

FEAR and COURAGE

What worries you, masters you.	Haddon W Robinson
There is perhaps nothing so bad and so dangerous in life as fear.	Nehru
Hell is the place where one has ceased to hope.	A J Cronin
Life is always at some turning point.	Irwin Edman
Consistency is contrary to nature, contrary to life. The only completely consistent people are the dead.	Aldous Huxley
Happy the man who has broken the chains which hurt the mind and has given up worrying, once and for all.	Ovid
Pain is the root of knowledge.	Simone Weil
Walk away from it [your problems] until you get stronger. All your troubles will be there when you get back, but you'll be better able to cope.	Lady Bird Johnson
Become so wrapped up in something that you forget to be afraid.	Lady Bird Johnson
There is nobody who totally lacks the courage to change.	Rollo May
Misery is a communicable disease.	Martha Grahame
Life is to be entered upon with courage.	Alexis de Tocqueville
It takes as much courage to have tried and failed as it does to have tried and succeeded.	Anne Morrow Lindbergh
You can't steal second base and keep one foot on first.	Anon
You have all eternity to be cautious when you're dead.	Lois Platford
Nothing is so exhausting as indecision, and nothing is so futile.	Bertrand Russell
The longer we dwell on our misfortunes, the greater is their power to harm us.	Voltaire
Happiness is not the absence of conflict, but the ability to cope with it.	Anon
It takes courage to lead a life. Any life.	Erica Jong
Show me a person who has never made a mistake and I'll show you someone who has never achieved much.	Joan Collins
To expect defeat is nine-tenths of defeat itself.	Francis Marion Crawford

Many a man curses the rain that falls upon his head, and knows not that it brings abundance to drive away hunger.	St. Basil
Even if you're on the right track, you'll get run over if you just sit there.	Will Rogers
The difficulties of life are intended to make us better, not bitter.	Anon
The man who insists on seeing with perfect clearness before he decides, never decides.	Henri Fredric Amiel
You're going to have to learn to fake cheerfulness. Believe it or not eventually that effort will pay off: you'll actually start feeling happier.	Jean Bach
It isn't our position, but our disposition, that makes us happy.	Anonymous
Chance favors those in motion.	H Austin
Never feel self-pity, the most destructive emotion there is. How awful to be caught up in the terrible squirrel cage of self.	Millicent Fenwick
No great deed is done by falterers who ask for certainty.	George Eliot
Life is what we make it, always has been, always will be.	Grandma Moses
The most drastic, and usually the most effective remedy for fear is direct action.	William Burnham
Many of our fears are tissue-paper thin, and a single courageous step would carry us through them.	Brendan Francis
Confidence is contagious So is lack of confidence.	Vince Lombardi
Flowers grow out of dark moments.	Corita Kent
Too many people are thinking of security instead of opportunity. They seem more afraid of life than death.	James F Byrnes
The desire for safety stands against every great and noble enterprise.	Tacitus
There is no security on this earth; there is only opportunity.	General Douglas MacArthur
If you think it's going to rain, it will.	Clint Eastwood
Pick battles big enough to matter, small enough to win.	Jonathan Kozol
Doubt indulged soon becomes doubt realized.	Francis R Havergal

Don't let other people tell you what you want.	Benjamin N Cardozo
We are what we believe we are.	Anonymous
Things turn out best for people who make the best of the way things turn out.	Margaret Thatcher
You may have to fight a battle more than once to win it.	M Scott Peck
We cannot solve life's problems except by solving them.	John Allston
If you don't control your mind, someone else will.	Anonymous
Don't rent space to anyone in your head.	Wilson Mizner
I respect faith, but doubt is what gets you an education.	Betty Bender
Anything I've ever done that ultimately was worthwhile ... initially scared me to death.	Lloyd Douglas
If a man harbors any sort of fear, it ... makes him landlord to a ghost.	Buddha
What we think, we become.	Anonymous
What you are afraid to do is a clear indicator of the next thing you need to do.	Paul Harvey
In times like these, it helps to recall that there have always been times like these.	Marcus Seneca
Constant exposure to dangers will breed contempt for them.	Marcus Seneca
A man's as miserable as he thinks he is.	Jim Goodwin
The impossible is often the untried.	Anonymous
A mistake is evidence that someone tried to do something.	Louisa M Alcott
I am not afraid of storms, for I am learning how to sail my ship.	William R Inge
Worry is interest paid on trouble before it comes due.	Virgil
They can because they think they can.	Theodore N Vail
Real difficulties can be overcome, it is only the imaginary ones that are unconquerable.	Diane De Pottiers
Courage is as often the outcome of despair as of hope; in the one case we have nothing to lose, in the other, everything to gain.	

Striving for perfection is the greatest stopper there is ... It's your excuse to yourself for not doing anything. Instead, strive for excellence, doing your best.	Sir Laurence Olivier
Striving for excellence motivates you; striving for perfection is demoralizing.	Harriet Braiker
You know what they call the guy who finishes last in medical school? They call him Doctor!	Abe Lemons
Put your troubles in a pocket with a hole in it.	Anonymous
Never grow a wishbone, daughter, where your backbone ought to be.	Clementine Paddleford
Yard by yard it's very hard. But inch by inch, it's a cinch.	Anonymous
If we take care of the inches, we will not have to worry about the miles.	Hartley Coleridge
Prudence keeps life safe, but does not often make it happy.	Samuel Johnson
Growth begins when we begin to accept our own weakness.	Jean Vanier
If it is to be, it's up to me.	Anonymous
It is only possible to live happily-ever-after on a day-to-day basis.	Margaret Bonnano
Our entire life consists ultimately in accepting ourselves as we are.	Jean Anouilh
Love the moment, and the energy of the moment will spread beyond all boundaries.	Corita Kent
The key to change ... is to let go of fear.	Rosanne Cash
Success seems to be largely a matter of hanging on after others have let go.	William Feather
Success generally depends upon knowing how long it takes to succeed.	Charles de Montesquieu
Unrest of spirit is a mark of life.	Karl Meninger
Putting off an easy thing makes it hard. Putting off a hard think makes it impossible.	George C Lorimer
Dying seems less sad than having lived too little.	Gloria Steinem
We create our fate every day we live.	Henry Miller
Good luck is often with the man who doesn't include it in his plans.	Anonymous

The time is always right to do what is right.	M L King Jr
Deep faith eliminates fear.	Lech Walesa
Any change, even a change for the better, is always accompanied by drawbacks and discomforts.	Arnold Bennett
Courage is the ladder on which all the other virtues mount.	Clare Booth Luce
To be happy, drop the words <i>if only</i> , and substitute instead the words <i>next time</i> .	Dr Smiley Blanton
Disappointment is the nurse of wisdom.	Sir Bayle Roche
What is defeat? Nothing but education, nothing but the first step to something better.	Wendell Phillips
As a cure for worrying, work is better than whiskey.	Thomas A Edison
Good people are good because they've come to wisdom through failure.	William Saroyan
Learn from how people in the arts react to criticism: Pay no attention to what the critics say; no statue has ever been put up to a critic.	Jean Sibelius
Courage is fear holding on a minute longer.	General George S Patton
Dwelling on the negative simply contributes to its power.	Shirley MacLaine
We all have the extraordinary coded within us, waiting to be released.	Jean Houston
I have often been adrift, but I have always stayed afloat.	David Berry
He who conquers others is strong; he who conquers himself is mighty.	Lao-Tzu
Without discipline, there's no life at all.	Katharine Hepburn
Only those who dare, truly live.	Ruth Freedman
Man is what he believes.	Anton Chekhov
Old age and sickness bring out the essential characteristics of a man.	Felix Frankfurter
We cannot do everything at once, but we can do something at once.	Cal Coolidge

A good scare is worth more to a man than good advice.	Edgar Watson Howe
Fear drives you and makes you better.	Donna Shalala
When Satan is knocking at your door, simply say, Jesus, could you please get that for me?	Anonymous
If you let fear of consequence prevent you from following your deepest instinct, then your life will be safe, expedient and thin.	Katherine B Hathaway
God commands you to pray, but forbids you to worry.	St. John Vianney
I was taught that the way of progress is neither swift nor easy.	Marie Curie
Great deeds are usually wrought at great risks.	Herodotus
You never know what you can do till you try.	William Cobbett
Each of us has some unique capabilities waiting for realization.	George H Bender
What is more mortifying than to feel that you have missed the plum for want of courage to shake the tree?	Logan Pearsall Smith
We fail far more often by timidity than by over-daring.	David Grayson
We will not know unless we begin.	Howard Zinn
Energy will do anything that can be done in this world.	Goethe
Courage is the most important of all virtues, because without it we can't practice any other virtue with consistency.	Maya Angelou
One isn't necessarily born with courage, but one is born with potential.	Maya Angelou
Forget the times of your distress, but never forget what they taught you.	Herbert Gasser
The future belongs to those who believe in the beauty of their dreams.	Eleanor Roosevelt
Do what you feel in your heart to be right - for you'll be criticized anyway. You'll be damned if you do and damned if you don't.	Eleanor Roosevelt
A hero is a man who does what he can.	Romain Rolland
The biggest chance you can take is not taking a chance at all.	Glen Sather
Go the extra mile. It's never crowded.	Exec Speedwriter Newsletter
Failure is the opportunity to begin again, more.	Henry Ford

Just when you think you've graduated from the school of experience, someone thinks up a new course.	Mary H Waldrip
How very little can be done under the spirit of fear.	Florence Nightingale
A diamond is a chunk of coal that made good under pressure.	Anonymous
Life is not life unless you make mistakes.	Joan Collins
Life shrinks or expands in proportion to one's courage.	Anais Nin
Perfection does not exist. To understand this is the triumph of human intelligence; to expect to possess it is the most dangerous kind of madness.	Alfred de Musset
Fear is faith that it won't work out.	Sister Mary Tricky
As is our confidence, so is our capacity.	William Hazlitt
A man of courage never wants for weapons.	Anonymous
From the discontent of man, the world's best progress springs.	Ella W Wilcox
What is to give light must endure burning.	Viktor Frankl
Suffering is a dreadful teacher, but often the beginning of the best in us. Like a grain of sand in an oyster, it can create a magnificent pearl.	Tessa Bielecki
It is better to hear the rebuke of the wise than to hear the song of fools.	Ecclesiastes 7: 5
In putting off what one has to do, one runs the risk of never being able to do it.	Charles Baudeliare
People living deeply have no fear of death.	Anais Nin
Death? Why this fuss about death? Use your imagination; try to visualize a world without death! ... Death is the essential condition of life, not an evil.	Charlotte Perkins Gilman
The paradox is that by letting go we hold onto the very thing that is permanent: not the song, but the source of the song.	Philip Toshio Sudo
You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.	Walt Disney
Why do we shrink from change? What can come into being save from change?	Marcus Aurelius

Everything is sweetened by risk.	Alexander Smith
No winter lasts forever; no spring skips its turn.	Hal Borland
Pain is never permanent.	St Teresa of Avila
Life is like an onion; you peel off one layer at a time and sometimes you weep.	Carl Sandburg
Sadness flies away on the wings of time.	Jean de La Fontaine
In the darkness, all reliance on our human efforts to bring salvation is shattered. The old self dies. Into emptiness God brings new life.	Sandra Cronk
How much pain they have cost us, the evils which have never happened.	Thomas Jefferson
Most folks are about as happy as they make up their minds to be.	Abraham Lincoln
There is nothing in your life too terrible or too sad that it will not be your friend when you find the right name to call it.	Laurens van der Post
No man was ever so completely skilled in the conduct of life, as not to receive new information from age and experience.	Terence
Life is hard. Next to what?	Anonymous
Often the prudent, far from making their destinies, succumb to them.	Voltaire
If you have been up all night and cried till you have no more tears left in you - you will know that there comes in the end a sort of quietness.	C S Lewis
The reason why worry kills more people than work is that more people worry than work.	Robert Frost
It is not necessary to change. Survival is not mandatory.	W Edwards Deming
If at first you don't succeed you're running about average.	M H Alderson
Doubts and mistrust are the mere panic of timid imagination, which the steadfast heart will conquer, and the large mind transcend.	Helen Keller
Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition aspired, and success achieved.	Helen Keller
I thank God for my handicaps, for through them I have found myself, my work, and my God.	Helen Keller

Life is either a daring adventure or nothing.	Helen Keller
No pessimist ever discovered the secrets of the stars, or sailed to an un-chartered land, or opened a new heaven to the human spirit.	Helen Keller
A pessimist is a man who is never happy unless he is miserable: even then he is not pleased.	Anonymous
Optimism is the foundation of courage.	Nicholas Murray Butler
A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.	Harry Truman
The pessimist is half-licked before he starts.	Thomas Buckner
Everybody is ignorant, only on different subjects.	Will Rogers
Fear is a noose that binds until it strangles.	Jean Toomer
The one permanent emotion of the inferior man is fear – fear of the unknown, the complex, the inexplicable. What he wants beyond everything else is safety.	H L Mencken
The great question is not whether you have failed, but whether you are content with failure.	Laurence Peter
Self-pity in its early stages is as snug as a feather mattress. Only when it hardens does it become uncomfortable.	Maya Angelou
Concern should drive us into action, not into a depression.	Karen Horney
Conflict builds character. Crisis defines it.	Steven V Thulon
I have come to realize that all my trouble with living has come from fear and smallness within me.	Angela L Wozniak
Others have done it before me. I can, too.	Faunce
If you think you can, you can. And if you think you can't, you're also right.	Mary Kay Ash
If you think you're too small to make a difference, you've obviously never been in bed with a mosquito.	Michelle Walker
You'll always miss 100% of the shots you don't take.	Wayne Gretzky
Being defeated is often a temporary condition. Giving up is what makes it permanent.	Marlene Savant
Necessity is the mother of taking chances.	Mark Twain

I am an old man and have known many troubles, but most of them never happened.	Mark Twain
All forms of fear produce fatigue.	Bertrand Russell
In order to change we must be sick tired of being sick and tired.	Anonymous
To play it safe is not to play.	Robert Altman
Above all things, never be afraid. The enemy who forces you to retreat is himself afraid of you at that very moment.	Andre Maurois
Fear to let fall a drop and you spill a lot.	Malay proverb
You've got to do your own growing, no matter how tall your grandfather was.	Irish Proverb
The person who says it cannot be done should not interrupt the person doing it.	Chinese Proverb
Self-assurance is two-thirds of success.	Gaelic Proverb
Worry often gives a small thing a big shadow.	Swedish Proverb
Wealth lost - something lost; Honor lost - much lost; Courage lost - all lost.	German Proverb
When one must, one can.	Yiddish Proverb
He that can't endure the bad will not live to see the good.	Yiddish Proverb
Many things are lost for want of asking.	English Proverb
He is lifeless that is faultless.	English Proverb
Danger can never be overcome without taking risks.	Latin Proverb
He is always right who suspects that he makes mistakes.	Spanish Proverb
Whoever gossips to you will gossip about you.	Spanish Proverb
Difficulties are things that show what men are.	Epictetus
The greater the difficulty the more glory in surmounting it. Skillful pilots gain their reputation from storms and tempests.	Epictetus
You've got to jump off cliffs all the time and build your wings on the way down.	Ray Bradbury
Action conquers fear.	Peter N Zarlenga

The best way out of a difficulty is through it.	Anonymous
The soul would have no rainbow had the eyes no tears.	John Vance Cheney
Difficulties exist to be surmounted.	Ralph Waldo Emerson
Fear is an instructor of great sagacity, and the herald of all revolutions.	Ralph Waldo Emerson
The world is all gates, all opportunities, strings of tension waiting to be struck.	Ralph Waldo Emerson
Nature arms each man with some faculty which enables him to do easily some feat impossible to any other.	Ralph Waldo Emerson
A mind that is stretched by a new experience can never go back to its old dimensions.	Oliver Wendell Holmes
Obstacles are things a person sees when he takes his eyes off his goal.	E Joseph Cossman
Expect problems and eat them for breakfast.	Alfred A Montapert
What you see, but can't see over, is as good as infinite.	Thomas Carlyle
You can't cross the sea merely by standing and staring at the water.	Rabindranath Tagore
It is never safe to look into the future with eyes of fear.	E H Harriman
Consistency requires you to be as ignorant today as you were a year ago.	Bernard Berenson
Only man clogs his happiness with care, destroying what is with thoughts of what may be.	Dryden
The best bridge between despair and hope is a good night's sleep.	E Joseph Cossman
It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it.	John Steinbeck
To the question of your life you are the answer, and to the problems of your life you are the solution.	Joe Cordare
Courage is a virtue only so far as it is directed by prudence.	Francois de Fenelon
We must embrace pain and burn it as fuel for our journey.	Kenji Miyazawa
Why not go out on a limb? Isn't that where the fruit is?	Frank Scully

Every evening I turn my worries over to God. He's going to be up all night anyway.	C Crowley
Worrying is like a rocking chair, it gives you something to do, but it gets you nowhere.	Glenn Turner
It's not who you are that holds you back, it's who you think you're not.	Anonymous
To get profit without risk, experience without danger, and reward without work, is as impossible as it is to live without being born.	A P Gouthey
It takes courage to know when you ought to be afraid.	James A Michener
If malice or envy were tangible and had a shape, it would be the shape of a boomerang.	Charley Reese
The jealous bring down the curse they fear upon their own heads.	Dorothy Dix
The jealous are troublesome to others, but a torment to themselves.	Wm Penn
Other people's eggs have two yolks.	Hungarian proverb
Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.	Dr Seuss
The biggest liar in the world is <i>They Say</i> .	Douglas Malloch
No one is perfect - that's why pencils have erasers.	Anonymous
All problems become smaller if you don't dodge them but confront them.	William F Halsey
Valor grows by daring, fear by holding back.	Publilius Syrus
To avoid criticism, do nothing, say nothing, be nothing.	Elbert Hubbard
If pleasures are greatest in anticipation, just remember that this is also true of trouble.	Elbert Hubbard
God will not look you over for medals, degrees or diplomas, but for scars.	Elbert Hubbard
The greatest mistake you can make in life is to be continually fearing that you will make one.	Elbert Hubbard
The cure for grief is motion.	Elbert Hubbard
Everything comes too late for those who only wait.	Elbert Hubbard

A man's doubts fears are his worst enemy.	William Wrigley Jr
It's the most unhappy people who most fear change.	Mignon McLaughlin
He that fears not the future may enjoy the.	Thomas Fuller
All fear is bondage.	Anonymous
Doubt breeds doubt.	Franz Grillparzer
Fear is the highest fence.	Dudley Nichols
Only those who dare to fail greatly can ever achieve greatly.	Robert F Kennedy
Success is how high you bounce when you hit bottom.	George S Patton
You are all you will ever have for certain.	June Havoc
Only put off until tomorrow what you are willing to die having left undone.	Pablo Picasso
The crisis of today is the joke of tomorrow.	H G Wells
Tomorrow is often the busiest day of the week.	Anonymous
Today's duties put off until tomorrow give us a double burden to bear; the best way is to do them in their proper time.	Scott Taylor
It is not the cares of today, but the cares of tomorrow, that weigh a man down.	George MacDonald
Tomorrow is the day when idlers work, and fools reform.	Edward Young
Tomorrow is the only day in the year that appeals to a lazy man.	Jimmy Lyons
Someday is not a day of the week.	Anonymous
Procrastination is opportunity's assassin.	Vistor Kiam
Later never exists.	Anonymous
To fight fear, act. To increase fear - wait, put off, postpone.	David J Schwartz
Fear has a large shadow, but he himself is small.	Ruth Gendler
Fear is a darkroom where negatives develop.	Usman B Asif
Nothing is a waste of time if you use the experience wisely.	Auguste Rodin
To lose is to learn.	Anonymous

Failure is instructive. The person who really thinks learns quite as much from his failures as from his successes.	John Dewey
He who forecasts all perils will never sail the sea.	Anonymous
Believe that you can whip the enemy, and you have won half the battle.	J E B Stuart
Don't be afraid to take a big step if one is indicated; you can't cross a chasm in two small jumps.	David Lloyd George
Optimism is an intellectual choice.	Schneider
Laziness is a secret ingredient that goes into failure. But it's only kept a secret from the person who fails.	Robert Half
Have no fear of perfection - you'll never reach it.	Salvadeor Dali
Growth begins when we start to accept our own weakness.	Jean Vanier
God tempers the wind to the shorn lamb.	Laurence Sterne
Relax. We are secure. God is running the show.	Eugene H Peterson
To think too long about doing a thing often becomes its undoing.	Eva Young
We do survive every moment, after all, except the last one.	John Updike
If you have a job without aggravations, you don't have a job.	Malcolm Forbes
Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them – every day begin the task anew.	St. Francis de Sales
What isn't tried won't work.	Claude McDonald
The highest courage is to dare to appear to be what one is.	John L Spalding
Security is a false god; begin making sacrifices to it and you are lost.	Paul Bowles
Who dares nothing, need hope for nothing.	J C F Schiller
If you want to succeed in the world, you must make your own opportunities.	John B Gough
The opportunity is often lost by deliberating.	Publilius Syrus
Disappointment is the nurse of wisdom.	Sir Bayle Roche

Throughout the centuries there were men who took first steps down new roads armed with nothing but their own vision.	Ayn Rand
Expecting the world to treat you fairly because you are good is like expecting the bull not to charge because you are a vegetarian.	Dennis Wholey
Jealousy is the greatest of all sufferings, and the one that arouses the least pity in the person who causes it.	Paul De Gondi
Jealousy is no more than feeling alone among smiling enemies.	Elizabeth Bowen
O! Beware my lord, of jealousy; / It is the green-eyed monster which doth mock / The meat it feeds on.	Shakespeare (Othello)
Courage is being afraid but going on anyhow.	Dan Rather
Somehow our devils are never quite what we expect when we meet them face to face.	Nelson DeMille
If fate means you to lose, give it a good fight anyhow.	William McFee
Problems are not stop signs, they are guidelines.	Robert Schuller
I've developed a new philosophy ... I only dread one day at a time.	Charlie Brown
I've learned that you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back.	Anonymous
Life's problems wouldn't be called <i>hurdles</i> if there wasn't a way to get over them.	Anonymous
Everybody knows that if you are too careful, you become so occupied in being careful that you are sure to stumble over something.	Gertrude Stein
Mistakes are the portals of discovery.	James Joyce
Don't let anyone steal your dreams!	Brian Cavanaugh
The field of consciousness is tiny. It accepts only one problem at a time.	Antoine de Saint-Exupery
Not everything that is faced can be changed, but nothing can be changed until it is faced.	James Baldwin
Our only security is our ability to change.	John Lilly
The bitterest tears shed over graves are for words left unsaid and for deeds left undone.	Harriet Beecher Stowe

To think too long about doing a thing often becomes its undoing.

If you want total security, go to prison. There you're fed, clothed, given medical care and so on. The only thing lacking ... is freedom.

Dwight D Eisenhower

One does not discover new lands without consenting to lose sight of the shore for a very long time.

André Gide

Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.

Dale Carnegie

Excuses are the nails used to build a house of failure.

Don Wilder

When I took the leap, I had faith I would find a net. Instead, I learned I could fly.

John Calvi

Either do not attempt at all, or go through with it.

Ovid

If you aren't going all the way, why go at all.

Joe Namath

Great works are performed not by strength, but by perseverance.

Sam Johnson

There is nothing greater than enthusiasm.

Henry Moore

Energy and persistence conquer all things.

Benjamin Franklin

He was a *how* thinker, not an *if* thinker.

Anonymous

The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach.

Benjamin Mays

Success is due less to ability than to zeal.

Charles Buxton

The little reed, bending to the force of the wind, soon stood upright again when the storm had passed over.

Aesop

There is no terror in the bang, only in the anticipation of it.

Alfred Hitchcock

The foolish and the dead alone never change their opinion.

James Russell Lowell

I may not be totally perfect, but parts of me are excellent.

Ashleigh Brilliant

The God who gave us life, gave us liberty at the same time.

Thomas Jefferson

The only things you regret are the things you didn't do.

Michael Curtiz

When you resort to attacking the messenger and not the message, you have lost the debate.

Addison Whitcomb

If in the last few years you haven't discarded a major opinion or acquired a new one, check your pulse. You may be dead.

Gelett Burgess

Time engraves our faces with all the tears we have not shed.

Natalie Clifford Barney

The greatest griefs are those we cause ourselves.

Sophocles

All things come round to him who will but wait.

Longfellow

To conquer without risk is to triumph without glory.

Pierre Corneille

Doubt is not a pleasant state, but certainty is a ridiculous one.

Voltaire

The things we hate about ourselves aren't more real than things we like about ourselves.

Ellen Goodman

The healthy and strong individual is the one who asks for help when he needs it.

Rona Barrett