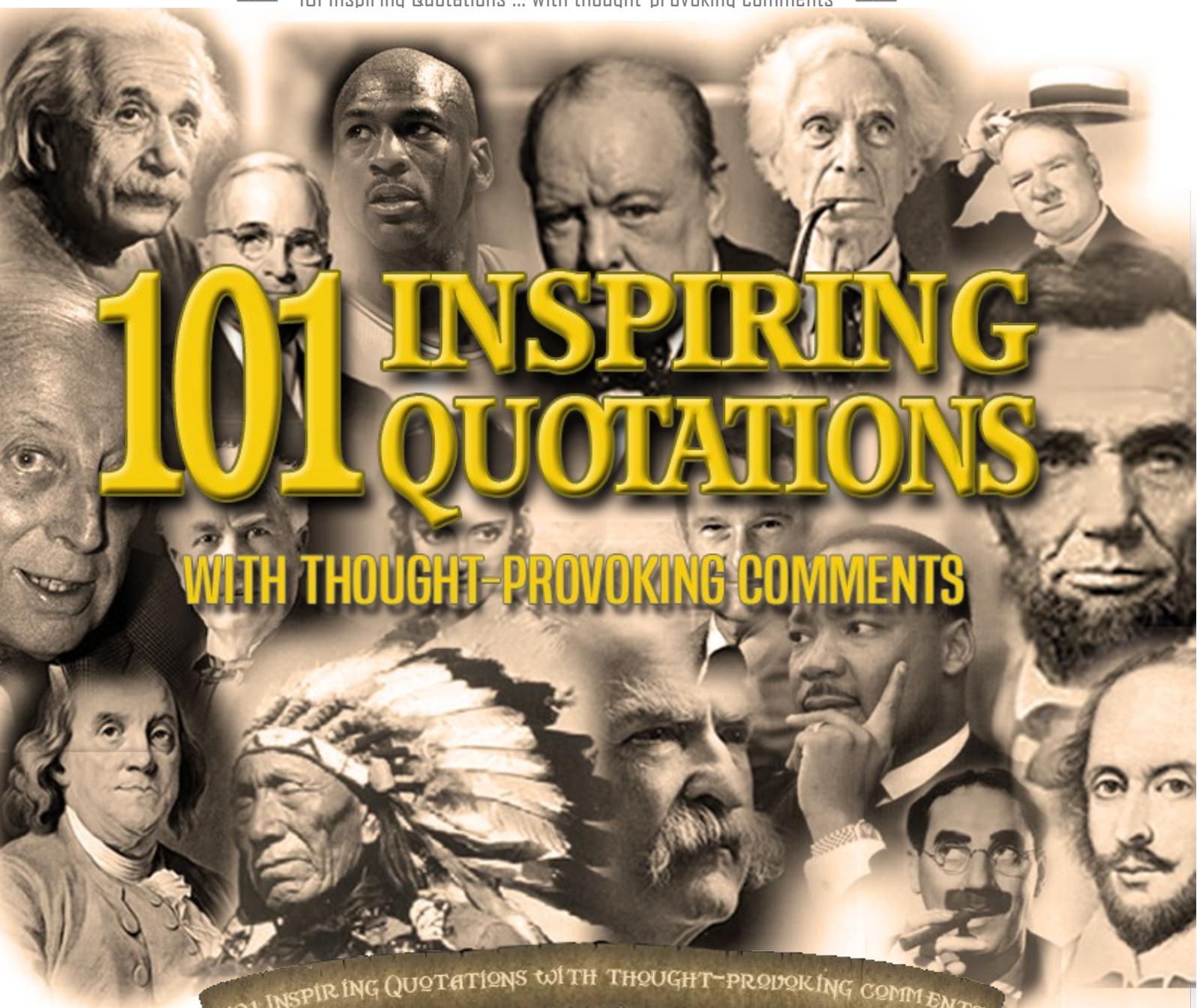


— 101 Inspiring Quotations ... with thought-provoking comments —



101 INSPIRING QUOTATIONS

WITH THOUGHT-PROVOKING COMMENTS

101 INSPIRING QUOTATIONS WITH THOUGHT-PROVOKING COMMENTS

BROUGHT TO YOU BY

TRULY-AMAZING.COM AND **REAL-MEMORY-IMPROVEMENT.COM**

"IMAGINATION IS THE TRUE MAGIC CARPET." ~ NORMAN VINCENT PEALE

— Brought to you by truly-amazing.com and real-memory-improvement.com — 1

"THE UNIVERSE HAS NO RESTRICTIONS.
YOU PLACE RESTRICTIONS ON THE UNIVERSE WITH YOUR EXPECTATIONS." ~ DEEPAK CHOPRA

CONTENTS

INTRODUCTION	4
QUOTATIONS	11
RESOURCES	65

"SUCCESS IS NOTHING MORE THAN A FEW SIMPLE DISCIPLINES, PRACTICED EVERY DAY." ~ JIM ROHN

"THE ONLY CERTAIN MEANS OF SUCCESS IS TO RENDER MORE AND BETTER SERVICE THAN IS EXPECTED OF YOU, NO MATTER WHAT THE TASK MAY BE. THIS IS A HABIT FOLLOWED BY ALL SUCCESSFUL PEOPLE SINCE THE BEGINNING OF TIME. THEREFORE I SAITH THE SUREST WAY TO DOOM YOURSELF TO MEDIOCRITY IS TO PERFORM ONLY THE WORK FOR WHICH YOU ARE PAID." ~ OG MANDINO

"LET YOUR LIFE LIGHTLY DANCE ON THE EDGES OF TIME
LIKE DEW ON THE TIP OF A LEAF." ~ RABINDRANATH TAGORE

"START BY DOING WHAT'S NECESSARY; THEN DO WHAT'S POSSIBLE; AND SUDDENLY YOU ARE DOING
THE IMPOSSIBLE." ~ FRANCIS OF ASSISI

"GO OUT ON A LIMB. THAT'S WHERE THE FRUIT IS." ~ JIMMY CARTER

"WHATEVER YOU CAN DO, OR DREAM YOU CAN, BEGIN IT.
BOLDNESS HAS GENIUS, POWER, AND MAGIC IN IT." ~ W. H. MURRAY

"OFTEN THE DIFFERENCE BETWEEN A SUCCESSFUL MAN AND A FAILURE IS NOT ONE'S BETTER
ABILITIES OR IDEAS, BUT THE COURAGE THAT ONE HAS TO BET ON HIS IDEAS, TO TAKE A
CALCULATED RISK, AND TO ACT." ~ DR. MAXWELL MALTZ

"SOMEWHERE, SOMETHING INCREDIBLE IS WAITING TO BE KNOWN." ~ CARL SAGAN

"YOU CAN'T CONNECT THE DOTS LOOKING FORWARD; YOU CAN ONLY CONNECT THEM LOOKING
BACKWARDS. SO YOU HAVE TO TRUST THAT THE DOTS WILL SOMEHOW CONNECT IN YOUR FUTURE.
YOU HAVE TO TRUST IN SOMETHING – YOUR GUT, DESTINY, LIFE, KARMA, WHATEVER. THIS APPROACH
HAS NEVER LET ME DOWN, AND IT HAS MADE ALL THE DIFFERENCE IN MY LIFE." ~ STEVE JOBS



101 INSPIRING QUOTATIONS

WITH THOUGHT-PROVOKING COMMENTS

“THINKING WILL NOT OVERCOME FEAR, BUT ACTION WILL” ~ W. CLEMENT STONE

INTRODUCTION

QUOTES ... don't we just love 'em! They say so much, and often with such style and wisdom. We hear a particularly wise quotation and we wish we'd been clever enough to say such a thing, but surely that's what makes them special – that it took someone special, or extraordinary, or with such perspicacity and clarity of thought, to come up with it originally. We can't always remember just who said what, of course, but the essence of what was said strikes a chord for each one of us, and we can't forget that.

QUOTES GO ON FOR GENERATIONS

A quote that resonates with many can live on for generations, maybe even centuries. And apart from what the quote tells us overtly, it speaks also of how people don't change very much at all, not when it comes to the essentials anyway, even over a span of a thousand years or more.

A quote can be wise and insightful, but more than that, it can be uplifting and inspirational. It can lighten the load and sometimes it can lighten the mood. It can be instructive and incisive, and give you that little bit of much-needed advice and encouragement just when the need is greatest. It can help you see a situation from a different standpoint. It can make you realise just how precious and delicate life is, and remind you to savour every precious, fleeting moment of it.

One of the shortest and simplest of quotes is Einstein's. He said:



**"THERE ARE TWO WAYS OF LOOKING AT THE WORLD.
EITHER NOTHING IS A MIRACLE, OR EVERYTHING IS A MIRACLE"**

If you start to look at the world as if everything is a miracle it puts you in a better place instantly. Suddenly your perspective is altered, maybe for ever. It's as though everything starts to shine, as if with an inner glow. Opportunities seem to start springing up all over the place. You see an endless stream of options where before you only saw a minefield of obstacles and trip wires.

A QUOTE CAN CHANGE THE WAY YOU SEE THE WORLD

If you make a habit of viewing the world this way, you sometimes find it difficult to suppress a smile, and people might wonder what you find so amusing. Let them wonder! And as for Nature ... where before you might have just seen it as all the random and messy stuff that goes on all around, now you start to see it the way Henry David Thoreau saw it, as a vast, rich, interconnected and interdependent living tapestry that underlies all creation, and you realise that if you inadvertently tug at one strand of it there really is a danger that it might start to unravel every other.

I really hope that reading through these quotations and the comments that go along with them causes you to slow down and spend some time just quietly thinking. There's not enough of that

these days, I sometimes feel (although too much of it can be just as bad). And maybe you'll be inspired to rediscover the greatness within, and become more of the truly amazing person you really are.

A QUOTE CAN CHANGE YOU ... FOR THE BETTER

Success means different things to different people. But if pondering these quotations means you manage to become a little more tolerant, a little more patient perhaps, more generous, more self-assured, more grateful for life's blessings, or just a little more at peace within yourself, I'll consider the time that went into putting this little book together time well spent, and the book itself a great success.

If you do find it helpful and you'd like to share your thoughts, you can reach me through the contact page on TRULY-AMAZING.COM or the one on REAL-MEMORY-IMPROVEMENT.COM. I'd love to hear from you, and perhaps add your comments to the book itself or the websites I just mentioned.

LIFE ... IS SHORT

I noticed, when I read over this list, that I've included quite a few, a disproportionate number really, on one particular theme – the nature of time, and how brief life really is. This wasn't intentional, but it does betray the fact that these ideas about time are so compelling and occupy the mind to such an extent that the quotes must have been simply jostling with each other for my attention.

Oh, hang on, here's another one, just slipped in now, missed the main book but it was so desperate to be seen that it forced its way in:

“SHORT AS LIFE IS, WE MAKE IT STILL SHORTER BY THE CARELESS WASTE OF TIME” ~

**VICTOR HUGO (1802-1885), FRENCH POET, NOVELIST AND DRAMATIST,
BEST KNOWN FOR 'THE HUNCHBACK OF NOTRE DAME' AND 'LES MISERABLES'.**



'EXTRA' QUOTATIONS

Mmm ... seems no matter what I do these 'extra' quotations keep quietly slipping in. They're persistent, I'll say that for them! Of course, persistence is one of the keystones of success, so I shouldn't really be surprised that inspirational quotations and those dealing with the various aspects of success actually demonstrate a high level of persistence. Makes a bit of a mockery of my title though ... 101 quotations ... yeah right, and all the rest!

Look, I'll see if I can keep them out, but I think realistically I'll have to resign myself to allowing them to infiltrate the book. It's not very sensible to keep fighting a battle you know you simply cannot win. Discretion being the better part of valour, I'll probably just have to let them be. So if you come across any, just read them and move on. Don't pay them too much heed, it'll only encourage them!

VALUABLE RESOURCES

Now, I know you appreciate quotations (since you're reading this book), and I think it's safe to assume you have an appreciation of the English language too. For that reason I'm including a list of valuable resources at the end. In it you'll find listings of websites that will help you improve your command of the language in all kinds of ways.

Some are aimed squarely at helping you cope with the intricacies of English grammar and the crazy irregularities of English spellings. Others will help you build your vocabulary, while still more will help you learn and understand English better (if it's not your first language). There are also links to some fascinating resources concerned with learning languages.

If you're a writer, or aspire to be one, there are a few resources in there that you'll no doubt find interesting. Some of them provide

lists of useful tools that any writer would value. And if you love reading you'll enjoy the links to some excellent reading lists.

You'll find various other resources listed, all valuable to some extent or other, and aimed at making your quest to improve yourself and your talents more achievable.

COMMENTS

And why the comments? Mmm ... good question. Glad you asked. Actually, I feel almost apologetic about including comments – the quotes themselves are neatly self-contained and just about perfect as they are ... well, I think so, otherwise I wouldn't have chosen them. The exceptions are the few that are there merely because they're humorous, but there's always space to add a bit of humour, right? So there's really nothing to add, in all honesty. Still, I think it can't do any harm to expand a little on a quote, or suggest a new perspective from which to view it.

Any time a comment makes you stop for a moment and look at the quotation afresh, as if through new eyes, it's done its job. And hopefully some of the comments will do just that ... pull you up sharp and make you reconsider what you just read.

Even if you've heard (or read) that particular quote a hundred times before, maybe this time it will seem a little more eloquent, or a little more meaningful. Maybe this time it will resonate a little deeper with you, and make you take stock and reconsider. Maybe the comment will help to make the quotation a little more accessible and of even greater value.

I hope so, anyway.

PS Incidentally, this ebook is provided freely to benefit whoever reads it. If you care to share it among your friends, feel free to do so.

Perhaps the easiest way is to use the prepared email below. Just slot in your friend's name (and your own, of course!), copy-and-paste it into your email client, and that's it! You can change the wording to suit yourself if you like, totally up to you.

Hi [FRIEND'S NAME], I've just been reading a great little ebook full of the most amazing quotations and I thought you'd probably appreciate a copy. Don't worry, it won't cost a penny - it's completely free!

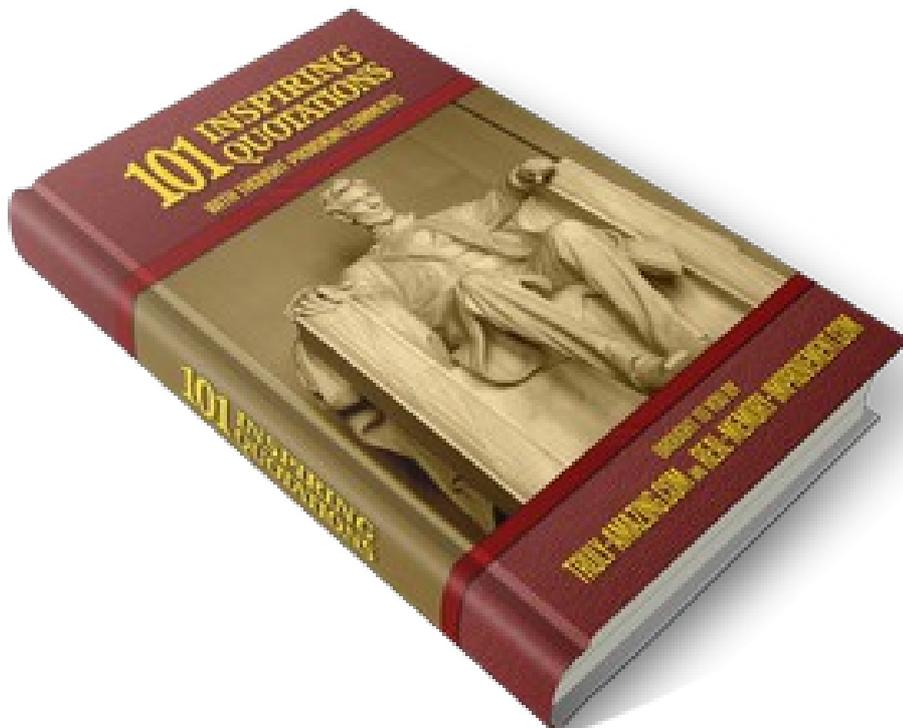
That's right, all you have to do is [CLICK HERE](#) to download a copy for yourself.

And hey, I know you've probably read some of these quotations before (I had anyway), but there's a little twist to it: after each one there's a comment, and some of them are quite interesting too. They do make you stop and think. It's definitely worth a read.

Anyway, take a look for yourself. Here's [THAT LINK](#) again.

Take care,

- [YOUR NAME]



And now, onto the important stuff ... the quotations!

"DON'T BE TOO TIMID AND SQUEAMISH ABOUT YOUR ACTIONS. ALL LIFE IS AN EXPERIMENT. THE MORE EXPERIMENTS YOU MAKE THE BETTER." ~ RALPH WALDO EMERSON

"BEGINNING TODAY, TREAT EVERYONE YOU MEET AS IF THEY WERE GOING TO BE DEAD BY MIDNIGHT. EXTEND TO THEM ALL THE CARE, KINDNESS AND UNDERSTANDING YOU CAN MUSTER, AND DO IT WITH NO THOUGHT OF ANY REWARD. YOUR LIFE WILL NEVER BE THE SAME AGAIN." ~ OG MANDINO

"CHANGE YOUR THOUGHTS AND YOU CHANGE YOUR WORLD." ~ NORMAN VINCENT PEALE

"BELIEVE YOU CAN AND YOU'RE HALFWAY THERE." ~ THEODORE ROOSEVELT

"IF WE LISTENED TO OUR INTELLECT, WE'D NEVER HAVE A LOVE AFFAIR. WE'D NEVER HAVE A FRIENDSHIP. WE'D NEVER GO INTO BUSINESS BECAUSE WE'D BE TOO CYNICAL. WELL, THAT'S NONSENSE. YOU'VE GOT TO JUMP OFF CLIFFS ALL THE TIME AND BUILD YOUR WINGS ON THE WAY DOWN." ~ ANNIE DILLARD

"PUT YOUR HEART, MIND, AND SOUL INTO EVEN YOUR SMALLEST ACTS.
THIS IS THE SECRET OF SUCCESS." ~ SWAMI SIVANANDA

"YOU MUST DO THE THINGS YOU THINK YOU CANNOT DO." ~ ELEANOR ROOSEVELT

"DON'T JUDGE EACH DAY BY THE HARVEST YOU REAP, BUT BY THE SEEDS THAT YOU PLANT."
~ ROBERT LOUIS STEVENSON

"OFTEN THE DIFFERENCE BETWEEN A SUCCESSFUL PERSON AND A FAILURE IS NOT ONE HAS BETTER ABILITIES OR IDEAS, BUT THE COURAGE THAT ONE HAS TO BET ON ONE'S IDEAS, TO TAKE A CALCULATED RISK – AND TO ACT." ~ ANDRE MALRAUX



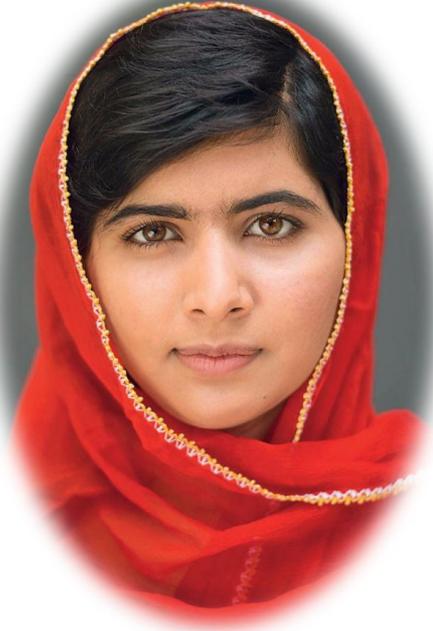
"SUCCESS ISN'T MEASURED BY MONEY OR POWER OR SOCIAL RANK.
SUCCESS IS MEASURED BY YOUR DISCIPLINE AND INNER PEACE." ~ MIKE DITKA

1

*“Let us remember: one book, one pen,
one child, and one teacher can
change the world.”*

~ Malala Yousafzai b.1997, activist, Nobel
laureate.

*COMMENT: This brave young lady is an
inspiration to the whole world. She
stood up to her oppressors and is
still standing up to them even now,
and speaking out loud and clear, even
after they tried to kill her! And her
message is simple: no, we can't change
the whole world, but we can, and
should, change a little bit of it,
each one of us. If we all took action,
even on this small scale, the results
would be astonishing. Yes, and world-changing.*



2

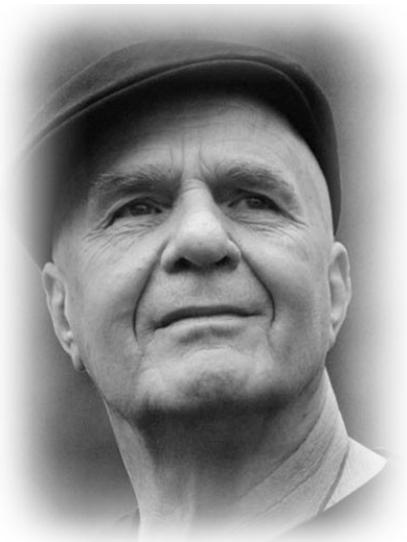
*“Go for it now. The future
is promised to no one.”*

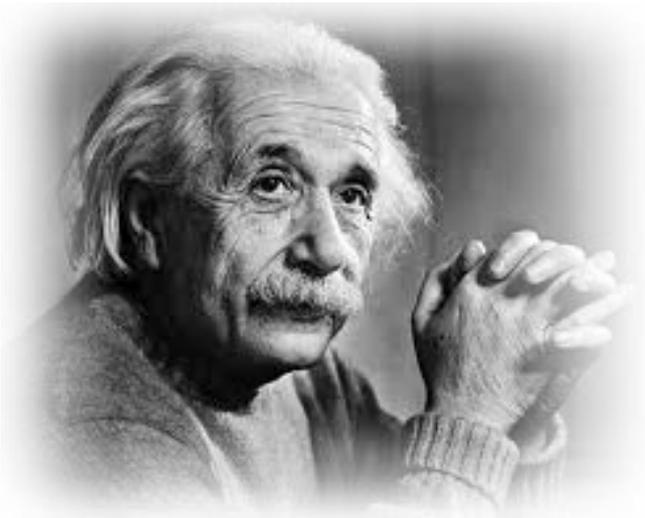
~ Wayne Dyer (1940-2015), philosopher,
author, motivational speaker.

*COMMENT: Oh, this is so true! When we're
young, we have forever. The future
stretches out before us endlessly. As we
get older, that forever becomes finite.
Then you reach a certain point and you
realise ... you really could die*

*anytime ... I mean, **anytime**.*

*It's nothing to do with age really - this enlightening
realisation can happen even to a youngster. It's to do with
achieving a more realistic viewpoint. Even if you're only 10
years old, your time is limited, though it might not feel like
it. Make the most of it. Every. Single. Day. Of. it.*





3

“Strive not to be a success, but rather to be of value.”

~ Albert Einstein (1879-1955),
theoretical physicist, Nobel
laureate.

COMMENT: For many people nowadays, success is the goal. They desperately want to be rich, to be famous, to be looked up to. They want to be feted, and featured in celebrity magazines and on TV reality shows. But being rich and successful and having people look up to you can only really happen if you have something to offer.

Instead of aiming for fame or success, we should aim to be of real value, as Einstein points out. People who are of real value often achieve everything else as a bonus.

People who chase fame rarely catch it, and if they do it's often a hollow version of what they expected. If you don't think so, check out all those famous people who end up in rehab, or featuring once again in the news, this time news of their early death, through drug or alcohol abuse.

4

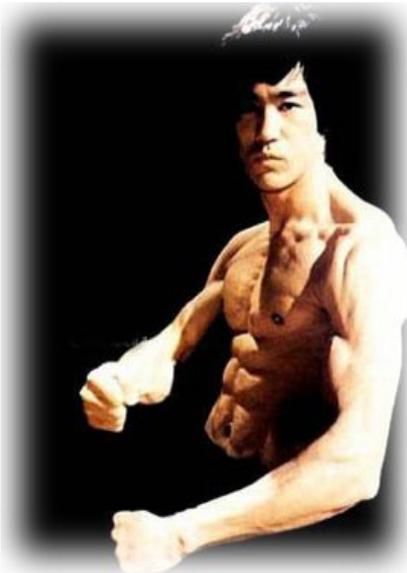
“No one can make you feel inferior without your consent.”

~ Eleanor Roosevelt (1884-1962), U.S. First Lady 1933-1945.

COMMENT: It's hard, sometimes, to see the truth in something so simple. No one can make you feel bad about yourself, ever. It takes you to do that! And if you keep a tight rein on your thoughts, it needn't happen at all.



YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65



5

“If you always put a limit on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.”

~ Bruce Lee (1940-1973), martial artist, actor, innovator, philosopher.

COMMENT: Bruce Lee certainly went beyond plateaus, and he smashed through any self-imposed limits he ever had. He set his mind firmly on becoming a world famous martial artist, and starring in record-breaking movies. He wanted to drag kung fu movies into the mainstream, and make martial arts accessible to millions.

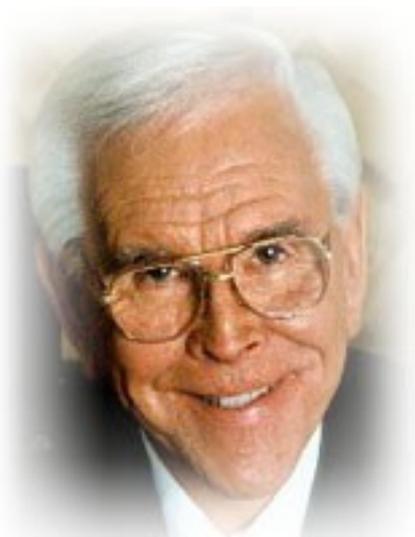
He achieved all that, and to an unprecedented extent, but perhaps his greatest achievement was to break free from traditional martial arts and create a revolutionary art of his own design, Jeet Kune Do. He developed it through honing and improving whatever worked and ditching anything that failed to meet his exacting standards of efficacy. His influence is still very much felt, more than forty years after his untimely death, and he has become a cult figure.

6

*“Tough times never last ...
tough people do.”*

~ Robert Schuller (1926-2015), evangelist, motivational speaker.

COMMENT: Engrave this on your mind! Think tough! Be tough! It's nothing to do with 'macho', it's about mental toughness, the kind of attitude that will get you successfully through life (the hard bits, that is) when all else fails.



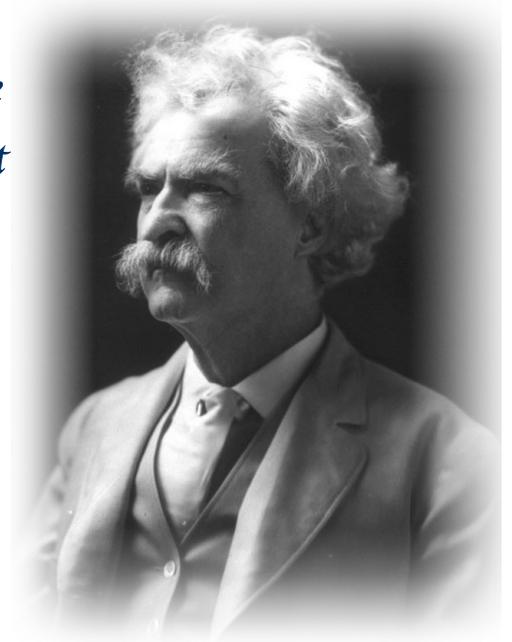
7

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

~ Mark Twain (1835-1910), American writer and humourist. Samuel Langhorne Clemens (his real name) was an American writer of great wit and skill. Among his works are 'The Adventures of Tom Sawyer' and the sequel, 'The Adventures of Huckleberry Finn'. William Faulkner called him 'the father of American literature'.

When he suffered a huge financial loss, due to a failed investment, he filed for bankruptcy to save him from his creditors. But notably, once he was back on his feet, he paid off every one of them in full, even though he wasn't legally obliged to do so.

COMMENT: We live such timid and timorous lives, most of us. There's so much we could do, so much we could attain, yet we settle for a tiny little bit, barely a nibble at the great feast laid out before us. Why settle for an hors d'oeuvre, no matter how tasty, when a magnificent feast awaits you?



8

*“We don't see things as they are,
we see them as we are.”*

~ Anaïs Nin (1903-1977), author.

COMMENT: The world really is a reflection of yourself, and this says it so eloquently.



9

“Most people give up just when they're about to achieve success. They quit on the one yard line. They give up at the last minute of the game, one foot from a winning touchdown.”

~ Ross Perot b.1930, businessman, ex-presidential candidate.

COMMENT: How many times have you quit when you were inches from success? It's happened to all of us, and we often become aware of it only much later. And when we do it can leave a very bitter taste. The trick is to learn from this. Once you've set out on a path, stick to it no matter what.

The truth is, you never know how close you are from reaching your goal. It could seem infinitely far away (and no wonder you feel despondent), and then you could make great strides inside of a day or two. But if you quit, you'll never know how close you came.

YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65

10

“I love deadlines. I love the whooshing noise they make as they go by.”

~ Douglas Adams (1952-2001), English author, scriptwriter, dramatist.

COMMENT: I love this kind of thought! I try to keep this in mind when things are getting on top of me. I try to remember to laugh at everything falling apart around me and pretend it's all okay.

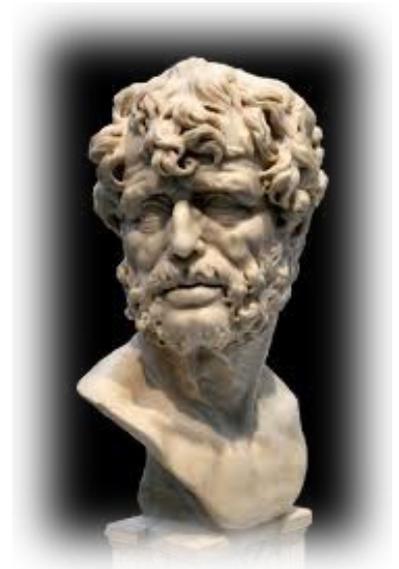


11

“Any person capable of angering you becomes your master; he can anger you only when you permit yourself to be disturbed by him.”

~ Epictetus (55-135 AD), Greek philosopher.

COMMENT: If you can just keep this in mind when you feel yourself getting angry or annoyed, it can make all the difference.



12

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

~ Abraham Lincoln (1809-1865), 16th President of the USA.

COMMENT: A great truth, revealed by a great man. And a great speaker too, to encapsulate such a profound truth in so few words.



13

“I find television very educating. Every time somebody turns on the set, I go into the other room and read a book.”

~ Groucho Marx (1890-1977), comic genius.

COMMENT: Thanks, Groucho! I know you weren't totally against TV, since you made such great movies (although they're not really the same animal, to be fair), but it takes someone with your wit to say something like this and make it funny.





14

*“I am free of all prejudice ...
I hate everyone equally.”*

~ W.C. Fields (1880-1946), comic actor, juggler, writer.

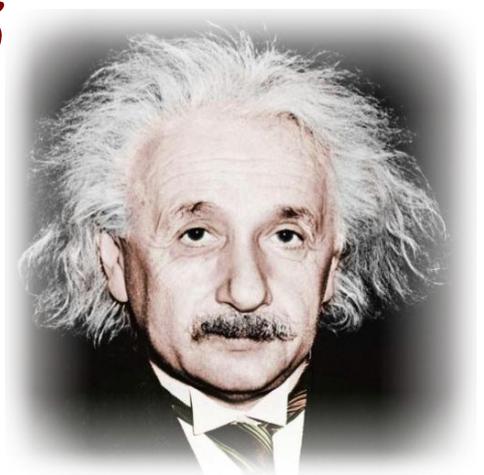
COMMENT: Don't you just love WC Fields and the things he says? If you don't, you should!

15

*“Life is like riding a bicycle. To keep your
balance, you must keep moving.”*

~ Albert Einstein (1879-1955), theoretical physicist.

COMMENT: Old Al knew a thing or two about a thing or two. He obviously knew that the secret to getting things done was perpetual motion ... or perpetual motivation.



16

*“If I had a flower for every time I
thought of you ... I could walk through
my garden forever.”*

~ Alfred Lord Tennyson (1809-1892), Poet Laureate.

COMMENT: I tired of poetry a long time ago, specially flowery stuff. But once in a while I come across something that screams out "Remember Me!!".

17

“Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.”

~ Ralph Waldo Emerson (1803-1882), essayist, lecturer, poet.

COMMENT: We spend too long navel-gazing and fretting over what could have been. If we made a hash of it, let it go. Tomorrow's another day. Don't live in the past, it's a miserable, bitter country.

YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65

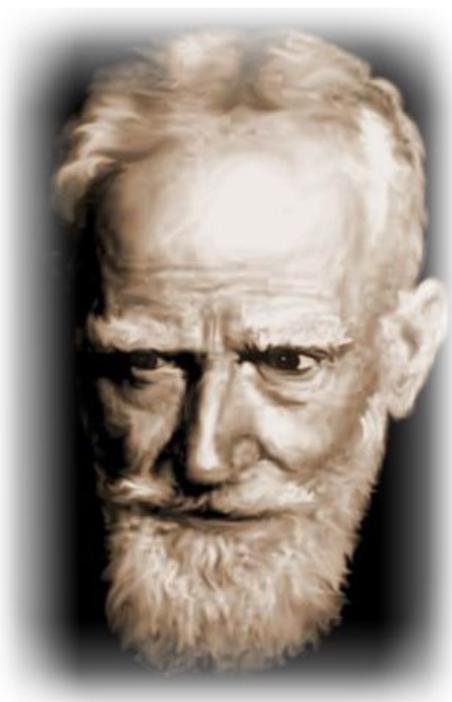


18

*“Life isn't about finding yourself.
Life is about creating yourself.”*

~ George Bernard Shaw (1856-1950),
Irish playwright.

COMMENT: There's a lot of nonsense talked about 'finding yourself'. You are what you are. Get to know yourself. You won't have to look far, you've been there all along. And if you don't much like what you find, set about making changes. One day at a time.



19

“Choose a job you love, and you will never have to work a day in your life.”

~ Confucius (551-479 BC), teacher, philosopher.

COMMENT: As a young man I had a few ideas of jobs I could do and I made the mistake of shying away from them because I thought I'd end up having 'too much of a good thing' and tire of it. I thought making a living doing something you really enjoyed would take the shine off it. Wow, what a misguided way of looking at things! It might take the shine off it, who knows, but it would be great to find out!



20

“What really knocks me out is a book that, when you're all done reading it, you wish the author that wrote it was a terrific friend of yours and you could call him up on the phone whenever you felt like it. That doesn't happen much, though.”

~ J.D. Salinger, (1919-2010), author of 'The Catcher in the Rye'.

COMMENT: A great line, from a great writer. He obviously loved writing with a passion. So much that he only wrote a few books, as though careful not to dilute his art. From the few I've read, nothing came close to 'Catcher' though, in my opinion.

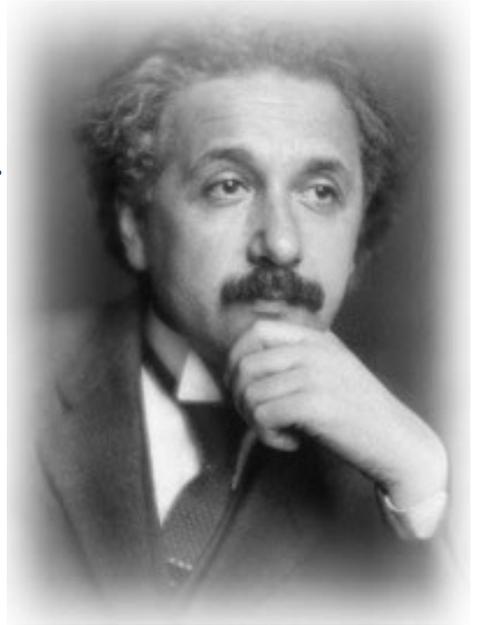


21

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

~ Albert Einstein (1879-1955), theoretical physicist.

COMMENT: Al puts his finger on it once again! We all have our own unique qualities. I've known people who could barely read, yet they were smart, savvy, inventive, and successful in so many ways. Their abilities may not fit in with the accepted norm, but they're remarkably able in so many important ways. If we judge someone by just one set of standards, it's a measure of our own limits, not theirs.

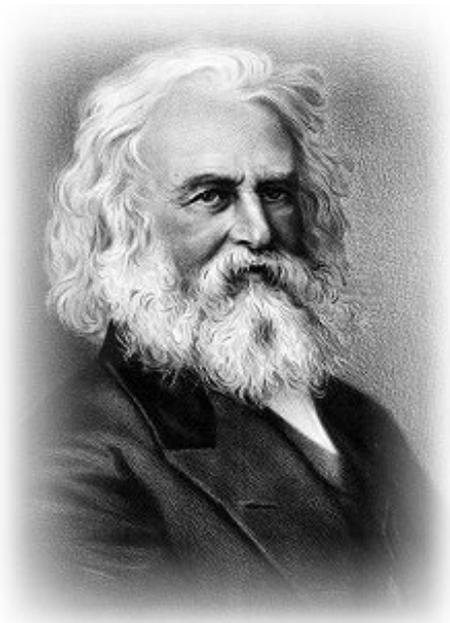


22

“If we could read the secret history of our enemies, we should find in each man's life sorrow and suffering enough to disarm all hostility.”

~ Henry Wadsworth Longfellow (1807-1882), American poet.

COMMENT: It's so easy to fight and victimise, but if you take the time to stop and think and put yourself in another man's shoes, all the fight goes out of you. We're all waging our own private wars, and when we appreciate the struggles of others, only then do we truly become compassionate.





"A human being should be able to change a diaper, plan an invasion, butcher a hog, conn a ship, design a building, write a sonnet, balance accounts, build a wall, set a bone, comfort the dying, take orders, give orders, cooperate, act alone, solve equations, analyze a new problem, pitch manure, program a computer, cook a tasty meal, fight efficiently, die gallantly. Specialization is for insects."

~ Robert Heinlein (1907-1988), sci-fi author.

COMMENT: There's a lot to be said for specialisation, for studying something to the point of being an expert, but there's also a lot to be said for being an all-rounder. Quite apart from the fact that it will help you survive on a desert island :), the more rounded your abilities, the more rounded, generally, will be your personality and your character. So take a shot at writing a sonnet ... do a bit of brickwork ... learn some programming ... why not? Who knows what you're going to be good at till you try?

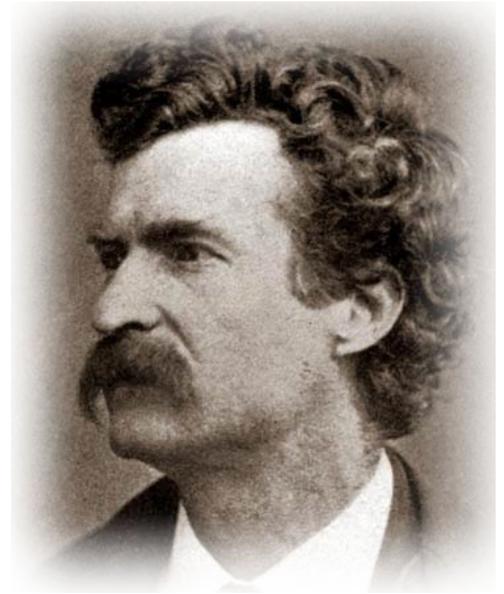
24

"The man who does not read has no advantage over the man who cannot read." ~ Mark Twain (1835-1910), American writer.

COMMENT: In this age of instant gratification nothing settles the mind and enlivens the imagination more than an hour spent reading. Losing yourself in a world only imagined fires up your brain cells like nothing else. And it's so true - if you can read, but do not, you're as unfortunate as an illiterate (and less worthy).

25

“I am not interested to know whether vivisection produces results that are profitable to the human race or doesn't. The pain which it inflicts upon unconsenting animals is the basis of my enmity toward it, and it is to me sufficient justification of the enmity without looking further.”



~ Mark Twain (1835-1910), writer, American humourist.

COMMENT: I know that vivisection produces life-saving drugs, and I know that it can, in some cases, shorten the time taken to learn important things about how the body works, how certain substances work, etc, but that doesn't change the fact that we assume the right to use other sentient beings as laboratory equipment. They are living creatures, and nothing excuses the monstrosity that vivisection really is.

26

“I love the man that can smile in trouble, that can gather strength from distress, and grow brave by reflection.”

~ Thomas Paine (1737-1809), English political activist and philosopher. Wrote 'The Age of Reason' and 'Common Sense'.

COMMENT: Wise words, from a very, very wise man. It's easy to be brave before the battle, to be strong before your strength is really tested, and to smile when things are going along nicely. If you want to really know yourself, take a look at how you handle real adversity. Paine's writings helped ignite both the American and the French Revolution. He went to prison for his political views, but was never swayed from them.

27



“This grand show is eternal. It is always sunrise somewhere; the dew is never all dried at once; a shower is forever falling; vapor is ever rising. Eternal sunrise, eternal sunset, eternal dawn and gloaming, on sea and continents and islands, each in its turn, as the round earth rolls.”

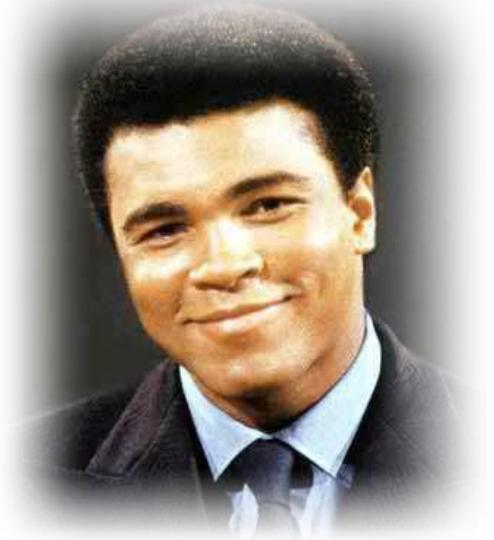
~ John Muir (1838-1914), naturalist, explorer, writer.

COMMENT: The grand show indeed. We see only a fraction of it at most, and even less if we choose to live life blind to the grandeur of Nature, but it's always there regardless ... always.

28

“I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.’”

~ Muhammad Ali (1942-2016), World Heavyweight Champion, boxing legend, activist, inspiration to the entire world!



COMMENT: It's what separates winners from also-rans, that determination to do whatever is necessary, no matter the pain. To reach for that little bit more ...that extra something ... when every fibre of your being is crying out for you to stop ... that's what makes a champion.

29

“Ask the experimenters why they experiment on animals, and the answer is: “Because the animals are like us.” Ask the experimenters why it is morally okay to experiment on animals, and the answer is: “Because the animals are not like us.” Animal experimentation rests on a logical contradiction.”

~ Charles R. Magel (1920-2014), professor of philosophy, animal rights activist.

No comment necessary.

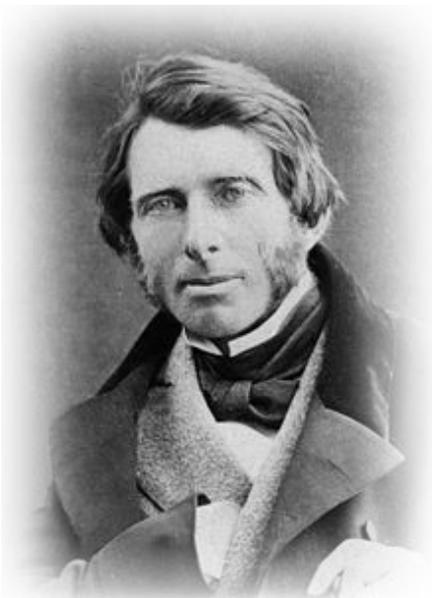


30

“What we think, or what we know, or what we believe, is in the end, of little consequence. The only thing of consequence is what we do.”

~ John Ruskin (1819-1900), author, art critic, social reformer.

COMMENT: We jealously guard our beliefs and our creeds, but they're of very little consequence in comparison to the real deal - all that matters, in the end, is how we act. Everything else is just so much hot air.



31



“A man should never be ashamed to own that he has been in the wrong, which is but saying that he is wiser today than he was yesterday.”

~ Alexander Pope (1688-1744), poet.

COMMENT: We're far too concerned with our 'rightness', we cling to it like it really matters. If ever there was a time to relinquish it, it's when doing so would allow us to admit we've moved on. The wisest amongst us admits that he was wrong on so many counts. Making mistakes is how we progress, and the more mistakes we make, the sooner we advance.

32

“We look at some people as if they were special, gifted, divine. Nobody is special and gifted and divine. No more than you are, no more than I am. The only difference, the very only one, is that they have begun to understand what they really are, and have begun to practice it.” ~ Richard Bach, b.1936, American author.



COMMENT: The closer you examine someone special, the more you see they are just like you. The difference is that they have grasped the nettle. They have seen that time is the only 'enemy', and they are waging an all-out war against it. Not in a negative sense, trying to vainly stay young and beautiful against all the odds, but in the sense that they want to achieve as much as is humanly possible. They want to wrench every moment of value out of life. And most of that comes down to making a start!

33

*“Whatever you want to do, do it now.
There are only so many tomorrows.”*

~ Michael Landon (1936-1991), American actor.

COMMENT: We imagine time flowing slowly into the far distance, and endless tomorrows appear with monotonous regularity. It takes a serious illness, or the death of a close one, or a major disaster, to remind us that, in fact, the number of tomorrows is finite. Even if we've got decades to live (hopefully), it will all come to an end ... one day.

We MUST get the message . . .

----- if you want to achieve something, DO IT NOW! -----



34

“A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.”

~ Harry S. Truman (1884-1972), 33rd US President.

COMMENT: Be a pessimist if you want to. Maybe it's mental insurance in case things do turn out for the worst. But

it's a matter of choice. If you want to look on the dull, miserable side of life, don't complain when things go badly. You're literally attracting the 'bad luck' that you imagine is already stalking you, just as surely as a magnet attracts iron filings.

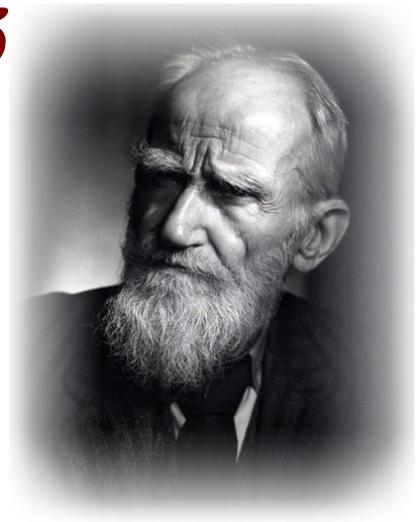
YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65

35

“Life is no brief candle to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations.”

~ George Bernard Shaw (1856-1950), Irish playwright.

COMMENT: There speaks a man who valued life, who achieved much, and who left a great legacy. He made the most of every day, of every opportunity, and he shone ... oh yeah, like a 'splendid torch'.



36

“You are beaten to earth? Well, well, what's that? Come up with a smiling face. It's nothing against you to fall down flat, but to lie there, that's disgrace.”

~ Edmund Vance Cooke (1866-1932), American poet.

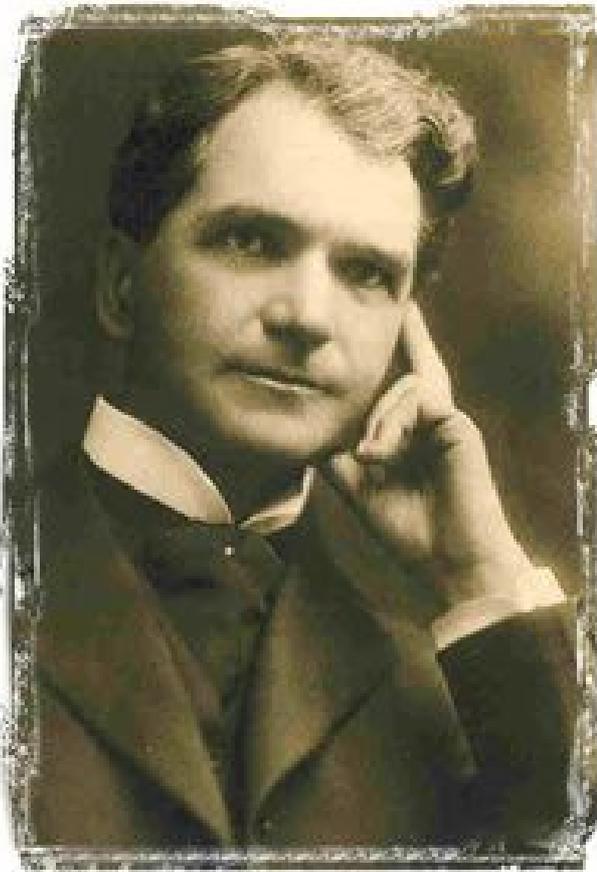
COMMENT: It's so easy to fall into the trap of thinking that being beaten down is permanent. Only giving up is permanent. If there's one phrase we need to stop muttering to ourselves, it's "Oh ... I give up!" It's often said (or thought) in a moment of 'despair', but to even think it is to entertain the idea of surrender. NEVER give up! And don't even think it!

Churchill said this to the boys at his old school, Harrow, on a visit in 1941. The country had suffered terribly but was at last in the fight, and Churchill encouraged the boys to be strong and steadfast in their attitude.

"Never give in," he said, "never give in, never, never, never, never - in nothing, great or small, large or petty - never give in except to convictions of honour and good sense."



37



“If one hold himself in the thought of poverty, he will be poor, and the chances are that he will remain in poverty. If he hold himself, whatever present conditions may be, continually in the thought of prosperity, he sets into operation forces that will sooner or later bring him into prosperous conditions.”

The law of attraction works unceasingly throughout the universe, and the one great and never changing fact in connection with it is, as we have found, that like attracts like.”

~ from 'In Tune With The Infinite', by Ralph Waldo Trine (1866- 1958), author, philosopher, mystic, active in the New Thought Movement.

COMMENT: A better explanation of [the law of attraction](#) you're unlikely to come across. Short, concise, and to the point. A guide for successful prosperity thinking. Worth reading again and again. Yes, and again ...

YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65

38

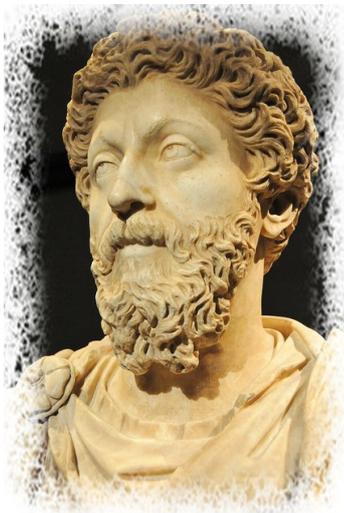


“You have enemies? Good. That means you've stood up for something, sometime in your life.”

~ Winston Spencer Churchill (1874-1965), British Prime Minister, painter, writer (inc. his 6 vol memoir 'The Second World War' and the 4 vol history of Britain since Caesar's invasions, 'A History of the English-speaking Peoples').

COMMENT: Winston was a master at relaying amazing truths in simple, straightforward terms. This is a perfect example. “You have enemies?” ... and he turns it on its head – that means you took a risk, you stood up for something, you said something unpopular ... and he congratulates you for your boldness!

39



“Reject your sense of injury and the injury itself disappears.”

~ Marcus Aurelius (121-180 AD), Roman Emperor, philosopher.

COMMENT: Almost unique in history – a statesman with supreme power, yet displaying such wisdom. Such simple advice: lose the sense of injury and the whole thing evaporates like morning mist.

40

“Normal day, let me be aware of the treasure you are. Let me learn from you, love you, bless you before you depart. Let me not pass you by in quest of some rare and perfect tomorrow. Let me hold you while I may, for it may not always be so. One day I shall dig my nails into the earth, or bury my face in the pillow, or stretch myself taut, or raise my hands to the sky and want, more than all the world, your return.” ~ Mary Jean Irion, author.



COMMENT: If we could only keep in mind how incredibly valuable an 'ordinary' day really is ... the tragedy is that we only recognise it when it's gone, and we are in the midst of something entirely different.

41

“The bad news is time flies. The good news is you're the pilot.”

~ Michael Altshuler, peak performance coach and motivational speaker.

COMMENT: Time moves at a regular pace (at least, insofar as a mental construct can move). It's entirely up to us how fast it 'moves'. Time is relative (relative to your attitude, that is). Decide that it's moving along at a nice, leisurely pace, and it will. Easier said than done? I know, but try it anyway!



42



“Men acquire a particular quality by constantly acting a particular way ... you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.”

~ Aristotle (384-322 BC), Greek philosopher, scientist, anatomist, writer, polymath, student of Plato.

COMMENT: We don't have to be perfect. We don't have to never make a mistake (in fact, mistakes are vital to progress). What we need to do is recognise what needs to be done, and then do it, bit by bit. If we advance, even by the tiniest of steps, still we move forward. And this applies as much to tempering your personality and character as it does to building a shed or indeed a great monument.

43

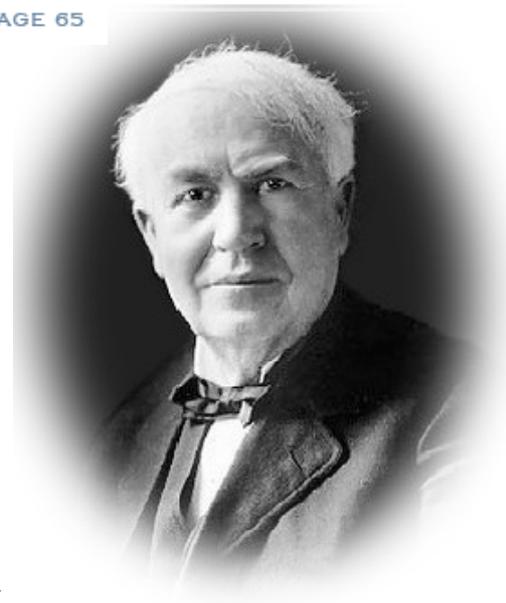
YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65

“The three great essentials to achieving anything worthwhile are; first, hard work, second, stick-to-it-iveness, and third, common sense.”

~ Thomas Alva Edison (1847-1931), American inventor, businessman, holder of well over 1,000 patents.

COMMENT: Three steps to success, and from a man with well over a thousand patents to his name, whose inventions changed our world beyond recognition, and who has inspired countless others to emulate his inventiveness.

I think we'd all do well to pay close attention to his advice.



44

“Would you sell both your eyes for a million dollars ... or your two legs ... or your hands ... or your hearing? Add up what you do have, and you'll find you won't sell them for all the gold in the world. The best things in life are yours, if you can appreciate them.”

~ Dale Carnegie (1888-1955), American self-improvement author.

COMMENT: It's a cliché that the best things in life are free, but that doesn't mean it's not true. The tragedy is that we often don't appreciate them till it's too late. Make a decision to find things to appreciate today ... and every day.



45

“Many people take no care of their money till they come nearly to the end of it, and others do just the same with their time.”

~ Johann Wolfgang von Goethe (1749-1832), poet, dramatist, novelist, philosopher.

COMMENT: Money is very important. With it, you can secure for yourself some of the riches of life, and that's definitely not a bad thing. But time is infinitely more valuable. With all the money in the world you couldn't buy yourself a single extra second.

Value money, by all means, but value time higher still.



46



“Those that only take a nibble here and a nibble there will never attain anything ... Those who really want to be yogis must give up, once and for all, this nibbling at things. Take up one idea. Make that one idea your life-think of it, dream of it, love on that idea.”

~ Swami Vivekananda (1863-1902), Hindu monk, disciple of Ramakrishna.

COMMENT: This nibbling, it gets you nothing in the end. It's all very well to be a jack-of-all-trades, but you must find the thing you can excel at and pursue it with every fibre of your being. And if you don't think you can excel at anything, pick something you truly enjoy, and you're good at, even if it's only sweeping the street or growing lentils.

47

“Live your life each day as you would climb a mountain. An occasional glance towards the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point.”

~ Harold B. Melchart.

COMMENT: Be focused ... be persistent ... but don't be blind to the miracles of life that surround you every single day. If you are blinkered in your approach, you've already half-blinded yourself.

Don't leave it too late to realise we're literally surrounded by unspeakably beautiful wonders of creation.

YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65



48

“Everything you've learned in school as 'obvious' becomes less and less obvious as you begin to study the Universe. For example, there are no solids in the Universe. There's not even a suggestion of a solid. There are no absolute continuums. There are no surfaces.

There are no straight lines.”

~ R. Buckminster Fuller (1895-1983), engineer, designer, and architect.

COMMENT: We only start to understand things when we realise, once and for all, that we not only don't know it all, but we know hardly anything. From this vantage point of the realisation of our own dim and limited knowledge, true enlightenment begins to gently glow.

49

“Anyone who thinks sitting in church can make you a Christian must also think that sitting in a garage can make you a car.”

~ Garrison Keillor b.1942, American author and humourist.

COMMENT: If all the churches and all the temples and all the other 'holy' building in the world were filled with such truly holy people, they'd have changed the world beyond recognition long ago. It really would be a Heaven on Earth.



50

“We know, and we must never forget, that every path leads somewhere. The path of segregation leads to lynching. The path of anti-Semitism leads to Auschwitz. The path of cults leads to Jonestown. We ignore this fact at our peril.”

~ Rabbi Maurice Davis (1921-1993), human rights activist.



COMMENT: Even the most 'intelligent' of men can be blinded to the truth by mob thinking. Examine everything for yourself, disassemble it, see what makes it tick, and make your own mind up whether it's true and whether it's just, and whether it will move you forward, towards the truth, and towards your own personal success.

51



“You wake up in the morning, and lo! your purse is magically filled with twenty-four hours of the unmanufactured tissue of the Universe of your life. It is yours. It is the most precious of possessions. No one can take it from you. It is unstealable. And no one receives either more or less than you receive.”

~ Arnold Bennett (1867-1931), English novelist and journalist.

COMMENT: Twenty four golden hours, that's what each day brings. It delivers them to us, regular as clockwork, for us to use as we will. And if we waste them, who's to blame? No good pointing the finger at someone else! The choice as to how you spend those valuable hours is yours, and yours alone.

52

“When a group of professional people asked a group of 4-to-8-year-olds, 'What does love mean?' one replied, 'Love is what's in the room with you at Christmas if you stop opening presents and just listen.'” ~ Warren McLaren.



COMMENT: Speechless! It takes a little kid to say something so profound!

53

“Because we do not know when we will die, we get to think of life as an inexhaustible well, and yet everything happens only a certain number of times – and a very small number really. How many times will you remember a certain afternoon of your childhood, an afternoon that is so deeply a part of your life that you can't even conceive of your life without it? Perhaps four or five times more? Perhaps not even that. How many times will you watch the full moon rise, perhaps twenty, and yet it all seems so limitless ...”

~ Paul Bowles (1910-1999), American author ('Sheltering Sky').

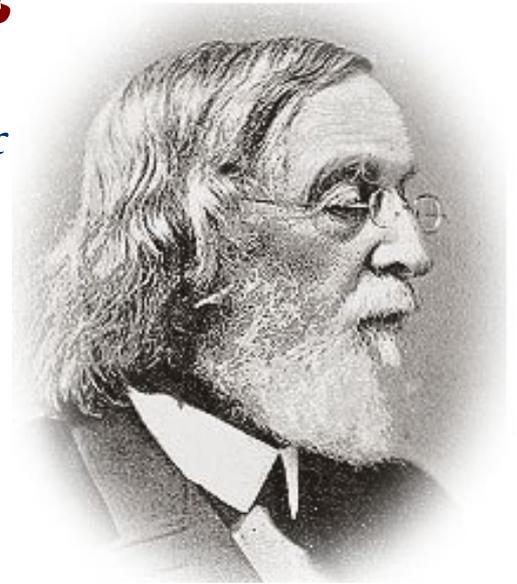
COMMENT: Savour every day. No, every perfect, invaluable minute! If only we could all keep this thought in mind ...

54

“A politician is a man who thinks of the next election; while the statesman thinks of the next generation.”

~ James Freeman Clarke (1810-1888), preacher and author.

COMMENT: So true, and so obvious that today we have a surfeit of politicians and a dearth of statesmen. Surely things can only get better! Never give up hope.



55

“Live your life so that the fear of death can never enter your heart. When you arise in the morning, give thanks for the morning light. Give thanks for your life and strength. Give thanks for your food and for the joy of living. And if perchance you see no reason for giving thanks, rest assured the fault is in yourself.”

~ Tecumseh (1768-1813), Shawnee Chief.

COMMENT: Says it all really. The golden hours, those invaluable building blocks of each and every day, are delivered to you clean and fresh. It's up to you, and you alone, to use them wisely. The moment you wake up, give silent thanks!

Every day really is a priceless gift! And (as they say), maybe that's why they call it the present!

56

“Sin lies only in hurting others unnecessarily. All other 'sins' are invented nonsense.”

~ Robert Heinlein (1907-1988), sci-fi author.

COMMENT: I don't care what religion you profess, if you don't respect and protect others, you're a fraud. And so is your religion, if it backs you up.

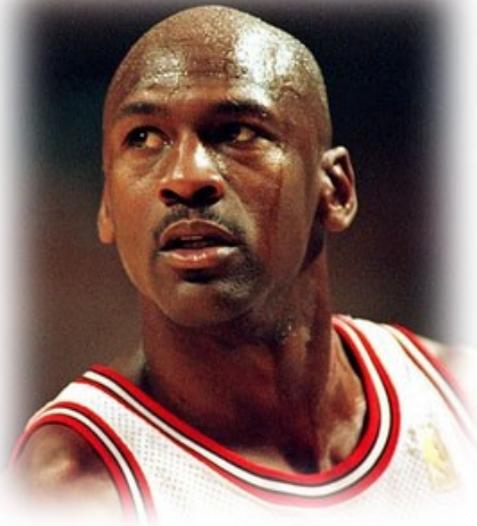


57

“I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.”

~ Michael Jordan, b.1963, retd. pro basketball player.

COMMENT: Most of us, most of the time, are so frightened of failure that we never risk anything. And if you risk nothing, you can be sure of one thing - you'll achieve nothing. Try to shed the fear of failure - we all fail, again and again. It's how we learn, and how we progress. And ultimately, how we succeed.



58



“Death is a friend of ours; and he that is not ready to entertain him is not at home.”

~ Francis Bacon (1561-1626), English philosopher, scientist, statesman, writer, and orator. Served as both Attorney General and Lord Chancellor. Well known for pioneering the empirical method in science, basing conclusions solely on observable facts.

COMMENT: It's not easy or common to say death is a friend, but think about it ... it is just a part of life ... okay, it's the last scene, and after it you bow out, perhaps not gracefully, but it's inevitably a part of everyone's life. It really shouldn't be something to be afraid of. No one is spared death, no matter how rich or how high-born. And no one should be. It's just in the nature of things that they come to an end, a natural conclusion. Why should we fear it?

Oh, I know that's easy to say, when you're not facing imminent death, but it waits for us all, that much is certain, and we never know when it's going to come calling.

59

“I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.”

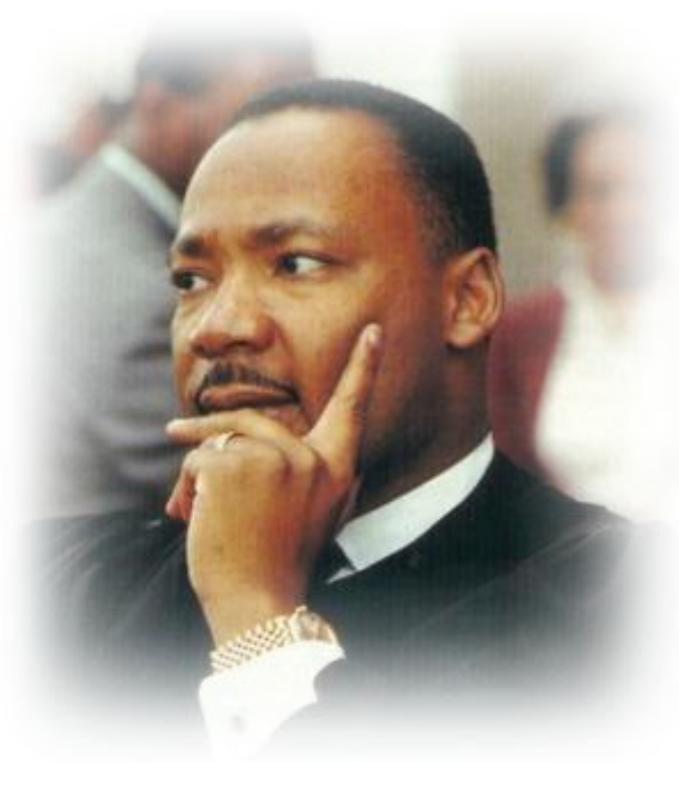
~ Helen Keller (1880-1968), American author, lecturer and political activist. She was the first person born both deaf and blind to earn a Bachelor of Arts degree.

COMMENT: Put your heart and soul into everything you do. Seems so simple and obvious, and we all find reasons not to do it, most of the time. But do precisely that, and just watch the magic begin!



60

"Through violence you may murder a liar, but you can't establish truth. Through violence you may murder a hater, but you can't murder hate. Darkness cannot put out darkness. Only light can do that. Difficult and painful as it is, we must walk on in the days ahead with an audacious faith in the future.



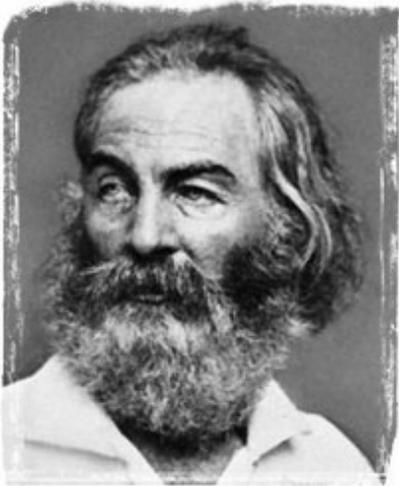
When our days become dreary with low-hovering clouds of despair, and when our nights become darker than a thousand midnights, let us remember that there is a creative force in this Universe, working to pull down the gigantic mountains of evil, a power that is able to make a way out of no way and transform dark yesterdays into bright tomorrows. Let us realise the arc of the moral universe is long, but it bends toward justice."

~ Dr. Martin Luther King, Jr. (1929-1968), activist and civil rights campaigner

It would be presumptuous of me to comment.

YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65

61



“To me, every hour of the day and night is an unspeakable perfect miracle.”

~ Walt Whitman (1819-1892), American poet, essayist, journalist, teacher.

COMMENT: As Einstein remarked, you can live life as though nothing is a miracle, or as though everything is. I know which one I'd choose every time.

62

“The weakest living creature, by concentrating his powers on a single object, can accomplish something. The strongest, by dispensing his over many, may fail to accomplish anything. The drop, by continually falling, bores its passage through the hardest rock. The hasty torrent rushes over it with hideous uproar, and leaves no trace behind.”

~ Thomas Carlyle (1795-1881), Scottish writer, essayist, teacher, and historian.

COMMENT: The message is clear: decide exactly what you want to do (sometimes the hardest part), make it your clearly stated goal, and then go for it with all your heart. Anything less won't do. You have to commit totally. If you fail, you fail. But at least you will have tried with all your heart and failed with honour. What more could you ask of yourself?



63



“I am no more lonely than a single mullein or dandelion in a pasture, or a bean leaf, or sorrel, or a horse-fly, or a bumblebee. I am no more lonely than the Mill Brook, or a weathercock, or the north star, or the south wind, or an April shower, or a January thaw, or the first spider in a new house.”

~ Henry David Thoreau (1817-1862), American abolitionist, poet, essayist, naturalist, ecologist, and author. His philosophy of civil disobedience influenced many, including Tolstoy, Gandhi, and more recently Martin Luther King, Jr.

COMMENT: This author left some truly enlightened quotes. He puts the whole of Nature, and our place in it, in perspective. And it's true - why should any one of us ever feel lonely, or unworthy, or less than perfect ... we are part of an astonishingly detailed and perfect whole, and as perfect as any other part of it.

64

“There is a wonderful mythical law of nature that the three things we crave most in life - happiness, freedom, and peace of mind - are always attained by giving them to someone else.”

~ General Peyton C. March (1864-1955).

COMMENT: Again and again, we see (or are told) that the essence of getting what you want in life is to give freely, without thought of reward. Being so selfless doesn't always come easy, it's true, but it's a surefire way to attract the things you want in your own life.



65



“Do not be too quick to assume your enemy is a savage just because he is your enemy. Perhaps he is your enemy because he thinks you are a savage. Or perhaps he is afraid of you because he feels that you are afraid of him. And perhaps if he believed you are capable of loving him he would no longer be your enemy.”

~Thomas Merton (1915-1968), American Trappist monk, social activist and writer.

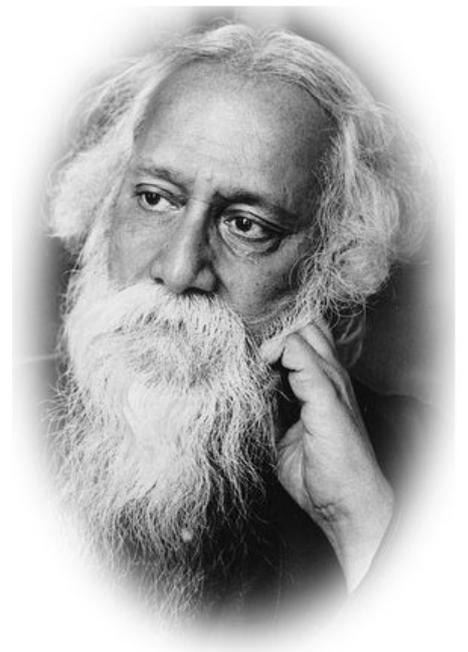
COMMENT: Brings to mind the strange incident of opposing First World War soldiers clambering tentatively out of the trenches at Christmas to have a game of football. Just for a brief moment, there was an outbreak of localised sanity in the midst of widespread international lunacy.

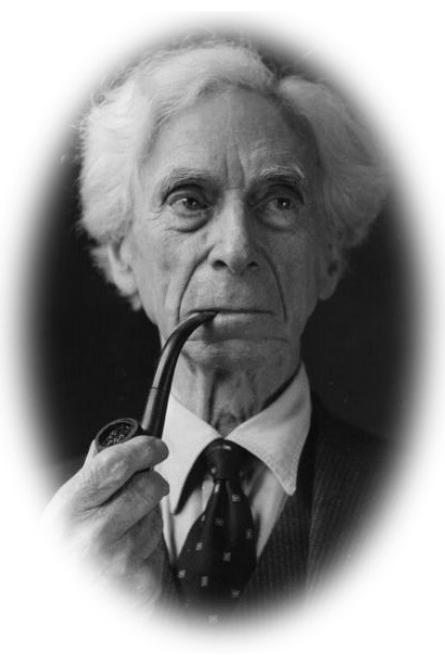
66

“The butterfly flitting from flower to flower ever remains mine, I lose the one that is netted by me.”

~ Rabindranath Tagore (1861-1941), Bengali philosopher, author, songwriter, composer, painter, educator, and Nobel laureate.

COMMENT: We all want to possess, and to grasp what we can, for all kinds of reasons. But we would do well to keep this quote in mind, and also the fact that a closed, grasping hand cannot receive much of anything.





67

“I've made an odd discovery. Every time I talk to a savant I feel quite sure that happiness is no longer a possibility. Yet when I talk with my gardener, I'm convinced of the opposite.”

~ Bertrand Russell (1872- 1970), mathematician, philosopher, and author.

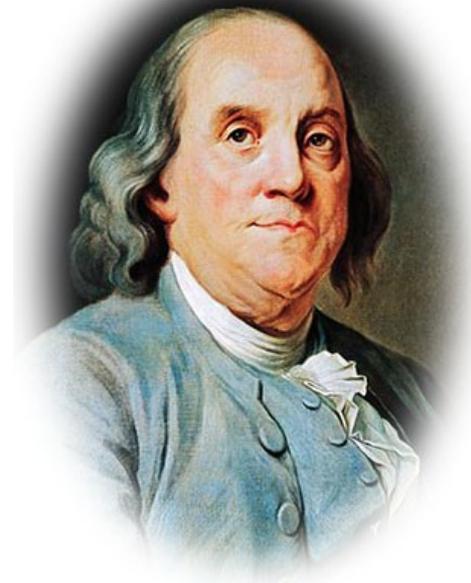
COMMENT: This always makes me smile! Too much thinking can definitely be a dangerous thing. Better, sometimes, to just go with feelings, and eternal truths, which don't require too much meticulous analysis.

68

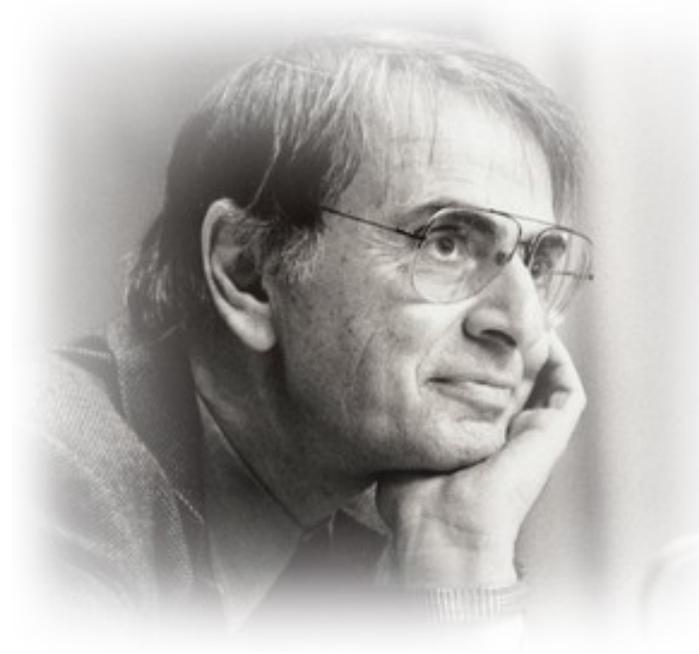
“I cannot conceive otherwise than that He, the Infinite Father, expects or requires no worship or praise from us, but that He is even infinitely above it.”

~ Benjamin Franklin (1706-1790), statesman (one of the Founding Fathers of the USA), author, and prolific inventor.

COMMENT: It's always seemed strange to me that religions virtually all (if not actually all) teach that we must praise and worship God. Who told anyone that was the case? I'm with Benjamin Franklin on this one - God is above all that nonsense, or he's not much of a God at all.



69



“The surface of the Earth is the shore of the cosmic ocean. On this shore we've learned most of what we know. Recently, we've waded a little way out, maybe ankle-deep, and the water seems inviting. Some part of our being knows this is where we came from.”

~ Carl Sagan (1934-1996), astronomer, author and visionary,

COMMENT: There's so much more to the Universe than this Earth we call home. We'll have to adapt and change so much as we move further out ... mostly our thinking.

YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65

70

“All ideas are already in the brain, just as all statues are in the marble.”

~ Carlo Dossi (1849-1910), author and diplomat.

COMMENT: It's a strange sensation when you come up with what you think of as a completely novel idea, only to realise someone else has thought of it quite independently. It's happened to me a few times. When it does you realise the truth of this quote. There is a pool of knowledge that we drink from, and whether we realise it or not, we all share the same pool.





71

*“Cowardice asks the question, 'Is it safe?'
Expediency asks the question, 'Is it politic?'
Vanity asks the question, 'Is it popular?'
But, conscience asks the question, 'Is it
right?' And there comes a time when one
must take a position that is neither safe,
nor politic, nor popular but one must take
it because one's conscience tells one that it is right.”*

~ Dr. Martin Luther King, Jr. (1929-1968), American Baptist minister and fearless civil rights campaigner. Assassinated by small-time criminal James Earl Ray at the Lorraine Motel in Memphis on 4 April, 1968, prior to a speaking engagement.

COMMENT: If we settle for conscience as our sole guide, we won't go far wrong. The mistake we make is letting other things get in the way sometimes. Okay then, most of the time!

72

“We sit at breakfast, we sit on the train on the way to work, we sit at work, we sit at lunch, we sit all afternoon, a hodgepodge of sagging livers, sinking gall bladders, drooping stomachs, compressed intestines, and squashed pelvic organs.” ~ John Button, Jr.

COMMENT: You don't have to train like an Olympic athlete to maintain your fitness. Just a few basic exercises every day is enough to make a real difference. If you're not in great shape, why not start to make a few small changes to your everyday life ... just enough to give yourself a kickstart. The beauty of it is, once you feel the benefits of an improved lifestyle, you'll probably want to do a bit more.



73

“There is no instance of a nation benefiting from prolonged warfare.”

~ Sun Tzu (6th century AD), general, military strategist and author of 'The Art of War'.

COMMENT: Will someone please remind the leaders of the modern world of the sayings of Sun Tzu? Regularly, please? Thank you!

74

“Nothing is more humbling than to look with a strong magnifying glass at an insect so tiny that the naked eye sees only the barest speck and to discover that nevertheless it is sculpted and articulated and striped with the same care and imagination as a zebra.



Apparently it does not occur to Nature whether or not a creature is within our range of vision, and the suspicion arises that even the zebra was not designed for our benefit.”

~ Rudolf Arnheim (1904-2007), German psychologist, teacher, and author.

COMMENT: Puts it all in perspective, doesn't it ... we're just a part of a whole, fascinating, buzzing Universe. There's nothing to say we're anything special, in the whole grand scheme of things. That's not to say we're unimportant. Only that everything else is just as important.

75



“Action is the real measure of intelligence.”

~ Napoleon Hill (1883-1970), author of the hugely influential *Think and Grow Rich* (and several other motivational works concerning personal growth and success).

COMMENT: All the dreams and plans and goals and good intentions are just about worthless unless and until you take action. That alone is the yeast to the dough of plans. Without it everything comes out flat and hard and tasteless. In the end, it's all about what you DO, nothing else. Nothing else at all.

76

“A human being is part of a whole called by us the “Universe,” a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest - a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.”

~ Albert Einstein (1879-1955), theoretical physicist, Nobel laureate.

COMMENT: It's our nature to have these delusions, but to become more enlightened we really do have to open our eyes to the big picture. The next stage of human evolution may very well be when the majority of the population are doing just that, instead of a few isolated individuals.



77

“Forget past mistakes. Forget failures. Forget everything except what you're going to do now, and do it.”

~ William Durant (1861-1947), founder of General Motors.

COMMENT: Total commitment. Forget everything else, only concentrate the mind on your goal. Do this and you will succeed, or fail to reach your goal honourably.

Durant's life story reads like a Hollywood movie, shifting from great wealth and influence to financial disaster, and back again. But he never gave up, even trying valiantly to restore investor confidence after the stock market crash of '29. He created great companies that still prosper today, he made fortunes, and he lost them ... but he never gave up!

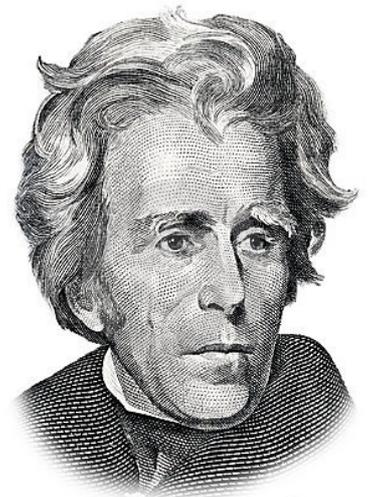
78

“Take time to deliberate; but when the time for action arrives, stop thinking and go in.”

~ Andrew Jackson (1767-1845), 7th President of the USA,

COMMENT: It's important to take stock, to be prudent, to take care to make a sensible and rational decision, but when the decision is taken, be bold and make your move. The time for planning is past, the time for action is upon you. You must grasp it boldly. Overthinking a situation nearly always results in missed opportunities and the empty feeling that you've let things slip, and slip badly.

Eloquently stated in the next quote, by a writer you may well have heard of ...



dreamstime.com



79

“Our doubts are traitors, and make us lose the good we oft might win by fearing to attempt.”

~ William Shakespeare (1564-1616), playwright, poet, dramatist. Widely regarded as the greatest literary genius of all time.

COMMENT: Doubts are slippery, devious, treacherous things, whose only role is to undermine your progress. If you've decided on a task, you have no business with doubts, none at all. Just buckle up, take a deep breath, and get on with it!

80

“I like to believe that people in the long run are going to do more to promote peace than our governments. Indeed, I think that people want peace so much that one of these days governments had better get out of the way and let them have it.”

~ Dwight D. Eisenhower (1890-1969), general and 34th President of the USA.



COMMENT: I first came across this quote quite a few years ago, and the people apparently still don't want peace enough. Oh, they may individually say that's what they want, but they're content to say it and then settle back to their everyday lives and forget about it. Change will come, but only when people realise that they are the real power in the world, not a handful of politicians. We're seeing some evidence of this in the Middle East, since the Arab Spring that began in 2010.

YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65

81



“Grown men can learn from very little children, for the hearts of little children are pure. Therefore, the Great Spirit may show to them many things which older people miss.”

~ Black Elk (1863-1950), Dglala Sioux medicine man.

COMMENT: A great visionary, Black Elk bridged the gap between two very different worlds, the one inhabited by traditional native Americans and the modern world inhabited by ... well, modern Americans. To read about his life is to look directly into the heart of the traditional Sioux nation.

82

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

~ Bette Davis (1908-1989), American, Best Actress Oscar winner (twice, plus a further 9 nominations).

COMMENT: Actually, the fame, as well as the money, is the gravy, particularly in today's culture. Sad that so many are desperately hungry for the gravy these days, without even a meal to pour it on.



83

“God has the tough end of the deal. What if instead of planting the seed you had to make the tree? That would keep you up late at night, trying to figure that one out.”

~ Jim Rohn (1930-2009), motivational speaker, and mentor to Tony Robbins, Mark Victor Hansen, Jack Canfield, Brian Tracy, T. Harv Eker and countless thousands of others.



COMMENT: We sometimes become completely fascinated by modern technology, and understandably so. But it's worth remembering that, for the time being at least, it's all dependent on what we might think of as mechanical design. We have not yet created the technology to produce a single living thing, not even a blade of grass or a leaf, out of nothing (although we might just be on the verge of it).

Worth remembering, and being reminded to be constantly in awe of Nature.

Jim Rohn influenced more than 6,000 audiences and more than five million people worldwide during his more than forty years of public speaking.

84

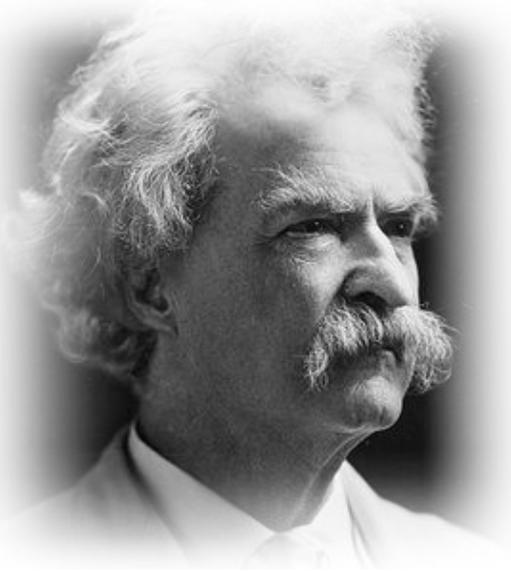


“He who conquers others is strong; he who conquers himself is mighty.”

~ Lao-Tzu (6th century BC?), philosopher, author of the 'Tao Te Ching'

COMMENT: Save the hardest, toughest tasks for yourself. Be your own harshest critic. Put yourself to the test, often and willingly. Don't shirk. If the only one you ever conquer is yourself, who else do you need to beat?

85



“The secret of getting ahead is getting started. The secret of getting started is breaking your complex, overwhelming tasks into small manageable tasks, and then starting on the first one.”

~ Mark Twain (1835-1910), American writer and humourist.

COMMENT: The secret of success, in a nutshell. There's no excuse for not achieving what you want, if you follow these guidelines. Oh, you may fail, there's no guarantee of success ... but you won't BE a failure. And you'll still have the option of picking yourself up and starting all over again. Failure isn't falling down ... it's staying there and moaning about how unfair life can be.

86

“What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset.”

~ Crowfoot (1821-1890), Native American warrior and orator.

COMMENT: It's easy to lose focus and end up slouching around when we should actually be really living. It certainly doesn't do any harm to think of the flash of the firefly once in a while ... or the breath of the buffalo. A little thing like that could snap you back to reality!



YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65

87



“A professional is someone who can do his best work when he doesn't feel like it.”

~ Alistair Cooke (1908 – 2004), British journalist, TV and radio broadcaster. He presented 'Letter from America' for 58 years, only retiring on medical advice at the grand old age of 95.

COMMENT: Writers are fond of saying they're suffering from writer's block, when the words just won't come, but strangely enough the ailment seems more or less confined to writers. Bricklayers, for example, don't seem to suffer bricklayer's block, and street sweeper's block is almost unheard of in the medical literature.

Alistair Cooke was the consummate professional, delivering his fascinating and erudite 'Letter From America' for a record breaking 58 years, quitting only on doctors' advice at the age of 95. Sadly, he died just weeks later. A true professional to the very end! And the very epitome of a gentleman.

88

“The ability to concentrate and to use your time well is everything if you want to succeed in business – or in anything else, for that matter.”

~ Lee Iacocca b.1924, automobile industry executive.

COMMENT: There are no real secrets to success. The 'secret' is to make use of what you've got, right where you are, in the best way possible. That applies to your mind, and (perhaps most of all) to time. It's limited, absolutely, and the best way to make use of it is to make a commitment to never waste a single drop of it.



89

“If you believe the doctors, nothing is wholesome; if you believe the theologians, nothing is innocent; if you believe the military, nothing is safe.”

~ Lord Salisbury (1830-1903), British Prime Minister for three terms: 1885-86, 1886-92, 1895-1902.

COMMENT: Certainly if you followed the medical advice that crops up with monotonous regularity these days you'd be afraid to eat virtually anything, since so many things apparently cause cancer, raise blood pressure to dangerous levels, or contribute to any number of life-threatening diseases.

The same applies in so many fields. Looks like we're left with the option of using common sense! And the first application of common sense is to pay very little attention to all these dire warnings.

90

“It's always easy to do the next step, and it's always impossible to do two steps at a time.”

~ Seymour Cray (1925-1996), innovator and designer of super-computers.

COMMENT: A monumental task, broken down conveniently into bite-sized chunks, is eminently do-able. Attempting to scale a mountain with one mighty leap, on the other hand, is foolish and just completely futile. Yet this is exactly what we do when we try to accomplish a great task all at once, in a hurry. We're trying to leap a mountain, and then, amazingly, we feel frustrated and confused when we don't make it.





91

“The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs.”

~ Vance Havner (1901-1986), charismatic evangelist and preacher for more than 70 years.

COMMENT: Following on from the previous quote, all the good intentions and detailed plans in the world are, in the end, totally and utterly worthless, unless and until you TAKE ACTION on them, and transform them into hard reality.

There's no middle ground here: you either DO what's necessary, or you live with the consequences ... which might well come down to nothing less than a lifetime of bitter regret.

92

YOUR LIST OF VALUABLE RESOURCES BEGINS ON PAGE 65

“Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as soon as you can change your beliefs.”

~ Dr. Maxwell Maltz (1889-1975), American 'corrective' surgeon and author of 'Psycho-Cybernetics'.



COMMENT: Your beliefs about yourself define you. And the amazing thing is we can change those beliefs. If you haven't read Psycho-Cybernetics by Dr. Maxwell Maltz, you really should. It describes how to change your self-image and get startling results. This book has literally changed lives ... thousands of them (quite possibly millions).

93

“The greatest mistake you can make in this life is to be continually fearing you will make one.”

~ Elbert Hubbard (1856-1915), American writer, artist and philosopher. Another oft-quoted saying of Hubbard's is "Don't take life too seriously - you'll never get out of it alive!" Although he said that he couldn't have foreseen his own strange fate: he and his wife were aboard the Lusitania when it was torpedoed by a German submarine off the coast of Ireland in 1915. Ironically, he was on his way to Europe to report on the War, and with hopes of perhaps interviewing the Kaiser himself.



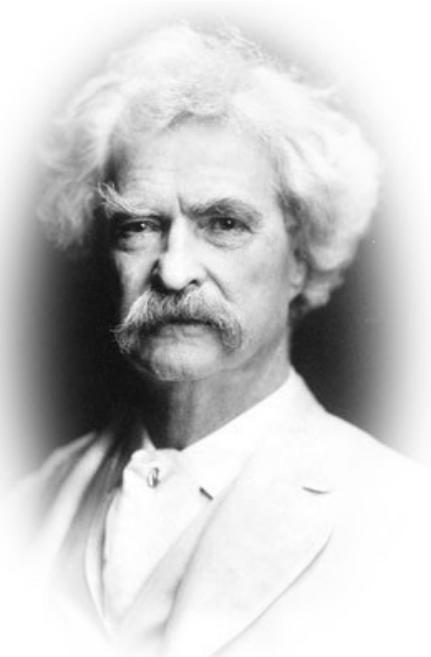
COMMENT: Doubting yourself feels natural. You want to be sure, so 'naturally' you doubt your own ideas, conclusions, even actions. But to become successful you must replace doubt with confidence. Be fearless! Trust in yourself. If you don't, how can you expect anyone else to?

94

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”

~ Mark Twain (1835-1910), American writer and humourist

COMMENT: Steer well clear of 'friends' who have nothing good to say about your ambitions. If they advise caution when you feel strongly that you should go for it, think carefully about your next move ... and even more carefully about your friends.



95

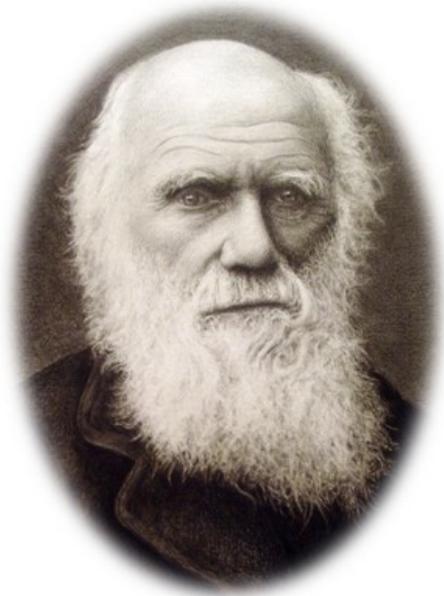
“Maybe we should develop a Crayola bomb as our next secret weapon. A happiness weapon. A beauty bomb. And every time a crisis developed, we would launch one. It would explode high in the air – explode softly – and send thousands, millions, of little parachutes into the air. Floating down to earth – boxes of Crayolas.



And we wouldn't go cheap, either – not little boxes of eight. Boxes of sixty-four, with the sharpener built right in. With silver and gold and copper, magenta and peach and lime, amber and umber and all the rest. And people would smile and get a little funny look on their faces and cover the world with imagination.”

~ Robert Fulghum, b.1937, writer and artist with over 17 million copies of his work in print, translated into over 25 languages and available in over 100 countries.

COMMENT: I love the Crayola bomb idea! Not sure if it's viable though, or if the government or the military would buy into it, but what the hell ... they've tried all their ideas time and again, and look where that's got us :)



“A man who dares to waste one hour of time has not discovered the value of life.”

~ Charles Darwin (1809-1882), naturalist (developed the theory of evolution), writer ('On The Origin of Species').

COMMENT: Once again, we are reminded of the value of time. To waste it is really to waste life itself, and who among us can afford to do that?

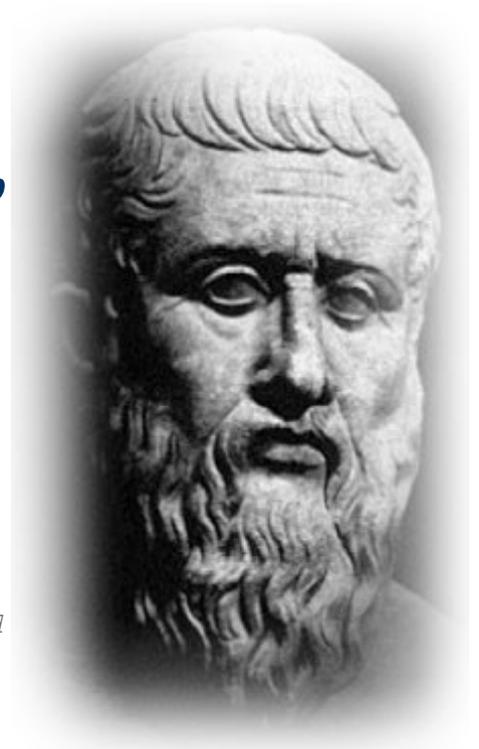
97

“Let early education be a sort of amusement, you will then better be able to find out the natural bent of the child.”

~ Plato (427-347 BC), Greek philosopher and founder of the Academy in Athens, the first institution of higher education in the Western world.

COMMENT: If all educators took this to heart, and if the system allowed it, children would enjoy school and leave it properly educated. As it is now, most neither enjoy it very much nor leave with a worthwhile education.

Surely we've moved on from the old idea that education boils down to stuffing a load of facts and ideas into kids' heads so they can pass exams? You would hope so, but the evidence seems to indicate otherwise.



“If you want to make life easy, make it hard.”



~ Johann Wolfgang Von Goethe (1749-1832), German writer, poet, artist (nearly 3,000 of his drawings still exist), politician and statesman, a true polymath and the author of books on several subjects, including botany, literary criticism, anatomy, as well as four novels. One of his most widely known works is 'Faust'. His poems have been set to music by Mendelssohn, Mozart, Beethoven, Schubert, Schumann, Brahms, Wagner, Mahler, Berlioz, Massenet and Wolf.

COMMENT: Seems like a paradox, but it's the truth. The hard times give you so much, teach you so much, and prepare you so well, while the easy times trick you into being lazy and unproductive. Look back on your hard times, and you'll see that they were your best teachers, and the most productive times of your life.

99

*“You can't wait for inspiration ...
you have to go after it with a club.”*

~ Jack London (1876-1916), American novelist, journalist and social activist.

COMMENT: You can sit in your 'ivory tower' and twiddle your pen if you want to ... you can bemoan the fact that you're a victim of writer's block, or some such fiction ... you can even blame the Universe for not inspiring you if you like. Nothing will change ... not until you get up and decide that you WILL write. And exactly the same applies to any endeavour you can think of.



100

“Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand - and melting like a snowflake.”

~ Francis Bacon (1561-1626), English philosopher, scientist, statesman, writer, and orator. Served as both Attorney General and Lord Chancellor. Well known for pioneering the empirical method in science, basing conclusions solely on observable facts.

*COMMENT: Time, as we generally think of it, is an illusion, nothing but a convenient mental construct. The only absolutes in time are eternity (presumably) and this precise moment, right now. Everything else is an illusion. If you want to do something, you **MUST** do it now. There simply is no other time. The very idea that there is 'other time' is a treacherous illusion designed to seduce and trick the mind.*

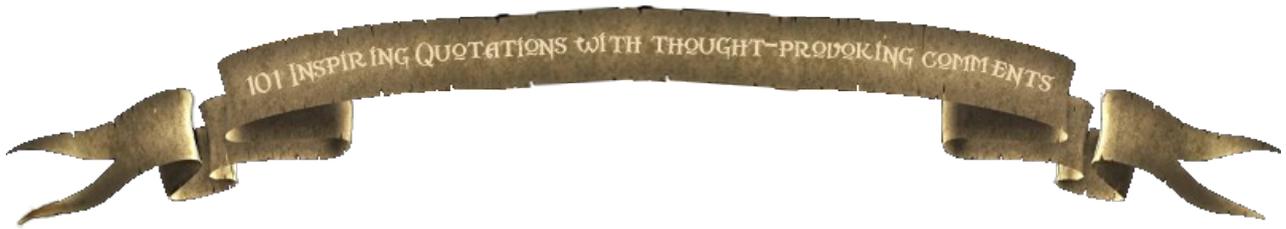
Grasp this moment and do what must be done. Procrastination is a crime against your future self. The only way to fix it is to DO IT NOW!



“I believe every human has a finite number of heartbeats. I don't intend to waste any of mine.”

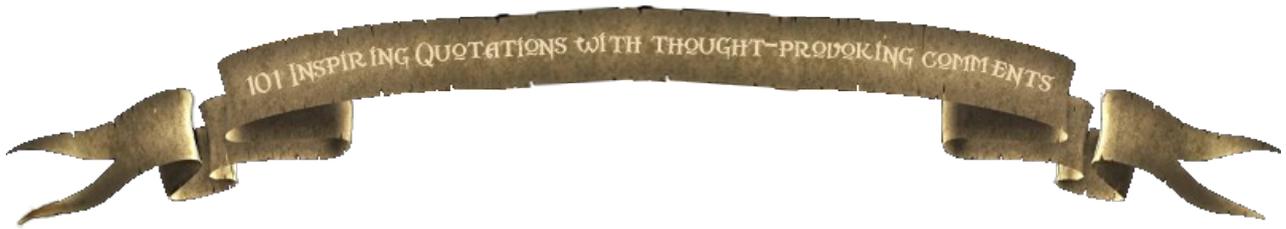
~ Neil Armstrong (1930-2012), Apollo astronaut and the first man to set foot on an alien world. The ground-breaking achievements of the Apollo program in the 1960s have never been followed up in the way we all expected they would be. Still, sooner or later, we'll touch down on Mars, and eventually on other planets, maybe some that are orbiting far off stars. The adventure truly has only just begun.

COMMENT: The first human in history to set foot on another world lived the adventure we all dream about. He had been a test pilot and had even cheated death by half a second on one occasion. He became an astronaut and walked on the surface of an alien world, the first human ever to do such a thing. He knew first-hand what it was like to live life to the max. And he knew the true value of not wasting a single second of it.



YOUR LIST OF VALUABLE RESOURCES BEGINS ON THE NEXT PAGE

"I SUPPOSE IF YOU TAKE ENOUGH SLIM CHANCES, YOU ARE BOUND TO CREATE SUCCESS OUT OF ONE IF YOU STICK WITH IT LONG ENOUGH. EITHER WAY, IMAGINE WHAT YOU MIGHT BE ABLE TO LEARN IN THE PROCESS - ABOUT THE WORK, AND YES, OF YOURSELF TOO." ~ CHRIS HILL



RESOURCES

THE ONLINE POETRY ARCHIVE – Do you have a half-remembered piece of poetry that you'd love to track down? Chances are you'll find it right here! Search this vast database of poems, poets, lyrics and quotes and delve into well over *one million* entries.

As well as searching by entering a line or a few words, you can search under poets, or under dozens of categories, such as friend, money, paris, laughter, or butterfly. Start on one of these categories and narrow it down.

For quotes, you can search by word or phrase, or again under categories, or under specific poets. Safe to say, I think, that if you can't find it here you'll never find it. Er ... are you *sure* you didn't just dream it?

"THE ARTIST IS A RECEPTACLE FOR EMOTIONS THAT COME FROM ALL OVER THE PLACE: FROM THE SKY, FROM THE EARTH, FROM A SCRAP OF PAPER, FROM A PASSING SHAPE, FROM A SPIDER'S WEB." ~ PABLO PICASSO

ADVANCED TEXT ANALYZER – This free tool analyzes texts, calculating the number of words, lexical density, words per sentence, characters per word and the readability of the text, as well as word analysis, phrase analysis and graded analysis. You will need to register on the site, but it's free and it gives you access to lots of other text tools as well as articles, games and quizzes.

"DEVELOP A PASSION FOR LEARNING. IF YOU DO, YOU WILL NEVER CEASE TO GROW."
~ ANTHONY J. D'ANGELO

BRAINY QUOTE – A monster resource of quotes, searchable by authors and by topics, or you can search alphabetically and see what's listed under any letter you choose (a nice way to discover authors you may never have heard of previously).

"VISION WITHOUT ACTION IS MERELY A DREAM. ACTION WITHOUT VISION JUST PASSES THE TIME.
VISION WITH ACTION CAN CHANGE THE WORLD." ~ JOEL A. BARKER

ENGLISH CLUB – Excellent site for English learners. Covers grammar, spelling, vocabulary, pronunciation, idioms, This Week in History, etc.

"OLD MINDS ARE LIKE OLD HORSES; YOU MUST EXERCISE THEM IF YOU WISH TO KEEP THEM
IN WORKING ORDER." ~ JOHN ADAMS

WORDSMITH – A-Word-a-Day has been sending out fascinating daily emails since 1994, each one featuring a different word, together with its meaning, its etymology, and samples of its usage (and an interesting quotation). The site features its entire archives, plus an anagram creator and a section (Anagram Times) showing news headlines with apt, and sometimes very amusing, anagrams.

"MAGIC IS BELIEVING IN YOURSELF, IF YOU CAN DO THAT, YOU CAN MAKE ANYTHING HAPPEN."
~ JOHANN WOLFGANG VON GOETHE

DEDICATED THINKING TIME – To most people, thinking isn't much more than just random mental activity. To make it useful and practical, and to get something out of it, thinking needs to be specifically directed and it needs to be done in isolation. Trying to do it while multi-tasking is never going to work! If you want to see the results of proper, organised thinking, then take heed of the tips on this page.

"IT'S KIND OF FUN TO DO THE IMPOSSIBLE." ~ WALT DISNEY

ENGLISH GRAMMAR 101 – Have you always wanted to know the down and dirty details of English grammar? Still confused over such things as interrogative pronouns and semicolons? Not even sure if virgule, predicate and ellipsis are actual English words or not? You'll probably find English Grammar 101 a very enlightening experience. A very detailed and educational website, but without being boring or 'stodgy'.

HOW STUFF WORKS – If you've ever wondered how stuff works, no matter what stuff we're talking about here, chances are you'll find some information on just that subject on this site. Search through countless thousands of articles on subjects as wide-ranging as Health, Science, Tech, Culture, Animals, Adventure, Shows, Entertainment ... and more.

If you go in looking for something specific you'll probably find it, but beware ... if you venture in without a definite plan you're likely to find yourself drawn from one interesting little tidbit to another and they'll probably have to send a search party in looking for you after a day or two. Definitely addictive! You have been warned.

"TRAINING GIVES US AN OUTLET FOR SUPPRESSED ENERGIES CREATED BY STRESS
AND THUS TONES THE SPIRIT JUST AS EXERCISE CONDITIONS THE BODY."
~ ARNOLD SCHWARZENEGGER

I WILL TEACH YOU TO BE RICH – Get access to some of the invaluable content of this New York Times bestseller by Ramit Sethi for free. Get it now before he comes to his senses and takes this page down! Ramit is proud to say he gives away 98% of his information for free, and it includes The Ultimate Guide to Making Money, The Ultimate Guide to Habits, The Ultimate Guide to Personal Finance and The Ultimate Guide to Social Skills. These guides can help you be more comfortable in group situations, more effective at work, more prosperous, and more productive through mastering the skills of effective habits.

W3SCHOOLS – Interested in coding? Curious about CSS, jQuery, Bootstrap, or AJAX? Still struggling with HTML? W3Schools.com provides all the answers, in the form of simple examples and tutorials. It's the world's largest web developer site and it's aimed squarely at you, the ordinary person ... *not* the expert. Even a beginner with hardly a clue what's going on can benefit from this site's straightforward, no-nonsense approach.

"I NEVER WORRY ABOUT ACTION, BUT ONLY INACTION" ~ WINSTON CHURCHILL

MARKUP VALIDATION SERVICE – You've written a page in HTML and you're not sure if it's correct. Mmm ... how to validate the code ... Do you just wait for a reader to write in and tell you your page doesn't work in some respect? No, you enter the URL into the address bar of this validation service and it automatically checks it line by line. You'll have a report in no time, with problems and issues pointed out, together with suggestions on how to fix them. Invaluable.

"EVERYTHING YOU'VE EVER WANTED IS ON THE OTHER SIDE OF FEAR." ~ GEORGE ADDAIR

BOOTSTRAP – Bootstrap makes front-end web development faster and easier. It's made for folks of all skill levels, devices of all shapes, and projects of all sizes. Bootstrap easily and efficiently scales your websites and applications with a single code base, from phones to tablets to desktops with CSS media queries.

Millions of amazing sites across the web are being built with Bootstrap. Get started on your own with their growing collection of examples or by exploring some of their favorites. It's worth learning Bootstrap if you want to design beautiful and responsive sites that will look good on any platform.

MAKE YOUR AFFIRMATIONS MORE EFFECTIVE - Affirmations have got a bad press, and for good reason: they just don't seem to work very well! The ideas on this page aim to fine-tune your affirmations and transform them into goal-seeking guided missiles!

"THE BEST TIME TO PLANT A TREE WAS TWENTY YEARS AGO.
THE SECOND BEST TIME IS NOW" ~ CHINESE PROVERB

FIVE SUBTLE CHANGES IN PERCEPTION - Life can be harsh and it can sometimes be difficult to see a way forward. But with a few subtle changes in perception things can change dramatically. This page can steer you towards those changes, and it can happen gently and easily.

"I WONDERED ABOUT THE EXPLORERS WHO'D SAILED THEIR SHIPS TO THE END OF THE WORLD. HOW TERRIFIED THEY MUST HAVE BEEN WHEN THEY RISKED FALLING OVER THE EDGE; HOW AMAZED TO DISCOVER, INSTEAD, PLACES THEY HAD SEEN ONLY IN THEIR DREAMS." ~ JODI PICOULT

WORDCOUNTER - Wordcounter is a free online application that ranks the most frequently used words in any given body of text. Use it to see what words you overuse, and use that knowledge to improve your writing. Wordcounter is useful for writers, editors, students, and anyone who thinks that they might be writing redundantly or repetitively.

"TO LIVE, TO TRULY LIVE, WE MUST BE WILLING TO RISK. TO BE NOTHING IN ORDER TO FIND EVERYTHING.
TO LEAP BEFORE WE LOOK." ~ MANDY HALE

KIDSSPELL – A free and fun way to help improve your kids' spelling, making use of over 6,600 practice words. Lots of word games too, to add to the fun!

"THERE ARE RISKS AND COSTS TO ACTION. BUT THEY ARE FAR LESS THAN THE LONG RANGE RISKS OF COMFORTABLE INACTION." ~ JOHN F. KENNEDY

EFFECTIVE VISUALISATION – We all know that visualisation is supposed to help you materialise your goals. But people are often disappointed with the results, and give up on their goals completely, convinced that it will never work. This page describes how to visualise much more effectively, and in such a way that positive results are far more likely.

"THE PURPOSE OF ART IS WASHING THE DUST OF DAILY LIFE OFF OUR SOULS." ~ PABLO PICASSO

CREATIVE QUOTATIONS – 50,000 quotations from about 3,000 people, and all searchable in various ways. 12,000 proverbs from all round the world, and searchable by any single word. Random Quotes.

"SUCCESS IS A STATE OF MIND.
IF YOU WANT SUCCESS, START THINKING OF YOURSELF AS A SUCCESS." ~ JOYCE BROTHERS

GRAMMARLY HANDBOOK – Very detailed and well put-together site packed with information on all aspects of grammar.

LOSE IT! - Lose It! is designed with one simple goal - to help you lose weight in a healthy, sustainable way. No magic pills, no crazy diets - just a simple, easy-to-use program that helps you stay within your calorie budget.

Lose it! features a fitness guide, a nutrition plan, motivational success tips, and a blog. Lose it! is based on the proven principles of calorie tracking and peer support, and this online software helps keep you connected to the people, devices and food information you need to achieve your weight-loss goals.

"THE WAY TO GET STARTED IS TO QUIT TALKING AND BEGIN DOING" ~ WALT DISNEY

TRULY AMAZING - A blog that has its focus firmly fixed on the positive, celebrating excellence in people in general, in specific individuals, in ground-breaking new inventions, in amazing achievements, etc. Health and fitness, along with prosperity, form the core of the site's content.

"WE CAN COMPLAIN BECAUSE ROSE BUSHES HAVE THORNS,
OR REJOICE BECAUSE THORN BUSHES HAVE ROSES." ~ ABRAHAM LINCOLN

REVERSE DICTIONARY - This tool lets you describe a concept and get back a list of related words and phrases. Your description can be anything at all: a single word, a few words, or even a whole sentence. Type in your description and hit Enter (or select a word that shows up in the autocomplete preview) to see the related words.

HOW SPELLING KEEPS KIDS FROM LEARNING – Another site (like the one above) that reckons English is probably the most irregularly spelt language of all. For example, English has over 200 ways to spell just 44 sounds! This makes it very difficult for kids to learn to spell properly, and slows down the whole process of learning to read and write correctly. Lots of interesting ideas about how to simplify spelling.

"I'M A GREATER BELIEVER IN LUCK,
AND I FIND THE HARDER I WORK THE MORE I HAVE OF IT". ~ THOMAS JEFFERSON

WORDWEB – Wordweb is a free dictionary and thesaurus giving you instant access to hundreds of thousands of definitions and synonyms at the click of your mouse. It caters for British English, American, Canadian, Australian, Indian and global English. A very full-featured piece of software, the more you use it the more you realise what it has to offer.

"SHALLOW MEN BELIEVE IN LUCK OR IN CIRCUMSTANCE.
STRONG MEN BELIEVE IN CAUSE AND EFFECT." ~ RALPH WALDO EMERSON

20 COMMON GRAMMAR MISTAKES – If you're serious about improving your grammar, this site could be very useful to you. It lists common mistakes with detailed explanations of the correct usage.

"ONLY THOSE WHO WILL RISK GOING TOO FAR
CAN POSSIBLY FIND OUT HOW FAR ONE CAN GO." ~ T. S. ELIOT

COMMONLY CONFUSED WORDS – 50 pairs of them, and then, on the next page, 50 more! All clearly explained and listed with examples of how they should be used correctly. Very helpful if you want to make sure you avoid creating confusion.

"CONCERN SHOULD DRIVE US INTO ACTION, NOT INTO A DEPRESSION." ~ KAREN HORNEY

SPELL IT RIGHT – This site aims to help parents and teachers help their kids to overcome spelling difficulties. Very comprehensive site, with useful information and various games to help make it more accessible and more fun.

"IN ALL AFFAIRS IT'S A HEALTHY THING NOW AND THEN TO HANG A QUESTION MARK ON THE THINGS YOU HAVE LONG TAKEN FOR GRANTED." ~ BERTRAND RUSSELL

MEMORY QUOTES – 5 pages of interesting quotes based loosely on the subject of memory, along with comments.

"IF WE COULD GIVE EVERY INDIVIDUAL THE RIGHT AMOUNT OF NOURISHMENT AND EXERCISE, NOT TOO LITTLE AND NOT TOO MUCH, WE WOULD HAVE FOUND THE SAFEST WAY TO HEALTH." ~ HIPPOCRATES

3,000 CORE VOCABULARY WORDS – The 3,000 words most important for students of the English language to know, all listed neatly according to sensible categories. Helpful quizzes and A-Word-a-Day.

THE ENGLISH SPELLING SOCIETY – This website explains how and why so many English words are spelt so strangely. They propose an English spelling congress to remedy the whole situation. If you're interested, you can [get involved](#). And there's a whole section to help you help your kids get to grips with spelling.

According to this site, about 20% of the population of both the UK and the USA are virtually illiterate (and largely due to the difficulties encountered with spelling).

“A REAL DECISION IS MEASURED BY THE FACT THAT YOU'VE TAKEN A NEW ACTION.
IF THERE'S NO ACTION, YOU HAVEN'T TRULY DECIDED” ~ TONY ROBBINS

PUBLIC SPEAKING SKILLS – It's not just you, *everybody* hates public speaking (apart from extreme narcissists who generally assume they're great at it, usually mistakenly). It's often quoted as being high up on the list of people's most terrifying fears (vying with death for the top spot!), but it doesn't mean you're destined to never be good at it. Here's a great list of 25 points to keep in mind. And all presented very briefly and concisely (rather like a good speech, in fact).

“IF YOU ARE NOT WILLING TO RISK THE UNUSUAL,
YOU WILL HAVE TO SETTLE FOR THE ORDINARY.” ~ JIM ROHN

LANGPORTS – Another one for you if you're studying English. *Very* long list of things you can do to improve your English!

THE MOST DANGEROUS WRITING APP! - Need motivation to keep you writing? You know the problem ... you start, feeling great, then, after a little while, it all kinda dries up. And then ... then it all comes to a shuddering halt :(

Well ... you won't let that happen if you use this little app! Not unless you're prepared to lose the lot :) No second chances! No mercy! You stop ... it's gone! Are *you* willing to give it a shot?

"ONLY PUT OFF UNTIL TOMORROW WHAT YOU ARE WILLING TO DIE HAVING LEFT UNDONE."
~ PABLO PICASSO

PROSPERITY QUIZ - Are you programmed to be wildly prosperous ... or are you doomed to repel money for the rest of your life? Your mental programming can determine whether or not you will ever manage to break free from a life of lack and enter a world of success and prosperity. Take the quiz now and find out.

"PROBABLY SOME OF THE BEST THINGS THAT HAVE EVER HAPPENED TO YOU IN LIFE, HAPPENED BECAUSE YOU SAID YES TO SOMETHING. OTHERWISE THINGS JUST SORT OF STAY THE SAME." ~ DANNY WALLACE

SKOLA - If English isn't your first language and you're trying to learn it, you'll find some very useful tips on this site. Actually, they would apply to learning any language really, so it's well worth checking out for anyone learning a language, English or otherwise.

REAL-MEMORY-IMPROVEMENT – Very comprehensive list of memory techniques, plus news and research information on the subject of memory and the brain in general. Dozens of pages of crosswords, puzzles and games to help keep your brain ticking over nicely. Plus bios of many of the most fascinating memory masters in the world.

"ACTION IS THE FOUNDATIONAL KEY TO ALL SUCCESS" ~ PABLO PICASSO

STEPHEN KING – If you're interested in writing, then when Stephen King speaks you should probably listen carefully. This page lists some tips for writers gleaned from his how-to book on writing, called, not surprisingly '*On Writing*'. I read this years ago but it's good to be reminded of these tips for anyone who wants to be a better writer.

"SELF-DISCIPLINE IS LIKE A MUSCLE. THE MORE YOU EXERCISE IT, THE STRONGER IT GETS." ~ DANIEL GOLDSTEIN

VOCABULARY BUILDER – on Google Play – Free vocabulary game for your Android phone or tablet. Helps you learn the 1,200 most important words, as chosen by an expert tutor. Designed for fun and learning that really sticks. Thousands of positive reviews.

"CREATIVITY GIVES THE POSSIBILITY OF SOME SORT OF ACHIEVEMENT TO EVERYONE. CREATIVITY MAKES LIFE MORE FUN AND MORE INTERESTING." ~ EDWARD DE BONO

MERRIAM-WEBSTER VISUAL DICTIONARY – A dictionary with a different point of view. The Visual Dictionary is more than a reliable resource of meticulously labeled images — it innovates by combining dictionary-scale definitions with exceptional illustrations, making it the most complete dictionary. When you know what something looks like but not what it's called, or when you know the word but can't picture the object, The Visual Dictionary has the answer. In a quick look, you can match the word to the image.

"WHEN YOU CATCH A GLIMPSE OF YOUR POTENTIAL, THAT'S WHEN PASSION IS BORN." ~ ZIG ZIGLAR

LIFEHACKER – Want to know how to overcome your fear of failure? Or how to make 12 classic sauces? Like to cook but would love to know how to simplify the whole process? Looking for motivation to start cleaning the house ... or to start your own business? Want to know which foods are best for keeping you well hydrated, or the safest way to do squats? Sounds like you need to check out Lifehacker! You'll find thousands of interesting little items in Lifehacker, all grouped in sensible categories or searchable by a word or phrase.

"YOUR BIG OPPORTUNITY MAY BE RIGHT WHERE YOU ARE NOW." ~ NAPOLEON HILL

SPELLING TIPS – A few pages of helpful tips to improve your spelling, together with lots of examples of words that are often misspelt, with ways to remember the correct spellings.

RISKOLOGY FOR INTROVERTS – So ... you're an introvert. Doesn't mean you have nothing to offer. Doesn't mean you don't have great ideas, or any chance of making them happen. Doesn't mean you're any 'less' than anyone else. Just means you're probably more comfortable in your own company, or with just a few friends.

Wanna hang out with about 25,000 like-minded individuals? Don't panic, I don't mean physically! They're not all going to arrive at a hotel near you and call you up to join them :) Just join this newsletter and take the Leadership for Introverts test to make your life that bit sweeter. The blog has some interesting tips and articles. You'll love it (quietly and sedately, of course, but you'll love it)!

"OPPORTUNITY OFTEN COMES DISGUISED IN THE FORM OF MISFORTUNE, OR TEMPORARY DEFEAT." ~
NAPOLEON HILL

MUSCLE-HUNGRY? – Are you like the rest of us, a loser in the genetic lottery when it comes to muscle growth? Some people, the lucky few, gain muscle easily. For the rest of us, it's a real struggle. Time you found out why this is, and how *you* can make the best of a bad situation. Hard-gainers, check this out! Discover how *you* can gain real muscle without crazy, freakish workouts, constant overeating, and without drugs. Check it out now!

"WHEN THE SITUATION DEMANDS ACTION, KNOW THE END OF THE ACTION BEFORE YOU START THE ACTION" ~ ERNEST AGYEMANG YEBOAH

MAKE YOUR GOALS ATTAINABLE – If you're careless with the wording of your goals it can be fatal. This page advises specific words to use, and perhaps more importantly, specific words to avoid using.

DO THIS, BURN FAT – Learn about the two types of fat in your body, and how one of them can actively burn calories as it generates "internal heat". And learn the dozens of fat-burning tricks you can easily make use of to tackle that embarrassing belly fat you've been carrying around for *so-o-o-o* long.

Losing weight isn't about running miles on the treadmill, or spending hours in the gym (you know that doesn't work, right?) It's more about making use of some of the tricks revealed here, just the ones that appeal to you, and you'll soon be dropping weight like magic!

"A SHIP IN HARBOUR IS SAFE, BUT THAT IS NOT WHAT SHIPS ARE BUILT FOR." ~ JOHN A. SHEDD

LIFETICK – Lifetick is free online software that helps you set, track, and achieve your goals in life. The Help Centre explains how it works, and offers guidelines for creating meaningful and attainable goals. You can set your own personal Goals and Tasks to suit yourself, and mark them as in progress or completed as necessary, and you're encouraged to break your main Goals into smaller 'chunks' called Tasks. This approach has been shown to be effective in getting things from the drawing board to realisation in the real world.

"SOME PAINTERS TRANSFORM THE SUN INTO A YELLOW SPOT,
OTHERS TRANSFORM A YELLOW SPOT INTO THE SUN." ~ PABLO PICASSO

50 FREE RESOURCES FOR WRITERS – This resource is actually very many resources all in one. It's nominally a list of 50 free resources, and they cover a whole multitude of aspects of writing. You'll find copywriting blogs, dictionaries, references, articles, tools, classes and lots of other stuff, including information about grammar, punctuation, style, etc. But some 'tips' lead to many other resources, so in reality this is a treasure trove of literally hundreds of resources!

"JUST PLAY. HAVE FUN. ENJOY THE GAME." ~ MICHAEL JORDAN

UDEMY – Online courses in almost anything ... and this particular search is for 'English course free' ... it brought up Learning English through Pictures, Free Trial Version. Plus a whole list of paid-for courses, and they're mostly very reasonably priced. Actually, if you keep checking with Udemy, they often have many courses at reduced prices. Well worth checking out, and they're also quite a few free courses too.

"IN CHARACTER, IN MANNER, IN STYLE, IN ALL THINGS, THE SUPREME EXCELLENCE IS SIMPLICITY." ~
HENRY WADSWORTH LONGFELLOW

FOREIGN LANGUAGE PODCASTS – From FluentU, a very comprehensive run down of podcasts with lots of information on how to choose them, how to get them, how to use them, and how best to benefit from them.

MEMORIZER SOFTWARE – This free online software is just what you need if you want to memorise some important text. It will help you learn poetry, quotations, lists, even a speech you might have to give. It's very simple and straightforward to use, and it can dramatically improve your ability to memorise whole chunks of text.

"ALWAYS GO WITH YOUR PASSIONS.
NEVER ASK YOURSELF IF IT'S REALISTIC OR NOT." ~ DEEPAK CHOPRA

UNSTOPPABLE SELF-CONFIDENCE – Have you ever felt that you lack self-confidence in certain areas of your life? Are you indecisive? Do you procrastinate? Do you sometimes think your lack of confidence will hamper your chances of success for the rest of your life? Check out this short (6 minute) video and you will learn that things can indeed change. Get the free ebook and check it out now.

"IF YOU HEAR A VOICE WITHIN YOU SAY 'YOU CANNOT PAINT,' THEN BY ALL MEANS PAINT,
AND THAT VOICE WILL BE SILENCED." ~ VINCENT VAN GOGH

GUARDIAN LANGUAGE RESOURCES - A huge collection (literally hundreds) of fascinating Guardian articles about all aspects of language, from figures of speech to bilingualism, from teaching a language to learning one, from gestures that are specific to one language to how to curse and swear in foreign tongues, there's something here for everyone. If you have any interest in language, and specifically in learning a new one, you'll find this of great interest.

BBC LANGUAGE COURSES – Known the world over for its amazingly wide-ranging content, the BBC website is packed to the gills with language courses, from French, Spanish and Italian to the other 30-odd languages catered for. Each has links to relevant websites and TV and radio in that language, as well as such things as cookery, phrases, slang, football, news, etc, etc. Some even have mini-drama serials to enjoy, get involved in, and learn from.

"I'VE FOUND THAT LUCK IS QUITE PREDICTABLE. IF YOU WANT MORE LUCK, TAKE MORE CHANCES. BE MORE ACTIVE. SHOW UP MORE OFTEN." ~ BRIAN TRACY

GREATEST QUOTATIONS – Huge database of quotations (over 35,000), fully searchable by author, topic or author category. Easily searchable via a very clear interface.

"BELIEVE IN YOUR FUTURE AND YOUR FUTURE WILL BELIEVE IN YOU." ~ ANIEKEE TOCHUKWU EZEKIEL

BIKINI-PHOBIC? - Do you shudder at the thought of wearing a bikini in public? Have you tried to get in shape time and time again, only to be disappointed ... *again*? Check this out, and see the amazing results achieved by *real* women.

Learn why all that cardio is ruining your body, and why eating less is actually making you look, and feel, worse. And discover why your workouts are causing you to *lose* muscle and *gain* fat. This is a short workout you can do at home, with minimal equipment, and results are guaranteed.

JAMES CLEAR'S BEST BOOKS – James Clear writes an excellent blog, and here he lists more than 100 books, which are all “fantastic, and worthy of your time”. He lists the best books in each of several categories, and provides reviews and links for all of them. Whether you're into science, fitness, philosophy, biographies, psychology, or something else entirely, you'll find the best of the best here.

"TAKE ADVANTAGE OF EVERY OPPORTUNITY TO PRACTICE YOUR COMMUNICATION SKILLS SO THAT WHEN IMPORTANT OCCASIONS ARISE, YOU WILL HAVE THE GIFT, THE STYLE, THE SHARPNESS, THE CLARITY, AND THE EMOTIONS TO AFFECT OTHER PEOPLE." ~ JIM ROHN

TIPS TO IMPROVE YOUR WRITING – Lots of writing tips from lots of different writers. Some great advice and some surprising tips you may never have thought of, all adding up to a whole new perspective on writing. Some tiny pieces of advice (“Avoid long sentences”), and some unusual ideas (“switch off your monitor when you’re typing. You can’t edit what you can’t see”). And lots of encouragement to write every day (that's what a writer does!).

Stacks of responses and comments from readers too, and they're almost as instructive and interesting as the original article.

"THE ARTIST IS NOTHING WITHOUT THE GIFT, BUT THE GIFT IS NOTHING WITHOUT WORK." ~ EMILE ZOLA

THE QUOTATIONS PAGE – More than 28,000 quotations from 3,400 authors. And searchable by author or topic. Plus Word-of-the-Day, and Random Quotes.

ZEN HABITS – Upset that you didn't stick to your diet? Frustrated that your training routine went well for a few weeks then died the death? You're not alone! This blog has hundreds of entries by the author, Leo Barbauta, with the aim of helping you achieve your goals. He understands you want to save money, or quit smoking, or exercise regularly, or wake up on time and feeling great ... and he writes about the many and varied ways of attaining these desires.

He's not laden down with traditional qualifications and nor is he a personal trainer or a trained athlete. He hasn't even made millions of dollars! :\
However, he has some of the best qualifications in the world; he has quit smoking, become a marathon runner, tripled his income, written a novel, got completely out of debt, lost a stack of weight (over 60 lbs), ran an ultramarathon (50 miles), and lots more. That's why he feels qualified to write on these subjects. And it's why hundreds of thousands of subscribers regularly read his blog.

" SOME OF THE BEST IDEAS I GET SEEM TO HAPPEN WHEN I'M DOING MINDLESS MANUAL LABOR OR EXERCISE. I'M NOT SURE HOW THAT HAPPENS, BUT IT LEAVES ME FREE FOR REMARKABLE IDEAS TO OCCUR." ~ CHUCK PALAHNIUK

MAKE A LIVING WRITING – How one freelance writer earned more with better English. The author of this blog made a decision to improve her English skills in order to be better placed to earn a decent living as a writer. As she says, it was one of the best decisions she ever made for her career.

She makes lots of genuine recommendations and runs small-group courses for budding writers. She's also produced an ebook on freelance writing, and it's a free download. She's now a very successful freelance writer, so if that sounds interesting to you, check this blog out.

A LIST OF BOOKS – 13 “100 Best Books” lists, combined and condensed into one master book list, for the benefit of your reading pleasure. 623 of the best books ever written. Now you'll have no excuse for not being able to think of some of those classics you know you should get round to reading!

Click on a book and you can learn more about it, and read lots of reviews from other users of the site. A great way to discover or be introduced to some outstanding books.

“EVERYTHING YOU WANT LIES ON THE OTHER SIDE OF LEARNING TO TRUST YOURSELF. TAKE A CHANCE. HAVE FAITH. YOU ALREADY KNOW WHO YOU ARE, WHAT YOU WANT, AND WHERE YOU WANT TO GO.” ~ VIRONIKA TUGALEVA

CHIEF HAPPINESS OFFICER – A blog aimed squarely at creating happiness at work. Ingvar Kamprad, founder of IKEA, is quoted as saying *“Work should always be fun for all colleagues. We all only have one life. A third of life is work. Without desire and fun, work becomes hell.”* That's why umbrellas sell cheaper at IKEA when it rains, unlike everywhere else!

This site is full of information like that. Instead of focusing on productivity and results, the focus is on creating a happy workplace ... which, ironically, actually results in increased productivity and better results! Oh, and happier staff :)

“TREAT A WORK OF ART LIKE A PRINCE. LET IT SPEAK TO YOU FIRST.” ~ ARTHUR SCHOPENHAUER

MEMORISING VERBATIM TEXT – Learning poetry, or anything else where you need to be word perfect, can be very challenging. Here's a simple and straightforward method you can use, and the secret of it is that it encourages you to use your natural memory, rather than just hoping that endless repetition will somehow fix things firmly in your mind.

"THE ESSENCE OF ALL BEAUTIFUL ART, ALL GREAT ART, IS GRATITUDE." ~ FRIEDRICH NIETZSCHE

KOPYWRITING KOURSE – Okay, something wrong there, that looks wrong ... 'K'? ... but you noticed that, right? So it got your attention. And doing that kind of thing can make all the difference. Copywriting isn't about being a *good* writer ... it's about being an *effective* writer! Neville Medhora has never had a job in his life (y'know, the kind that makes you want to slit your wrists). He's been making a good living online for years, and he can show you how you can too.

"IDEAS NOT COUPLED WITH ACTION
NEVER BECOME BIGGER THAN THE BRAIN CELLS THEY OCCUPIED." ~ ARNOLD H. GLASOW

SPREEDER – Most people read only as fast as they can read out loud; in other words, their 'inner voice' controls their reading speed. Spreeder, an online app, helps you overcome this limitation by silencing this inner voice.

You load a piece of text into the software and it paces you through it at a predefined speed, forcing you to keep up. With practice, you absorb more of the text, and you can increase the speed accordingly. It's a simple way to increase reading speed, but it works! Don't let your reading speed hold you back; try Spreeder and see the difference.

MI40X – Fed up struggling fruitlessly to gain muscle and build an impressive physique, month after month, year after year, and seeing very little for your efforts? Losing faith that it's even possible? Prepared to do whatever it takes to finally make real gains? Sound like you? If you're ready to take on a real challenge, check out Ben Pakulski's system. He's spent years developing it from the ground up. It's all science-based, and it works. It's what got him ranked among the top 15 bodybuilders in the world, and he's prepared to show you exactly how it's done.

"THE WORLD IS THE GREAT GYMNASIUM
WHERE WE COME TO MAKE OURSELVES STRONG." ~ SWAMI VIVEKANANDA

MOBYSAURUS – Mobysaurus is a free, feature-rich English thesaurus and dictionary software that integrates Moby Thesaurus II, Roget's Thesaurus, GCIDE Dictionary and WordNet - all royalty-free, powerful and suitable for everyday reference. With this, you will feel it so much easier to choose the right word or words for every occasion.

Over 2.5 million synonyms (in Moby Thesaurus II), and 200,000 synonyms (in Roget's Thesaurus), plus more than 125,000 headwords (in GCIDE Dictionary) and more than 115,000 headwords (in WordNet 2.0). With the offline database there's no waiting for the page to refresh, and the results are available almost instantly. Completely free, with no ads and no registration. Totally clean software; if you don't want it anymore it uninstalls itself leaving no trace it was ever there.

"THE SUCCESSFUL MAN WILL PROFIT FROM HIS MISTAKES
AND TRY AGAIN IN A DIFFERENT WAY." ~ DALE CARNEGIE

"OPPORTUNITY IS MISSED BY MOST PEOPLE BECAUSE IT IS DRESSED IN OVERALLS
AND LOOKS LIKE WORK." ~ THOMAS EDISON

**IF YOU'D LIKE TO SHARE THIS BOOK, PLEASE FEEL FREE TO USE
THE READY-PREPARED EMAIL BELOW (OR USE YOUR OWN)**

Hi [YOUR FRIEND'S NAME], I've just been reading a great little ebook full of the most amazing quotations and I thought you'd probably appreciate a copy. Don't worry, it won't cost a penny - it's completely free!

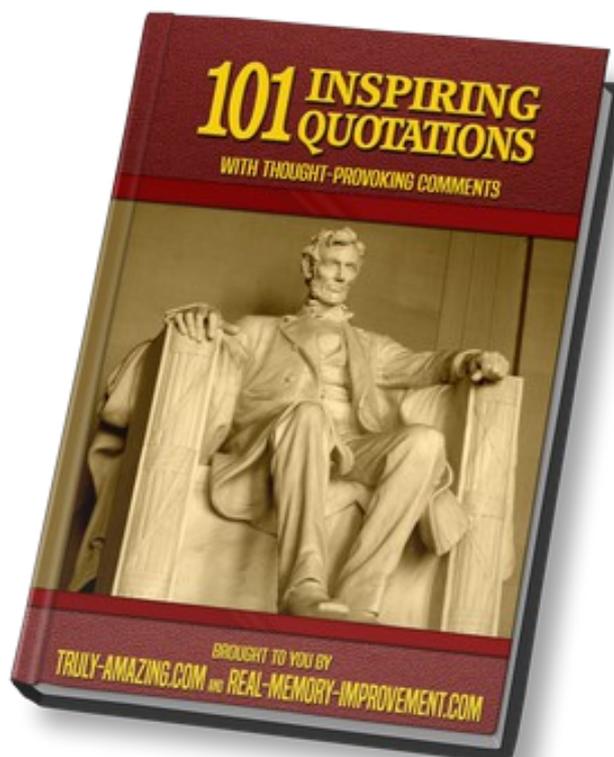
That's right, all you have to do is [CLICK HERE](#) to download a copy for yourself.

And hey, I know you've probably read some of these quotations before (I had anyway), but there's a little twist to it: after each one there's a comment, and some of them are quite interesting too. They do make you stop and think. It's definitely worth a read.

Anyway, take a look for yourself. Here's [THAT LINK](#) again.

Take care,

- [YOUR NAME]



"IT IS EVEN BETTER TO ACT QUICKLY AND ERR
THAN TO HESITATE UNTIL THE TIME OF ACTION IS PAST." ~ CARL VON CLAUSEWITZ