelius

When we accept tough jobs as a challenge to our ability and wade into them with joy and enthusiasm, miracles can happen.
—Arland Gilbert

Love only what befalls you and is spun for you by fate.
—Marcus Aurelius

What you can't get out of, get into wholeheartedly.
—Mignon McLaughlin

Let us train our minds to desire what the situation demands.
—Marcus Annaeus Seneca

Ride the horse in the direction that it's going. —Werner Erhard

If one has to submit, it is wasteful not to do so with the best grace possible.
—Sir Winston Churchill

Since God has been pleased to give us the Papacy, let us enjoy it.
—Pope Leo X

It is no use to grumble and complain; It's just as cheap and easy to rejoice; When God sorts out the weather and sends rain—Why, rain's my choice.
—James Whitcomb Riley

When a dog runs at you, whistle for him. —Henry David Thoreau

NATURE SHOWS THAT IT'S BETTER
TO BEND THAN TO BREAK

An oak and a reed were arguing about their strength. When a strong wind came up, the reed avoided being uprooted by bending and leaning with the gusts of wind. But the oak stood firm and was torn up by the roots.
—Aesop

The grass must bend when the wind blows across it. —Confucius

He who attempts to resist the wave is swept away, but he who bends before it abides. —Genesis Rabbah 44:15

Adapt or perish, now as ever, is nature's inexorable imperative.
—H.G. Wells

One does not have to stand again the gale.
One yields and becomes part of the wind.
—Emmanuel

I like trees because they seem more resigned to the way they have to live than other things do.
—Willa Cather

Nature magically suits a man to his fortunes, by making them the fruit of his character.
—Ralph Waldo Emerson

Better bend than break.
—Scottish proverb

ACCEPTANCE AND HAPPINESS

The secret of success is to be in harmony with existence, to be always calm ... to let each wave of life wash us a little farther up the shore.
—Cyril Connolly

There is only one way to happiness, and that is to cease worrying about things which are beyond the power of our will.
—Epictetus

The truth does not change according to our ability to stomach it emotionally.
—Flannery O'Connor

Happiness . . . can exist only in acceptance. —Denis De Rougemont

Happiness comes from within a man, from some curious adjustment to life.
—Hugh Walpole

Happy he who learns to bear what he cannot change! —J.C.F. von Schiller

Contentment, and indeed usefulness, comes as the infallible result of great acceptances, great humilities—of not trying to conform to some dramatized version of ourselves.
—David Grayson

My advice to you is not to inquire why or whither, but just enjoy your ice cream while it's on your plate.
—Thornton Wilder

It is not necessarily those lands which are the most fertile or most favored in climate that seem to me the happiest, but those in which a long struggle of adaptation between man and his environment has brought out the best qualities of both. —T.S. Eliot

Life is not always what one wants it to be, but to make the best of it, as it is, is the only way of being happy.
—Jennie Jerome Churchill

Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content.
—Helen Keller

I accept life unconditionally. . . . Most people ask for happiness on condition. Happiness can only be felt if you don't set any condition.
—Arthur Rubenstein

Happiness is a function of accepting
what is. —Werner Erhard

ACCEPTANCE AND WISDOM

One's first step in wisdom is to ques-
tion everything; one's last is to come
to terms with everything.
—Georg Christoph Lichtenberg

If you are wise, live as you can; if
you cannot, live as you would.
—Baltasar Gracian

Wisdom never kicks at the iron walls
it can't bring down.
—Olive Schreiner

For this is wisdom: to live, to take
what fate, or the Gods, may give.
—Laurence Hope

Acceptance and Work
If you have a job without aggrava-
tions, you don't have a job.
—Malcolm Forbes

When I decided to go into politics
I weighed the costs. I would get
criticism. But I went ahead. So when
virulent criticism came I wasn't sur-
prised. I was better able to handle it.
—Herbert Hoover

Every job has drudgery. . . . The first
secret of happiness is the recognition
of this fundamental fact.
—M.C. McIntosh

The fishermen know that the sea is
dangerous and the storm terrible,
but they have never found these dan-
gers sufficient reason for remaining
ashore. —Vincent van Gogh

ACCEPTANCE AND THE SOUL

He who doesn't accept the conditions
of life sells his soul.
—Charles Baudelaire

Greatness of soul consists not so
much in soaring high and in pressing
forward, as in knowing how to adapt
and limit oneself.
—Michel de Montaigne

The beauty of the soul shines out
when a man bears with composure
one heavy mischance after another,
not because he does not feel them,
but because he is a man of high and
heroic temper. —Aristotle

The great soul surrenders itself to fate.
—Marcus Annaeus Seneca

THE BENEFITS OF ACCEPTING THE INEVITABLE

The mind which renounces, once and
forever, a futile hope, has its compen-
sations in ever-growing calm.
—George R. Gissing

I not only bow to the inevitable, I am
fortified by it. —Thornton Wilder

I have accepted all and I am free. The
inner chains are broken, as well as
those outside. —C.F. Ramuz

The most beautiful thing is inevitabil-
ity of events, and the most ugly thing
is trying to resist inevitability.
—Katherine Butler Hathaway

Peace of mind is that mental condition
in which you have accepted the worst.
—Lin Yutang

If we can recognize that change and uncertainty are basic principles, we can greet the future and the transformation we are undergoing with the understanding that we do not know enough to be pessimistic.

—Hazel Henderson

We cannot change anything unless we accept it.

—Carl Jung

Acceptance of what has happened is the first step to overcoming the consequence of any misfortune.

—William James

Almost any event will put on a new face when received with cheerful acceptance.

—Henry S. Haskins

What it is forbidden to be put right becomes lighter by acceptance.

—Horace

One completely overcomes only what one assimilates.

—André Gide

If you cast away one cross, you will certainly find another, and perhaps a heavier.

—Thomas à Kempis

To repel one's cross is to make it heavier.

—Henri Frederic Amiel

Science says: "We must live," and seeks the means of prolonging, increasing, facilitating and amplifying life, of making it tolerable and acceptable; wisdom says: "We must die," and seeks how to make us die well.

—Miguel de Unamuno

True freedom lies in the realization and calm acceptance of the fact that there may very well be no perfect answer.

—Allen Reid McGinnis

As the soft yield of water cleaves
obstinate stone,

So to yield with life solves the
insolvable:

To yield, I have learned, is to come
back again. —Lao-tzu

Things turn out best for people who
make the best of the way things turn
out. —Anon.

And acceptance is the answer to all
my problems today. . . . I can find no
serenity until I accept that person,
place, thing, or situation as being
exactly the way it is supposed to be
at this moment.

—Alcoholics Anonymous

Resistance causes pain and lethargy.
It is when we practice acceptance that
new possibilities appear. —Anon.

To oppose something is to maintain it.

—Ursula K. LeGuin

No life is so hard that you can't make
it easier by the way you take it.

—Ellen Glasgow

Anything in life that we don't accept
will simply make trouble for us until
we make peace with it.

—Shakti Gawain

Often the prudent, far from making
their destinies, succumb to them.

—Voltaire

Things past redress are now with me
past care. —William Shakespeare

What we call reality is an agreement
that people have arrived at to make
life more livable.

—Louise Nevelson

He who has calmly reconciled his life
to fate . . . can look fortune in the face.
—Boethius

TO GET WHAT WE WANT,
WE MUST ACCEPT SOME THINGS
WE DON'T WANT

No rose without a thorn.
—French proverb

Life leaps like a geyser for those who
drill through the rock of inertia.
—Dr. Alexis Carrel

If you want a place in the sun, you've
got to put up with a few blisters.
—Abigail Van Buren

Those who aim at great deeds must
also suffer greatly. —Plutarch

PARADOX: ACCEPTANCE
CAN LEAD TO CHANGE

Nature, to be commanded, must be
obeyed. —Francis Bacon

The first step toward change is accep-
tance. Once you accept yourself, you
open the door to change. That's all
you have to do. Change is not some-
thing you do, it's something you allow.
—Will Garcia, person with AIDS

Keep doing what you're doing and
you'll keep getting what you're getting.
—Anon.

Everything in life that we really accept
undergoes a change. So suffering must
become love. That is the mystery.
—Katherine Mansfield

Our very first problem is to accept
our present circumstances as they are,
ourselves as we are, and the people
about us as they are. This is to adopt
a realistic humility without which
no genuine advance can even begin.
. . . Provided we strenuously avoid
turning these realistic surveys of the
facts of life into unrealistic alibis for
apathy or defeatism, they can be the
sure foundation upon which increased
emotional health and therefore spiri-
tual progress can be built.
—As Bill Sees It

We cannot change anything unless
we accept it. Condemnation does not
liberate, it oppresses. —Carl Jung

When you make your peace with
authority, you become authority.
—Jim Morrison

GENERAL QUOTATIONS
ABOUT ACCEPTANCE

Ours must be the first age whose
great goal, on a nonmaterial plane, is
not fulfillment but adjustment.
—Louis Kronenberger

Woman must not accept; she must
challenge. —Margaret Sanger

We have fought this fight as long,
and as well, as we know how. We
have been defeated. There is now but
one course to pursue. We must accept
the situation. —Robert E. Lee

Competition is about passion for per-
fection, and passion for other people
who join in this impossible quest.
—Mariah Burton Nelson

It is so. It cannot be otherwise.

—Cathedral inscription, Amsterdam

Teach me neither to cry for the moon
nor over spilt milk.

—On the library wall of
George V of England

Better to accept whatever happens.

—Horace

If we cannot do what we will, we
must will what we can.

—Yiddish proverb

Every man must be content with that
glory which he may have at home.

—Boethius

Every new adjustment is a crisis in
self-esteem.

—Eric Hoffer

What cannot be avoided, t'were
childish weakness to lament or fear.

—William Shakespeare

I will not meddle with that which I
cannot mend.

—Thomas Fuller

I have learned to live with it all . . .
whatever happens . . . all of it.

—Edelgard

There is no such thing as pure plea-
sure; some anxiety always goes with it.

—Ovid

If a ship has been sunk, I can't bring
it up. If it is going to be sunk, I can't
stop it. I can use my time much better
working on tomorrow's problem than
by fretting about yesterday's. Besides,
if I let those things get me, I wouldn't
last long. —Admiral Ernest J. King

One of the many lessons that one
learns in prison is that things are
what they are and will be what they
will be.

—Oscar Wilde

Part of the happiness of life consists
not in fighting battles, but in avoid-
ing them. A masterly retreat is in
itself a victory.

—Norman Vincent Peale

A flower falls even though we love it.
A weed grows even though we don't
love it.

—Dogen

Acceptance says, True, this is my situ-
ation at the moment. I'll look unblink-
ingly at the reality of it. But I'll also
open my hands to accept willingly
whatever a loving Father sends me.

—Catharine Marshall

Man is a pliant animal, a being who
gets accustomed to anything.

—Fyodor Dostoyevsky

The unknown is what it is. And to
be frightened of it is what sends
everybody scurrying around chasing
dreams, illusions, wars, peace, love,
hate, all that. Unknown is what it
is. Accept that it's unknown, and it's
plain sailing.

—John Lennon

Happiness is experienced when your
life gives you what you are willing to
accept.

—Ken Keyes, Jr.

Acceptance is the truest kinship with
humanity.

—G.K. Chesterton

What must be shall be; and that
which is a necessity to him that strug-
gles, is little more than choice to him
that is willing.

—Marcus Annaeus Seneca

Acceptance makes any event put on a new face.
—Henry S. Haskins

There is no sense in the struggle, but there is no choice but to struggle.
—Ernie Pyle

Boys, this is only a game. But it's like life in that you will be dealt some bad hands. Take each hand, good or bad, and don't whine and complain, but play it out. If you're men enough to do that, God will help and you will come out well.

—Dwight D. Eisenhower's mother

Practice easing your way along. Don't get het up or in a dither. Do your best; take it as it comes. You can handle anything if you think you can. Just keep your cool and your sense of humor.
—Smiley Blanton, M.D.

Accept that all of us can be hurt, that all of us can—and surely will at times—fail. Other vulnerabilities, like being embarrassed or risking love, can be terrifying too. I think we should follow a simple rule: if we can take the worst, take the risk.
—Dr. Joyce Brothers

Do not weep; do not wax indignant. Understand.
—Baruch Spinoza

We must learn to accept life and to accept ourselves . . . with a shrug and a smile . . . because it's all we've got.
—Harvey Mindess

I have accepted fear as a part of life—specifically the fear of change . . . I have gone ahead despite the pounding in the heart that says: turn back. . .
—Erica Jong

There are things I can't force. I must adjust.
—C.M. Ward

Let a man accept his destiny. No pity and no tears.
—Euripides

Wood may remain ten years in the water, but it will never become a crocodile.
—Congolese proverb

No matter how much you feed a wolf, he will always return to the forest.
—Russian proverb

Can the Ethiopian change his skin, or the leopard his spots?
—Jeremiah 13:23

Forgiveness



FORGIVING AND FORGETTING— REALLY LETTING GO

How we remember, what we remember, and why we remember form the most personal map of our individuality.
—Christina Baldwin

Reconciliation is more beautiful than victory.
—Violeta Barrios de Chamorro

The stupid neither forgive nor forget; the naive forgive and forget; the wise forgive, but do not forget.
—Thomas Szasz

Forgetting is the cost of living cheerfully.
—Zoë Akins

Forgiveness is the key to action and freedom.
—Hannah Arendt

“I can forgive, but I cannot forget” is only another way of saying, “I will not forgive.” Forgiveness ought to be like a canceled note—torn in two and burned up so that it never can be shown against one.
—Henry Ward Beecher

Life appears to me too short to be spent in nursing animosity or registering wrong. —Charlotte Brontë

Anger repressed can poison a relationship as surely as the cruelest words.
—Dr. Joyce Brothers

Forgiveness means letting go of the past.
—Gerald Jampolsky

I know now that patriotism is not enough; I must have no hatred and bitterness toward anyone.
—Edith Cavell

Stretch out your hand! Let no human soul wait for a benediction.
—Marie Corelli

Nobody ever forgets where he buried a hatchet.
—Kin Hubbard

Anger as soon as fed is dead, 'tis starving makes it fat.
—Emily Dickinson

Once a woman has forgiven a man, she must not reheat his sins for breakfast.
—Marlene Dietrich

There's no point in burying a hatchet if you're going to put up a marker on the site.
—Sydney J. Harris

As long as you don't forgive, who and whatever it is will occupy a rent-free space in your mind.
—Isabelle Holland

Courage and clemency are equal virtues.
—Mary Delarivière Manley

One may have been a fool, but there's no foolishness like being bitter.
—Kathleen Norris

Not the power to remember, but its very opposite, the power to forget, is a necessary condition for our existence.
—Sholem Asch

Once a woman has forgiven a man, she must not reheat his sins for breakfast.
—Marlene Dietrich

Keeping score of old scores and scars, getting even and one-upping, always make you less than you are.
—Malcolm Forbes

Forgiveness is all-powerful. Forgiveness heals all ills.
—Catherine Ponder

The forgiving state of mind is a magnetic power for attracting good.
—Catherine Porter

Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart.
—Corrie ten Boom

To be wronged is nothing unless you continue to remember it.
—Confucius

Who understands much, forgives much.
—Madame de Staël

Forgiveness is the act of admitting we are like other people.
—Christina Baldwin

Grace fills empty spaces, but it can only enter where there is a void to receive it, and it is grace itself which makes this void.
—Simone Weil

WE RARELY KNOW EVERYTHING ABOUT A SITUATION

Know all and you will pardon all.
—Thomas à Kempis

People are more than the worst thing they have ever done in their lives.
—Helen Prejean

The secret of forgiving everything is to understand nothing.
—George Bernard Shaw

Speak not against anyone whose burden you have not weighed yourself.
—Marion Zimmer Bradley

Nothing's easier than believing we understand experiences we've never had.
—Gwen Bristow

The heart has always the pardoning power.
—Anne-Sophie Swetchine

To understand is to forgive, even oneself.
—Alexander Chase

To what extent is any given man morally responsible for any given act? We do not know.
—Dr. Alexis Carrel

ONLY THE STRONG CAN FORGIVE

The weak can never forgive.
Forgiveness is the attribute of the
strong. —Mahatma Ghandi

Only the brave know how to forgive.
. . . A coward never forgave; it is not
in his nature. —Laurence Sterne

Any man can seek revenge; it takes a
king or prince to grant a pardon.
—Arthur J. Rehrat

To be angry about trifles is mean
and childish; to rage and be furious
is brutish; and to maintain perpetual
wrath is akin to the practice and
temper of devils; but to prevent and
suppress rising resentment is wise and
glorious, is manly and divine.
—Isaac Watts

RESENTMENTS AND HATRED

Hatred is a death wish for the hated,
not a life wish for anything else.
—Audre Lorde

Hatred is a passion requiring one hun-
dred times the energy of love. Keep it
for a cause, not an individual. Keep it
for intolerance, injustice, stupidity. For
hatred is the strength of the sensitive.
Its power and its greatness depend on
the selflessness of its use.
—Olive Moore

Resentment is the “number one”
offender. It destroys more alcoholics
than anything else. From it stem all
forms of spiritual disease, for we have
been not only mentally and physically
ill, we have been spiritually sick.
—Alcoholics Anonymous

To oppose something is to maintain it.
—Ursula K. LeGuin

Dwelling on the negative simply con-
tributes to its power.
—Shirley MacLaine

To carry a grudge is like being stung
to death by one bee.
—William H. Walton

Resentments are burdens we don't
need to carry. —Anon.

The enslaver is enslaved, the hater,
harméd. —Marianne Moore

By putting his hand around my neck,
he slowly strangled himself.
—Minako Ohba

The one who deals the mortal blow
receives the mortal wound.
—Maude Parker

Without forgiveness life is governed
. . . by an endless cycle of resentment
and retaliation. —Robert Assaglioli

Malice drinks one-half of its own
poison. —Marcus Annaeus Seneca

I tell you, there is no such thing as
creative hate! —Willa Cather

Reject hatred without hating.
—Mary Baker Eddy

Hate would destroy him who hated.
—Louis L'Amour

In hatred as in love, we grow like
the thing we brood upon. What we
loathe, we graft into our very soul.
—Mary Renault

Resentment is weak and lowers your self-esteem. —Barbara Sher

Hate is a prolonged form of suicide. —Douglas V. Steere

Hatred is like fire—it makes even light rubbish deadly. —George Eliot

You cannot shake hands with a clenched fist. —Indira Gandhi

Hate is all a lie, there is no truth in hate. —Kathleen Norris

Hate is not a good counselor. —Victoria Wolff

Bitterness imprisons life; love releases it. —Harry Emerson Fosdick

If the will remains in protest, it stays dependent on that which it is protesting against. —Rollo May

Hate smolders and eventually destroys, not the hated but the hater. —Dorothy Thompson

It is almost impossible to throw dirt on someone without getting a little on yourself. —Abigail Van Buren

If you hate a person, you hate something in him that is part of yourself. —Herman Hesse

Fire destroys that which feeds it. —Simone Weil

You cannot hate other people without hating yourself. —Oprah Winfrey

Whom they have injured, they also hate. —Marcus Annaeus Seneca

Rage and bitterness do not foster femininity. They harden the heart and make the body sick.

—Marion Woodman

ANGER

I used to store my anger and it affected my play. Now I get it out. I'm never rude to my playing partner. I'm very focused on the ball. Then it's over. —Helen Alfredsson

Anger is a short madness. —Horace

My mother used to say, "He who angers you conquers you." —Elizabeth Kenny

The angry people are those people who are most afraid. —Dr. Robert Anthony

Anger as soon as fed is dead, 'tis starving makes it fat. —Emily Dickinson

Anger dwells only in the bosom of fools. —Albert Einstein

Anger and worry are the enemies of clear thought. —Madeleine Brent

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

Anger is a killing thing: it kills the man who angers, for each rage leaves him less than he had been before—it takes something from him.

—Louis L'Amour

REVENGE

Something of vengeance I had tasted for the first time; as aromatic wine it seemed, on swallowing, warm and racy; its after-flavor, metallic and corroding, gave me a sensation as if I had been poisoned.

—Charlotte Brontë

Revenge could steal a man's life until there was nothing left but emptiness.

—Louis L'Amour

Revenge may not be a particularly high consciousness-oriented activity.

—Carrie Fisher

The human heart in its perversity finds it hard to escape hatred and revenge.

—Moses Luzzatto

A man can lose sight of everything else when he's bent on revenge, and it ain't worth it.

—Louis L'Amour

The whole human race loses by every act of personal vengeance.

—Rae Foley

Forgiveness is the sweetest revenge.

—Isaac Friedmann

FORGIVENESS AND LOVE

One forgives to the degree that one loves.

—Francois de La Rochefoucauld

One is as one is, and the love that can't encompass both is a poor sort of love.

—Marya Mannes

Forgiveness is the final form of love.

—Reinhold Niebuhr

The days are too short even for love; how can there be enough time for quarreling?

—Margaret Gatty

Forgiveness is the most tender part of love.

—John Sheffield

The best proof of love is trust.

—Dr. Joyce Brothers

Love is an act of endless forgiveness, a tender look which becomes a habit.

—Peter Ustinov

We are told that people stay in love because of chemistry, or because they remain intrigued with each other, because of many kindnesses, because of luck. . . . But part of it has got to be forgiveness and gratefulness.

—Ellen Goodman

For me it's not possible to forget, and I don't understand people who, when the love is ended, can bury the other person in hatred or oblivion. For me, a man I have loved becomes a kind of brother.

—Jeanne Moreau

Today I forgive all those who have ever offended me. I give my love to all thirsty hearts, both to those who love me and to those who do not love me.

—Paramahansa Yogananda

Experience is how life catches up with us and teaches us to love and forgive each other.

—Judy Collins

FORGIVENESS AND GOD

We never ask God to forgive anybody except when we haven't.

—Elbert Hubbard