

*365 Thoughts that Melt in Your Mind
and Not in Your Mouth*

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No Calorie

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Dear Make Peace with Food Reader,

I decided to put together some of my favorite quotes on love, motivation, happiness, success, gratitude, fear, courage and forgiveness.

I love quotes and thought that the next time that you wanted to pick up that next piece of chocolate that you could read a quote instead and save on the calories. You can read one quote at any particular time (and slowly savor that thought- and then continue in that section) or you can leave that section and pick whatever thought that you'd like in whatever section you'd like.

So enjoy your non-caloric "thought" collection...

In Make Peace with Food,

Sora

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§ Love §

Love is the wildcard of existence. Rita Mae Brown

Work like you don't need the money. Love like you've never been hurt. Dance like nobody's watching. Satchel Paige

The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart. Helen Keller

Love, like a river will cut a new path whenever it meets an obstacle. Crystal Middleman

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

Whenever there is a human being, there is an opportunity for kindness. Seneca

Love is a friendship set to music. Elie Joseph Cassman

Love is the triumph of imagination over intelligence. H.L. Mencken

Sometimes the heart sees, what is invisible to the eye. H. Jackson Brown Jr.

If love is the answer, then could you rephrase the question. Lilly Tomlin

I love you, not for what you are, but for what I am when I am with you. Roy Croft

At the touch of love everyone becomes a poet. Plato

Love is not blind. It simply enables one to see things others fail to see. Anonymous

Sharing is the heart of loving. Thomas Malloy

Truly loving another means letting go of all expectations. It means full acceptance, even celebration of another's personhood. Anonymous

The more you judge, the less you love. Anonymous

Love is the beauty of the soul. Anonymous

Joy is a net of love by which you can catch souls. Mother Theresa

If I had a rose for every time I thought of you, I'd be picking roses for a lifetime.

Swedish Proverb

Other men said they have seen angels. But I have seen thee and though art enough.

G Moore

At the center of non-violence stands the principle of love. Martin Luther King

Find the person who will love you because of your differences and not in spite of them
and you have found a lover for life. Leo Buscaglia

Tell me who admires you and loves you, and I will tell you who you are. Charles
Augustin Sainte-Beuve

Only from the heart can you touch the sky... J.Rumi

We can do no great things, only small things with great love. Mother Teresa

Love is a canvas furnished by nature and embroidered by imagination. Voltaire

When the power of love overcomes the love of power the world will know peace.
Jimi Hendrix

You can't touch love, but you can feel the sweetness that it pours into everything.
Annie Sullivan

Love is missing someone whenever you're apart, but somehow feeling warm inside
because you're close at heart. Kay Knudsen

Love is not blind. It sees more, not less. But because it sees more, it is willing to see less. Rabbi Julius Gordon

Only where the heart is can the treasure be found. James Barrie

What the heart gives away is never gone... It is kept in the heart of others.

Robin St. John

With love and patience, nothing is impossible. Daisaku Ikeda

The grand essentials of happiness are: something to do, something to love, and something to hope for. Allan K. Chalmers

Kind words are the music of the world. Anonymous

We can only learn to love by loving. Iris Murdoch

Doing what you love is the cornerstone of having abundance in your life. Wayne Dyer

Only by the heart and not the mind, can love be defined. Anonymous

Love cures people-both the ones who give it and the ones who received it.

Dr. Karl Menage

Love is all we have, the only way that each can help the other. Euripides

Kindness in words creates confidence. Kindness in thinking creates profoundness:

Kindness in giving creates love. Lao-Tzu

Love is love's reward. John Dryden

Love is the shortest distance between two hearts. Anonymous

Love looks through a telescope: envy through a microscope. Josh Billings

How do I love thee? Let me count the ways...Elizabeth Barrett Browning

To the world you may be one person, but to one person you may be the world.

Anonymous

Saving love doesn't bring any interest. Mae West

You, yourself, as much as anybody in the universe, desire your love and affection.

Buddha

Love grows in happy hearts. Anonymous

The garden of love is green without limit and yields many fruits. Rumi

The greatest healing therapy is friendship and love. Hubert Humphrey

Love is a springtime plant that perfumes everything with its hope, even the ruins to which it clings. Gustave Flaubert

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

To love someone is to see a miracle invisible to others. Francois Mauriac

Attention is the most basic form of love: through it we bless and are blessed.

Sophocles

Love is not love when alteration finds. William Shakespeare

There is no instinct like that of the heart. Lord Byron

§ Motivation §

The life of every man is a diary in which he means to write one story, and writes another, and his humblest hour is when he compares the volume as it is with what he vowed to make it. James M. Barrie

If you do not hope, you will not find what is beyond your hope.

St. Clement of Alexandria

Character consists of what you do on the third and fourth tries. James A. Michener

Do not be too timid and squeamish. All life is an experiment. The more experiments you make, the better. Ralph Waldo Emerson

Someone's opinion of you does not have to become your reality. Les Brown

Out of difficulties grow miracles. Jean De La Bruyere

Thinking will not overcome fear but action will. W. Clement Stone

Every ceiling, when reached, becomes a floor, upon which one walks as a matter of course and perspective right. Aldous Huxley

You've got to be very careful if you don't know where you are going, because you might not get there. Yogi Berra

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment. Buddha

New boots...big steps. Chinese Proverb

The best way out is always through. Robert Frost

Bloom where you are planted. Mary Engelbreight

The lust for comfort murders the passions of the soul. Kahil Gibran

We must all suffer one of two things; the pain of discipline or the pain of regret or disappointment. Jim Rohn

The most wasted of all days is one without laughter. E.E. Cummings

A journey of a thousand miles begins with a single step. Lao Tzu

There are two things to aim at in life, first to get what you want, and after that you enjoy it. Only the wisest man has achieved the second. Logan P. Smith

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

Everything you need is already inside. Just do it. Nike Ad for 2008 Olympics

Being easy-going when you have a goal to reach seldom makes the going easy.

Frank Tyger

Constant dripping hollows out a stone. Lucretius

If we wait until the moment when everything is ready, we shall never begin.

Ivan Turgenev

Your life changes the moment you make a new, congruent, and committed decision.

Anthony Robbins

Dare to risk public criticisms. Mary Kay Asch

Unless you try something beyond what you have mastered, you will never grow.

Ronald E. Osborn

The only way to truly move forward is to never look back. Christopher Ammirati

Motivation is what gets you started. Habit is what keeps you going. Jim Ryun

If we did all the things we are capable of doing, we would literally astound ourselves.

Thomas Edison

This is America. We can do anything here. Ted Turner

Let me tell the secret that has led me to my goal; my strength lies in my tenacity.

Louis Pasteur

Courage is being scared to death and saddling up anyway. John Wayne

To give anything less than your best is to sacrifice the gift. Steve Prefontaine

An ounce of action is worth a ton of theory. Friedrich Engels

All life is an experiment. Anonymous

Be a postage stamp...stick to one thing until you get there. Josh Billings

If you have to climb on high hill then waiting will not make it small. Just go ahead.

Anonymous

Be miserable. Or motivate yourself. Whatever has to be done, it's always a choice.

Wayne Dyer

The finish line is just the beginning of a whole new race. Susan St. James

Twenty years from now you'll be much more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Mark Twain

There is no try, there is either do or not do. Yoda, Jedi Teacher

Whether you think you can or you can't – you're right. Henry Ford

A free lunch is only found in mousetraps. John Capuzzi

You miss 100% of the shots you never take. Wayne Gretzky

Goals are dreams with deadlines. Diana Hunt

The question is, "What's more important-your goal or others opinion of your goal?"

Peter McWilliam

§ Happiness §

If you want to be happy, be. Leo Tolstoy

Happiness is not the absence of problems but the ability to deal with them. Anonymous

You cannot be thankful and unhappy at the same time. Anonymous

Happiness depends on ourselves. Aristotle

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

Mahatma Gandhi

To fill the hour - - that is happiness. Ralph Waldo Emerson

The best way to cheer yourself up is to try to cheer somebody else. Mark Twain

Believe me! The secret of reaping the greatest fruitfulness and the greatest enjoyment for life is to live dangerously! Friedrich Nietzsche

Happiness is the best medicine. Cheerfulness keeps up a kind of daylight in the mind and fills it with a steady and perpetual serenity. Joseph Addison

There is no cosmetic for beauty like happiness. Countess of Blessington

One of the keys of happiness is a bad memory. Rita Mae Brown

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

Open your arms and welcome the joy of today. Anonymous

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

Happiness is a conscious choice, not an automatic response. Mildred Barthel

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

Albert Camus

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

The most wasted of all days is the one without laughter. E.E. Cummings

The essentials to happiness are something to love, something to do, and something to hope for. William Blake

Simply put, you believe that things or people make you unhappy, but this is not accurate.

You make yourself unhappy. Wayne Dyer

Happiness is nothing more than good health and a bad memory.

Albert Schweitzer

Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond imperfection. Anonymous

Don't waste a minute being unhappy. If one window closes run to the next window or break down a door. Anonymous

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

Thomas Paine

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

We all live with the object of being happy; our lives are all different and yet all the same.

Anne Frank

Love is the condition in which happiness of another person is essential to your own.

Anonymous

Nothing has to happen for me to feel good! I feel good because I'm alive. Life is a gift and I revel in it. Tony Robbins

Remember that happiness is a way not a destination. Roy M. Goodman

The foolish man seeks happiness in the distance, the wise man grows it under his feet.

James Oppenheim

Happiness belongs to the self-sufficient. Aristotle

People love others not for who they are but for how they make them feel. Irwin Fedeman

Life can be one satisfaction after another if we let it. John Schindler

Happiness is enhanced by others but does not depend on others. Anonymous

At the height of laughter, the universe is flung into a kaleidoscope of new possibilities.

Jean Houston

Growth itself is the germ of happiness. Pearl S. Buck

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. Herman Cain

Always laugh when you can, it is cheap medicine. Merriment-it is the sunny side of existence. Lord Byron

The greatest part of our happiness depends on our disposition, not on our circumstances.

Martha Washington

Fear less, hope more;

Whine less, breathe more;

Talk less, say more;

Hate less, love more;

And all good things are yours.

Swedish Proverb

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

Dr. Benjamin Spock

The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it. Michelangelo

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

Slow down and enjoy life. It's not only the scenery you miss by going too fast – you also miss the sense of where you are going and why. Eddie Cantor

A single sunbeam is enough to drive away many shadows. Saint Francis of Assisi

Happiness: An agreeable sensation arising from contemplating the misery of another.

Ambrose Bierce

§ Success §

Would you like me to give you a formula for success? It's quite simple, really. Double your rate of failure. You are thinking of failure as the enemy of success. But it isn't at all. You can be discouraged by failure if you can learn from it. So go ahead and make mistakes. Make all that you can. Because remember, that's where you'll find your success. Thomas J. Watson

Footprints on the sands of time are not made by sitting down. Anonymous

Success is not the key to happiness. Happiness is not the key to success. If you love what you're doing you will be successful. Albert Schweitzer

People fail forward to success. Mary Kay Ash

Impatience never commanded success. Edwin H. Chapin

We cannot discover new oceans unless we have the courage to lose sight of the shore.
Anonymous

A strong positive self-image is the best possible preparation for success. Joyce Brothers

The toughest thing about success is that you've got to keep on being a success. Irving Berlin

Any fact facing us is not as important as our attitude towards it, for that determines our success or failure. Norman Vincent Peale

You haven't failed until you stop trying. Anonymous

Winning is not everything, but the effort to win is. Zig Ziglar

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will. Vincent Lombardi

Nothing will ever be attempted if all possible objections must first be overcome.

Theodore Roosevelt

I have learned, that if one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with success unexpected in common hours. Henry David Thoreau

When you get right down to the root meaning of the word "succeed" you find it simply means to follow through. FW Nichol

Action is the foundational key to all success. Pablo Picasso

If you hear a voice within you say “you cannot paint” then by all means paint, and that voice will be silenced. Norman Vincent Peale

Self-confidence is the result of a successfully survived risk. Jack Gibb

Success is a journey, not a destination. Ben Sweetland

Victory belongs to the most persevering. Napoleon

If you think you can, you can. And if you think you can't, you're right.

Mary Kay Ash

What we hope to do with ease, we must learn first to do with diligence. Samuel Johnson

Seldom does an individual exceed his own expectation. Anonymous

It's not about success, it's about progress. Tony Robbins

Excellence is the gradual result of always striving to do better. Pat Riley

The difference between failure and success is doing a thing nearly right and doing a thing exactly right. Edward Simmons

Do what you can, with what you have, where you are. Theodore Roosevelt

Many of life's failures are people who did not realize how close they were to success when they gave up. Thomas Alva Edison

The road to success is always under construction. Lilly Tomlin

The key to successful leadership is influence, not authority. Kenneth Blanchard

Man's mind, once stretched by a new idea, never regains it.

Oliver Wendell Holmes, Jr.

The key ingredient to any kind of happiness or success is to never give less than your best. Russell Simmons

Desire is the key to motivation, but it's the determination and to an unrelenting pursuit of your goal – a commitment to excellence-that will enable you to attain the success you seek. Mario Andretti

Good people are good because they've come to wisdom through failures. We get very little wisdom from success, you know. William Saroyan

When you're going through hell, keep going. Albert Einstein

A well spent day brings happy sleep. Leonardo da Vinci

Without an open-minded mind, you can never be a great success. Martha Stewart

It takes as much stress to be a success as it does to be a failure. Emilio James Trujillo

What would you attempt if you knew you would not fail? Robert Schuller

Unless you change how you are, you will always have what you've got. Jim Rohn

Success is never final. Failure is never final. Courage is what counts.

Sir Winston Churchill

The secret of joy in work is contained in one word-excellence. To know how to do something well is to enjoy it. Pearl S. Buck

If you aren't making any mistakes, it's a sure sign that you're playing it too safe.

John Maxwell

Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause of fear. Norman Vincent Peale

The best way to predict your future is to create it. Anonymous

A good plan today is better than a perfect plan tomorrow. George Patton

Always bear in mind that your resolution to success is more important to any one thing.
Abraham Lincoln

The only place where success comes before work is in the dictionary. Vidal Sassoon

§ Gratitude §

Saying thank you is more than good manners. It is good spirituality. Alfred Painter

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has. Epictetus

Be grateful for the home you have, knowing that at this moment, all you have is all you need. Sarah Ban Breathnach

A simple thought turned heavenwards is the most perfect prayer. Doris Lessing

To feel grateful is one of the most important experiences we need as human. When we feel it, there is an acceptance of everything in our life. Barbara Brenan

In everything give thanks; for this is the will of God. Thessalonians 5:18 (KJV)

A thankful heart is not only the greatest virtue, but the parent of all other virtues. Cicero

Gratitude is the heart's memory. Jean Baptiste Massieu

At times our own light goes out and is rekindled by a spark by another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Anonymous

Go to foreign countries and you will get to know the good things one possesses at home.

Johann Wolfgang Von Goethe

Maybe GOD wants us to meet a few wrong people before meeting the right one so that when we finally meet the right person, we will know how to be grateful for the gift.

Anonymous

Praise the bridge that carried you over. George Colman

Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life. Joel Osteen

Gratitude is the fairest blossom which springs from the soul. Henry Ward Beecher

When you're grateful, that allows God to do great things in your life. Joel Osteen

Man often suffers loss through lack of appreciation. Florence Scoil Shean

We can only be said to be alive in those moments when our hearts are conscious of our treasures. Thornton Wilder

Gratitude is not only the greatest of virtues, but the parent of all others. Cicero

Gratitude is a vaccine, an antitoxin and an antiseptic. Anonymous

Nothing is more honorable than a grateful heart. Seneca

Gratitude is the best attitude. Anonymous

Every time we remember to say “thank you” we experience nothing less than heaven on earth. Sarah Ban Breathnach

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

William Arthur Ward

Gratitude is riches, complaint is poverty. Doris Day

Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life. Anonymous

One single grateful thought raised to heaven is the most perfect prayer. G. E. Lessing

Let us be grateful to the people who make us happy, they are the charming gardeners who make our souls blossom. Marcel Proust

If you want to turn your life around, try thankfulness. It will change your life mightily.
Estonian Proverb

There is nothing better than the encouragement of a good friend. Jean Jacques Rousseau

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every stop forward is a stop toward achieving something bigger and better than your current situation. Brian Tracey

Grace is available for each of us every day- our spiritual daily bread-but we've got to remember to ask for it with a grateful heart and not worry whether there will be enough tomorrow. Sarah Ban Breathnach

Who does not thank for little will not thank for much. Estonian Proverb

Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you. Eileen Caddy

Wake at dawn with a winged heart and give thanks for another day of loving.
Kahil Gibran

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. The Bible Phil 4:6 NKJV

Out of suffering comes the serious mind, out of salvation, the grateful heart, out of endurance, fortitude, out of deliverance, faith. John Ruskin

Grow flowers of gratitude in the soul of prayer. Verbena Woods

Gratitude makes sense of our past, brings peace for today, and creates a vision for the unknown. Anonymous

If you concentrate on finding whatever is good in every situation you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.

Robbie Harold Kushner

If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get. Frank A. Clark

Most human beings have an almost infinite capacity for taking things for granted.

Aldous Huxley

If you haven't all the things that you want, be grateful for the things you don't have you wouldn't want. Anonymous

Hem your blessings with thankfulness so they don't unravel. Anonymous

Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart. Henry Clay

It is impossible to feel grateful and depressed at the same time. Naomi Williams

Do not always ask when you pray, but instead affirm that God's blessings are being given and spend most of your prayer giving thanks. Norman Vincent Peale

§ Fear §

Nothing is more despicable than respect based on fear. Albert Camus

The key to change...is to let go of fear. Roseanne Cash

Fear is only as deep as the mind allows. Japanese Proverb

Fear makes the wolf bigger than he is. German Proverb

Worry gives a small thing a big shadow. Swedish Proverb

Courage is fear that has said its prayers. Dorothy Bernard

To him who is in fear everything rustles. Sophocles

You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind. Dale Carnegie

Feed your faith and your fears will starve to death. Anonymous

Nothing in life is to be feared. It is only to be understood. Marie Curie

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. Anne Frank

Each time we face our fear, we gain strength, courage and confidence in the doing.

Anonymous

Never be afraid to try something new. Remember, amateurs built the art, professionals built the Titanic. Anonymous

To live a creative life we must lose our fear of being wrong. Joseph Chilton Pearce

No passion so effectually robs the mind of all its powers of act and reasoning as fear.

Edmund Burke

The cave you fear to enter holds the treasure that you see. Joseph Campbell

He who fears being conquered is sure of defeat. Napoleon Bonaparte

Every time we choose safety, we reinforce fear. Cheri Huber

Fear of failure must never be a reason not to try something. Frederick Smith

Who bravely dares must sometimes risk a fall. Tobias G. Smollett

Let us never negotiate out of fear, but let us never fear to negotiate. Samuel Johnson

A timid person is frightened before a danger, a coward during the time and a courageous person afterwards. Jean Paul Richter

The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown. H.P. Lovecraft

We must travel in the direction of our fears. John Berryman

Only when we are no longer afraid do we begin to live. Dorothy Thompson

Always do what you are afraid to do. Ralph Waldo Emerson

The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding go out and meet it. Thucydides

Count your smiles instead of your fears. Count your courage instead of your fears.

Anonymous

Fear is that darkroom where negatives are developed. Michael Pritchard

Fear is met and destroyed by courage. James F. Bell

Fear grows in darkness, if you think there's a bogeyman around, turn on the light.

Dorothy Thompson

Fear is an acronym in the English language for False Evidence Appearing Real.

Neal Donald Walsch

Anything I've ever done that ultimately was worthwhile... initially scared me to death.

Betty Bender

Courage is one step ahead of fear. Coleman Young

Feel the fear and do it anyway. Susan Jeffers

I'm not afraid of storms, for I'm learning how to sail my ship. Louisa May Alcott

You block your dream when you allow your fear to grow bigger than your faith.

Mary Maria Morrissey

Do what you fear and you control fear. Tom Hopkins

Do the thing you fear to do and keep doing it...that is the quickest and surest way ever yet discovered to conquer fear. Dale Carnegie

Don't fear change, embrace it. Anthony J. D'Angelo

Fear is never a reason for quitting; it is only an excuse. Norman Vincent Peale

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.

Marcus Aurelius

Courage is not the absence of fear, but rather the judgment that something else is more important. Ambrose Redmoon

The moment we begin to fear the opinion of others and hesitate to tell the truth that is in us, and from motives of policy are silent when we should speak the divine floods of light and life no longer flow in our souls. Elizabeth Cady Stanton

Fear is the father of courage and the mother of safety. Henry H. Tweedy

And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fears, our presence automatically liberates others.

Marianne Williamson

§ Courage §

Courage is the discovery that you might not win, and trying when you know you can lose.

Tom Krauser

Creativity requires the courage to let go of certainties. Erich Fromm

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen. Winston Churchill

Wealth lost-something lost, Honor lost-much lost, Courage lost-all lost.

German Proverb

Silence is evil's closest ally. Gary Amirault

Courage is the price that life exacts for granting peace. Amelia Earhart

A coward turns away, but a brave man's choice is danger. Euripides

Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened. Billy Graham

I have not failed. I've just found 10,000 ways that won't work. Thomas Alva Edison

God places the heaviest burden on those who can carry its weight. Reggie White

Only when we are no longer afraid do we begin to live. Dorothy Thompson

Sometimes even to live is an act of courage. Seneca

Why not go out on a limb? Isn't that where the fruit is? Frank Scully

You must be the change that you wish to see in the world. Gandhi

All serious daring comes from within. Harriet Beecher Stowe

Courage, above all things is the first quality of a warrior. Karl Von Clausewitz

Confront, the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength. August Wilson

The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority. Ralph W. Sockman

Courage is doing what you're afraid to do. There can be no courage unless you're scared.
Edward Vernon Rickenbacker

Everyday courage has few witnesses. But yours is no less because no drum beats for you and no crowds shout your name. Robert Lewis Stevenson

If you find a path with no obstacles, it probably doesn't go anywhere. Anonymous

The greatest test of courage on the earth is to bear defeat without losing heart.

R. G. Ingersoll

Courage doesn't roar. Sometimes courage is the quiet voice at the end of the day saying, "I'll try again tomorrow." Mary Anne Radmacher

The best way out is always through. Robert Frost

Courage, in the final analysis, is nothing but an affirmative answer to the shocks of existence. Kurt Goldstein

Facing it-always facing it-that's the way to get through. Facing it! Joseph Conrad

Life shrinks or expands in proportion to one's courage. Anais Nin

Real courage is knowing what faces you and knowing how to face it. Timothy Dalton

Each time we face our fear, we gain strength, courage, and confidence in the doing.

Anonymous

Fear and courage are brothers. Proverb

Let us be brave in the face of adversity. Marcus Annaeus Seneca

Action is the antidote to despair. Joan Baez

Decision is a risk rooted in the courage of being free. Paul Tillich

You don't develop courage by being happy in your relationships every day. You develop it by surviving difficult times and challenging adversity. Epicurus

One man with courage makes a majority. Andrew Jackson

The truth will set you free, but first it will make you miserable. James A. Garfield

Courage is adversity's lamp. Luc De Vauvanargues

Be brave. Take risks. Nothing can substitute experience. Paul Coelho

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

Every difficulty slurred over will be a ghost to disturb your repose later on.

Fredric Chopin

The only tired I was, was tired of giving in. Rosa Parks

What is more mortifying than to feel that you have missed the plan for want of courage to shake the tree? Logan Pearsall Smith

Courage is a kind of salvation. Plato

Whatever you are trying to avoid won't go away until you confront it. Anonymous

The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing. Albert Einstein

§ Forgiveness §

A wise man will make haste to forgive, because he knows the true value of time, and will not suffer it to pass away in unnecessary pain. Samuel Johnson

We are all full of weakness and errors; let us mutually pardon each other our follies it is the first law of nature. Voltaire

To err is human, to forgive, divine. Alexander Pope

If you can't forgive and forget, pick one. Robert Brault

The day the child realizes that all adults are imperfect, he becomes an adolescent; the day he forgives them, he becomes an adult; the day he forgives himself, he becomes wise.

Alden Nowlan

And if your friend does evil to you, say to him, "I forgive you for what you did to me, but how can I forgive you for what you did to yourself?" Anonymous

Forgiveness is not always easy. At times it feels more painful than the wound we suffered, to forgive the one that inflicted it. Any yet, there is no peace without forgiveness. Marianne Williamson

To understand everything is to forgive everything. Hindu Prince Gautama Siddhartha

Anger makes us smaller, while forgiveness forces you to grow beyond what you are.

Cherie Carter-Scott

To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness. Robert Muller

Without forgiveness life is governed by ... an endless cycle of resentment and retaliation.

Robert Assagioli

Humanity is never so beautiful as when praying for forgiveness or else forgiving another.

Jean Paul Richter

God forgives us... who am I not to forgive? Alan Paton

Forgiveness saves the expense of anger, the cost of hatred, and the waste of spirit.

Hannah More

I really don't think life is about the I-could-have-beens. Life is only about the I-tried-to-do. I don't mind the failure but I can't imagine that I'd forgive myself if I didn't try.

Nikki Giovanni

To forgive and not to forget is like burying the hatchet with the handle sticking out.

Anonymous

How unhappy is he who cannot forgive himself. Publilius Syrus

Forgiveness is the possibility of a better past. Anonymous

Not the power to remember, but it's very opposite, the power to forget, is a necessary condition for our condition. Shalem Asch

People can be more forgiving than you can imagine. But you have to forgive yourself.

Let go of what's bitter and move on. Bill Cosby

Forgiveness is a funny thing. It warms the heart and cools the sting. William A. Ward

One of the secrets of a long and fruitful life is to forgive everybody, everything before you go to bed. Ann Landers

The ability to forgive is one of man's greatest achievements. Bryant H. McGill

The first step in forgiveness is the willingness to forgive. Marianne Williamson

To love means loving the unlovable. To forgive means pardoning the unpardonable.
Faith means believing the unbelievable. Hope means hoping when everything seems
hopeless. G.K. Chesterton

Do more than belong: participate. Do more than care: help. Do more than believe:
practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than
dream: work. William A. Ward

Forgiveness is in the giving, and so the receiving of life. George MacDonald

To forgive is to set a prisoner free and discover that that prisoner was you.

Lewis B. Smedes

Love yourself---accept yourself---forgive yourself and be good to yourself, because
without you the rest of us are without a source of many wonderful things.

Leo F. Buscaglia

As long as you don't forgive, who and whatever it is will occupy rent-free space in your
mind. Isabelle Holland

I can have peace of mind only when I forgive rather than judge. Gerald Jampolsky

If you haven't forgiven yourself something, how can you forgive others? Delores Huerta

Forgiveness does not change the past but it does enlarge the future. Paul Boese

Forgiveness is the fragrance the violet sheds on the heel that has crushed it. Mark Twain

Resentment is like a glass of poison that a man drinks; then he sits down and waits for his enemy to die. Anonymous

Forgiveness is God's invention for coming to terms with a world in which, despite their best intentions, people are unfair to each other and hurt each other deeply. He began by forgiving us all to forgive each other. Anonymous

Forgiveness is choosing to love. It is the first skill of self-giving love. Mahatma Gandhi

The weak can never forgive. Forgiveness is the attribute of the strong. Mahatma Gandhi

To forgive is indeed the best form of self-interest since anger, resentment, and revenge, are corrosive of that "summon bonum," the greatest good. Anonymous

Forgiveness is the final form of love. Reinhold Niebuhr

Forgive yourself for your faults and move on. Les Brown

Never forget the three powerful resources you always have available to you: love, prayer and forgiveness. H. Jackson Brown

Life is an adventure in forgiveness. Norman Cousins

To be wronged is nothing unless you continue to remember it. Confucius

Pray you now, forget and forgive. William Shakespeare

Malice drinks one half of its own poison. Seneca

About Sora

Sora Vernikoff, writer, educator and Program developer has worked with hundreds of people who share her vision of life after dieting. Sora lives in Manhattan and loves to go to the theatre and travel. Sora has taught her Program to her private clients, at The Learning Annex and at the office of a leading New York endocrinologist. She has also spoken at Lennox Hill Hospital and has been on radio and on national television.

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