

# 365

## INSPIRATIONAL

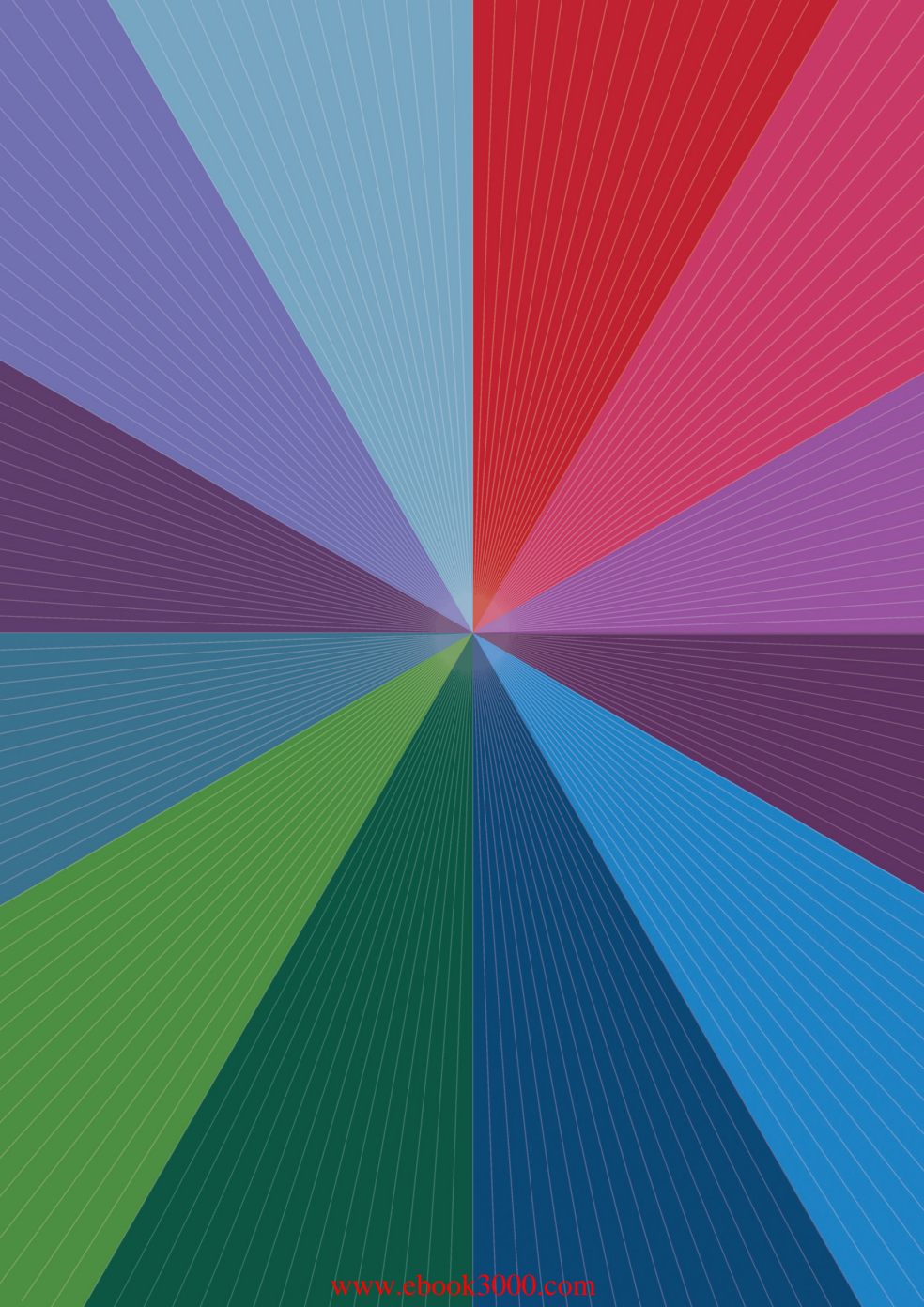
# Quotes

*a year of daily wisdom*  
*from* GREAT THINKERS,  
BOOKS, HUMORISTS *and more*

FOREWORD BY MIKE ROBBINS  
author of *Be Yourself, Everyone Else is Already Taken*

[www.ebook3000.com](http://www.ebook3000.com)

365  
INSPIRATIONAL  
QUOTES



365  
INSPIRATIONAL  
Quotes

*a year of daily wisdom*  
from GREAT THINKERS,  
BOOKS, HUMORISTS *and more*



ALTHEA  
PRESS

Copyright © 2015 by Althea Press,  
Berkeley, California

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the publisher. Requests to the publisher for permission should be addressed to the Permissions Department, Althea Press, 918 Parker St., Suite A-12, Berkeley, CA 94710.

**Limit of Liability/Disclaimer of Warranty:**

The publisher and the author make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation warranties of fitness for a particular purpose. No warranty may be created or extended by sales or promotional materials. The advice and strategies contained herein may not be suitable for every situation. This work is sold with the understanding that the publisher is not engaged in rendering medical, legal or other professional advice or services. If professional assistance is required, the services of a competent professional person should be sought. Neither the publisher nor the author shall be liable for damages arising herefrom. The fact that an individual, organization or website is referred to in this work as a citation and/or potential source of further information does not mean that the author or the publisher endorses the information the individual, organization or website may provide or recommendations they/it may make. Further, readers should be aware that Internet websites listed in this work may have changed or disappeared between when this work was written and when it is read.

For general information on our other products and services or to obtain technical support, please contact our Customer Care Department within the United States at (866) 744-2665, or outside the United States at (510) 253-0500.

Althea Press publishes its books in a variety of electronic and print formats. Some content that appears in print may not be available in electronic books, and vice versa.

**TRADEMARKS:** Althea Press and the Althea Press logo are trademarks or registered trademarks of Callisto Media Inc. and/or its affiliates, in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Althea Press is not associated with any product or vendor mentioned in this book.

ISBN: Print 978-1-62315-716-6  
eBook 978-1-62315-717-3

# CONTENTS

---

FOREWORD · 7

A NOTE FROM THE EDITOR · 10

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

REFERENCES · 381





# FOREWORD

---

**FOR MUCH OF MY LIFE**, especially in my work as a motivational speaker, coach, and author over the past 15 years, I've been a bit obsessed with quotes. I display them throughout my house, include them on calendars, and regularly post them on social media. For me, it doesn't matter where the quote comes from—an author, artist, politician, comedian, movie, book, teacher, scholar, or even a friend or family member. If it resonates with me, I'll take it . . . and I'll probably want to share it with you.

In the pages that follow, you'll be inspired by a unique and diverse list of quotes—from people like Vincent van Gogh, Tina Fey, Babe Ruth, and Elon Musk and from sources like the Quran, the Bible, and *Winnie-the-Pooh*. The truth is, we can find wisdom and inspiration from many different people and places; we just need to be looking for it.

From my experience working as a coach for many years, I understand the power of daily practices. From meditation and exercise to journal writing and much more, my own daily practices are



essential to my life and well-being. And, in working with people from all walks of life, I've seen how transformational simple daily practices can be. This book is meant to be part of your daily practice; you can allow the power of each quote to impact how you start or end your day, and what you focus on.

Inspiration is vital to just about every aspect of our lives, yet it can be elusive. With more technology and devices in our lives than ever before, it's easy to get distracted, to remain insatiably busy, and to lose touch with our inspiration. If we aren't mindful, we can get caught up in the drama, negativity, and hyper pace of the world in which we live. These simple, but powerful, quotes can help open your mind and heart and remind you what truly matters in life, which is no small thing.

When I was writing my first book a number of years ago, I would often get stuck—my fears, doubts, and insecurities would take over and make it difficult for me to move forward. I found a few healthy (and many unhealthy) ways to deal with my bouts of writer's block (a.k.a. lack of inspiration), which at times was just plain old procrastination (a.k.a. fear).

One of the most productive techniques I found to deal with these issues was to search the Internet for inspirational quotes. Sometimes I was able to take the quotes I found and use them in my book; other times, they would help me expand my mind, think about something in a different way, or even just laugh. One week-end in the summer of 2006, as I was struggling to finish a chapter of that first book, I came across a quote I had not seen before, but that made me laugh out loud:

*"Be yourself; everyone else is already taken."*

*—Oscar Wilde*

## FOREWORD

This poignant quote resonated with me at the time because it made me realize I was *trying* to do what I thought I was *supposed* to do—write a “good book”—instead of actually writing from my heart and sharing my own unique perspective. It left such a strong impression that I included it inside that first book, and used it as the title of my second book, which came out just a few years later.

Enjoy this book! Allow its wisdom, wit, and inspiration to sink in . . . and soak them up as much as you can. In a world where it’s easy to find cynicism, resignation, negativity, and constant complaining, it sometimes takes a radical act of courage and self-care to focus on inspiration and what truly matters.

*Mike Robbins*

Novato, California

October 2015

# A NOTE FROM THE EDITOR

---

**INSPIRATION IS ALL AROUND US . . .** but it's nice to have some of its gems contained in one place. Within these pages, you'll find a powerful collection of quotes from great minds, like Albert Einstein and Oscar Wilde, as well as from some classic books, films, speeches, and more. We've all known the experience of reading an unforgettable book or hearing an inspiring interview, or savored the lyrics to a moving song that seemed to be speaking directly to us, to be made just for us right then, in that moment. These happy coincidences allow us to understand that, while life's journey seems sometimes solitary, there are others who have walked the same path and even stumbled in the same places along the way—including the best and brightest.

This diverse collection of quotes will infuse your day with appreciation, encouragement, and wisdom. Take this book with you as you start or end your day, or whenever you need an uplifting pick-me-up. Although the quotes are aligned to days of the year, there's no right or wrong way to read it. Dive in from the beginning, read it backward, or pick a page at random—no matter your method, you'll receive the same nuggets of inspiration covering a wide range of themes, from embracing creativity to achieving gratitude to falling in love.

Where appropriate, you'll find quotes tailored to all of the major U.S. holidays, and even some of the little ones too (like April Fool's Day and Groundhog Day) as well as some international religious holidays.

No matter your circumstances, whether you're enduring a prolonged rough patch or simply seeking some moments of quiet inspiration to temper your busy schedule, there is something here for you—365 days of the year.





THIS IS WHERE  
IT ALL BEGINS.  
EVERYTHING STARTS  
HERE, TODAY.

---

DAVID NICHOLLS, AUTHOR



Even when the  
world throws its  
worst and then  
turns its back,  
there is still  
always hope.

---

PITTACUS LORE, AUTHOR



3

JANUARY

*If life is a bowl  
of cherries,  
what's inside  
of it?*

---

JOSH STERN, AUTHOR



WE HAVE WITHIN US  
AN EXTRAORDINARY  
CAPACITY FOR  
LOVE, JOY, AND  
UNSHAKABLE  
FREEDOM.

---

JACK KORNFELD, AUTHOR

5

JANUARY

The reason birds can  
fly and we can't is  
simply because they  
have perfect faith,  
for to have faith  
is to have wings.

---

J. M. BARRIE, AUTHOR



Sadness is more or less  
like a head cold—with  
patience, it passes.

---

BARBARA KINGSOLVER, AUTHOR

7

JANUARY

WHAT GOOD IS  
WARMTH WITHOUT  
COLD TO GIVE IT  
SWEETNESS?

---

JOHN STEINBECK, AUTHOR

8

JANUARY

*May you be filled  
with loving kindness.  
May you be well.  
May you be peaceful  
and at ease. May  
you be happy.*

---

ANONYMOUS



Enthusiasm is  
the electricity of  
life. How do you  
get it? You act  
enthusiastic until  
you make it a habit.

---

GORDON PARKS, PHOTOGRAPHER





Happiness. Simple  
as a glass of  
chocolate or  
tortuous as the  
heart. Bitter.  
Sweet. Alive.

---

JOANNE HARRIS, AUTHOR



*A desk is a  
dangerous place  
from which to  
view the world.*

---

JOHN LE CARRÉ, AUTHOR

12

JANUARY

*If there is at least one  
person you've helped  
in life, then your life  
has been worthwhile.*

---

L. SYDNEY ABEL, AUTHOR

13

JANUARY

Above all else, guard  
your heart for it  
affects everything  
else you do.

---

ANONYMOUS

14

JANUARY

*There is a certain  
enthusiasm in liberty,  
that makes human  
nature rise above itself,  
in acts of bravery  
and heroism.*

---

ALEXANDER HAMILTON, U.S. FOUNDING FATHER



*Everyone* knows that ice cream is worth the trouble of being cold. Like all things virtuous, you have to suffer to gain the reward.

---

BRANDON SANDERSON, AUTHOR

16

JANUARY

We can know only  
that we know  
nothing. And that is  
the highest degree  
of human wisdom.

---

LEO TOLSTOY, AUTHOR





*I am convinced that life  
is 10% what happens  
to me and 90% how I  
react to it. And so it is  
with you. . . . We are in  
charge of our attitudes.*

---

CHARLES R. SWINDOLL, PASTOR



*Darkness cannot drive  
out darkness:  
only light can do that.  
Hate cannot drive out hate:  
only love can do that.*

---

MARTIN LUTHER KING JR.,  
CIVIL RIGHTS ACTIVIST

19

JANUARY

THERE IS A TIME  
FOR WORDS AND A  
TIME FOR SLEEP.

---

HOMER, AUTHOR



THE EARLY BIRD GETS  
THE WORM, BUT  
THE SECOND MOUSE  
GETS THE CHEESE.

---

ANONYMOUS

21

JANUARY

You can't fix things  
with a hug, but you  
can't make them  
any worse, either.

---

DEAN KOONTZ, AUTHOR

22

JANUARY

The clouds above us  
join and separate,  
The breeze in the courtyard  
leaves and returns.  
Life is like that,  
so why not relax?  
Who can stop us from  
celebrating?

---

LU YU, THE SAGE OF TEA

23

JANUARY

*Make a fist. Lightly.  
Leave enough room  
for a breath to pass  
through. Good.  
Good. All magic  
proceeds from breath.  
Remember that.*

---

CLIVE BARKER, AUTHOR

24

JANUARY

*My life amounts to no more than one drop in a limitless ocean. Yet what is any ocean, but a multitude of drops?*

---

DAVID MITCHELL, AUTHOR



25

JANUARY

It is very rare or almost impossible that an event can be negative from all points of view.

---

DALAI LAMA, BUDDHIST MONK

26

JANUARY

IT'S AMAZING HOW  
A LITTLE TOMORROW  
CAN MAKE UP FOR  
A WHOLE LOT OF  
YESTERDAY.

---

JOHN GUARE, PLAYWRIGHT



Strength is the capacity  
to break a Hershey bar  
into four pieces with your  
bare hands—and then eat  
just one of the pieces.

---

JUDITH VIORST, AUTHOR

28

JANUARY

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

---

ANONYMOUS



The world's a  
puzzle; no need  
to make sense  
out of it.

---

SOCRATES, PHILOSOPHER

30

JANUARY

*After all,  
there are no  
mistakes in life,  
only lessons.*

---

LYNDA RENHAM, AUTHOR



Someday this upside-down world will be turned right-side up. Nothing in all eternity will turn it back again. If we are wise, we will use our brief lives on earth positioning ourselves for the turn.

---

RANDY ALCORN, AUTHOR

1

FEBRUARY

Lock up your  
libraries if you like;  
but there is no gate,  
no lock, no bolt  
that you can set  
upon the freedom  
of my mind.

---

VIRGINIA WOOLF, AUTHOR



2

FEBRUARY

*To wish to be young again and to have the benefit of one's learned and acquired existence is not at all to wish for a repeat performance, or a Groundhog Day.*

---

CHRISTOPHER HITCHENS, AUTHOR



*Music is the great uniter.  
An incredible force.  
Something that people  
who differ on everything  
and anything else can  
have in common.*

---

SARAH DESSEN, AUTHOR



Some quick  
advice for  
success in life:  
Don't be afraid,  
be amazing.

---

DR. CUTHBERT SOUP, AUTHOR

5

FEBRUARY

*From where we  
stand the rain seems  
random. If we could  
stand somewhere  
else, we would see  
the order in it.*

---

TONY HILLERMAN, AUTHOR



Be like a duck, paddling and  
working very hard inside the  
water, but what everyone sees  
is a smiling and calm face.

---

MANOJ ARORA, AUTHOR

7

FEBRUARY

Don't walk in front of me . . .

I may not follow

Don't walk behind me . . .

I may not lead

Walk beside me . . .

just be my friend.

---

ANONYMOUS



A KITE ONLY  
FLIES IF IT'S  
TETHERED.

---

VICTOR ROBERT LEE, AUTHOR



TRUE LOVE IS LIKE  
LITTLE ROSES,  
SWEET, FRAGRANT  
IN SMALL DOSES.

---

ANA CLAUDIA ANTUNES, AUTHOR



10

FEBRUARY

We dream to give  
ourselves hope. To  
stop dreaming—well,  
that's like saying  
you can never  
change your fate.

---

AMY TAN, AUTHOR



*When you do talk to  
people, share what  
you are. Stop focusing  
on all the things  
that you aren't.*

---

DAN PEARCE, AUTHOR



Always bear in  
mind that your  
own resolution to  
succeed is more  
important than any  
other one thing.

---

ABRAHAM LINCOLN, U.S. PRESIDENT

13

FEBRUARY

Curiosity is one of the  
permanent and certain  
characteristics of a  
vigorous intellect.

---

SAMUEL JOHNSON, AUTHOR



*And so let us always  
meet each other with  
a smile, for the smile is  
the beginning of love.*

---

MOTHER TERESA, CATHOLIC MISSIONARY



BELIEVE YOU  
CAN AND YOU'RE  
HALFWAY THERE.

---

THEODORE ROOSEVELT, U.S. PRESIDENT



If you're not having  
fun, you're doing  
something wrong.

---

GROUCHO MARX, COMEDIAN



*Through Compassion and  
Care we are compelled to  
random acts of kindness  
and demonstrations of love.*

---

JEAN HAMILTON-FORD, AUTHOR





Accept what life offers you and  
try to drink from every cup. All  
wines should be tasted; some  
should only be sipped, but with  
others, drink the whole bottle.

---

PAULO COELHO, AUTHOR

19

FEBRUARY

A PERSON WHO  
NEVER MADE  
A MISTAKE  
NEVER TRIED  
ANYTHING NEW.

---

ALBERT EINSTEIN, PHYSICIST



What matters  
most is how  
well you walk  
through the fire.

---

CHARLES BUKOWSKI, POET



The smell of good bread  
baking, like the sound of  
lightly flowing water, is  
indescribable in its evocation  
of innocence and delight.

---

M.F.K. FISHER, FOOD WRITER

22

FEBRUARY

*Do not spoil what you  
have by desiring what  
you have not; remember  
that what you now have  
was once among the things  
you only hoped for.*

---

EPICURUS, PHILOSOPHER

23

FEBRUARY

TRULY HAPPY  
MEMORIES ALWAYS  
LIVE ON, SHINING.  
OVER TIME, ONE BY  
ONE, THEY COME  
BACK TO LIFE.

---

BANANA YOSHIMOTO, AUTHOR

24

FEBRUARY

There are always surprises. Life may be inveterately grim and the surprises disproportionately unpleasant, but it would be hardly worth living if there were no exceptions, no sunny days, no acts of random kindness.

---

T. C. BOYLE, AUTHOR

25

FEBRUARY

I have always  
thirsted for  
knowledge, I have  
always been full  
of questions.

---

HERMANN HESSE, AUTHOR



26

FEBRUARY

THERE ARE MANY  
KINDS OF JOY, BUT  
THEY ALL LEAD  
TO ONE: THE JOY  
TO BE LOVED.

---

MICHAEL ENDE, AUTHOR



Scared is what  
you're feeling.  
Brave is what  
you're doing.

---

EMMA DONOGHUE, AUTHOR

28

FEBRUARY

*Each night, when  
I go to sleep, I die.  
And the next morning,  
when I wake up,  
I am reborn.*

---

MAHATMA GANDHI, ACTIVIST

29

FEBRUARY

*I'm taking  
the leap,  
I'm learning  
to fly.*

---

NIHAR SHARMA, AUTHOR



One way to  
remember who  
you are is to  
remember who  
your heroes are.

---

STEVE JOBS, COFOUNDER OF APPLE INC.



Books are the ultimate  
Dumpees: put them down and  
they'll wait for you forever;  
pay attention to them and  
they always love you back.

---

JOHN GREEN, AUTHOR

3

MARCH

*The beautiful journey  
of today can only  
begin when we learn  
to let go of yesterday.*

---

DR. STEVE MARABOLI, BEHAVIORAL SCIENTIST



# NEVER ACCEPT LIMITATIONS.

---

JAKE BYRNE, ATHLETE





I hold that a strongly marked  
personality can influence  
descendants for generations.

---

BEATRIX POTTER, AUTHOR



*I've never met  
a problem a  
proper cupcake  
couldn't fix.*

---

SARAH OCKLER, AUTHOR



If we can share our  
story with someone  
who responds  
with empathy and  
understanding,  
shame can't survive.

---

BRENÉ BROWN, AUTHOR



The road that is built in hope is  
more pleasant to the traveler  
than the road built in despair,  
even though they both lead  
to the same destination.

---

MARION ZIMMER BRADLEY, AUTHOR



*Revolution  
begins with the  
self, in the self.*

---

TONI CADE BAMBARA, AUTHOR AND ACTIVIST

10  
MARCH

*You are the sky.  
Everything  
else it's just the  
weather.*

---

PEMA CHÖDRÖN, BUDDHIST  
TEACHER AND AUTHOR



It's best to have your tools with you. If you don't, you're apt to find something you didn't expect and get discouraged.

---

STEPHEN KING, AUTHOR



Don't be ashamed to weep;  
'tis right to grieve. Tears  
are only water, and flowers,  
trees, and fruit cannot  
grow without water.

---

BRIAN JACQUES, AUTHOR



13

MARCH

*Not everyone is your  
brother or sister in the  
faith, but everyone is your  
neighbor, and you must  
love your neighbor.*

---

TIMOTHY KELLER, PASTOR

14  
MARCH

THINKING VERY  
OFTEN RESEMBLES  
NAPPING, BUT  
THE INTENT IS  
DIFFERENT.

---

JANET EVANOVICH, AUTHOR



The soil is the great connector  
of lives, the source and  
destination of all. It is the healer  
and restorer and resurrector,  
by which disease passes into  
health, age into youth, death  
into life. Without proper care for  
it we can have no community,  
because without proper care  
for it we can have no life.

---

WENDELL BERRY, AUTHOR

16  
MARCH

*It is a capital mistake  
to theorize before one  
has data. Insensibly  
one begins to twist  
facts to suit theories,  
instead of theories  
to suit facts.*

---

SIR ARTHUR CONAN DOYLE, AUTHOR



St. Patrick's Day  
is an enchanted  
time—a day to  
begin transforming  
winter's dreams into  
summer's magic.

---

ANONYMOUS

18

MARCH

*There are so many ways  
to be brave in this world.*

*Sometimes bravery  
involves laying down  
your life for something  
bigger than yourself,  
or for someone else.*

---

VERONICA ROTH, AUTHOR



Life is worth  
living as long  
as there's a  
laugh in it.

---

L. M. MONTGOMERY, AUTHOR



I can still bring into my body  
the joy I felt at seeing the first  
trillium of spring, which seemed  
to be telling me, “Never give  
up hope, spring will come.”

---

JESSICA STERN, AUTHOR



21

MARCH

*As we are, so we  
do; and as we do,  
so is it done to us;  
we are the builders  
of our fortunes.*

---

RALPH WALDO EMERSON, AUTHOR

22  
MARCH

THE PAST IS  
ALWAYS TENSE,  
THE FUTURE  
PERFECT.

---

ZADIE SMITH, AUTHOR



You come into this world alone  
and die alone, but there's a  
really long stretch in the middle  
that can be extraordinarily  
meaningful and even fun with  
the right people. And when it's  
not fun, they'll be with you, too.

---

JULIE KLAM, AUTHOR



Your harshest critic is  
always going to be yourself.  
Don't ignore that critic but  
don't give it more attention  
than it deserves.

---

MICHAEL IAN BLACK, COMEDIAN

25

MARCH

NOT ALL THOSE  
WHO WANDER  
ARE LOST.

---

J.R.R. TOLKIEN, AUTHOR



Life is indeed colorful. We can feel in the pink one day, with our bank balances comfortably in the black, and the grass seemingly no greener on the other side of the fence. Then out of the blue, something tiresome happens that makes us see red, turn ashen white, even purple with rage. Maybe controlling our varying emotions is just “color management” by another name.

---

ALEX MORRITT, AUTHOR

27

MARCH

*Things happen, and  
nothing is for sure,  
but you just have to  
keep going, believing  
that one day, you'll  
find something that is.*

---

A. J. DARKHOLME, AUTHOR

28

MARCH

THE MOST BASIC WAY  
TO GET SOMEONE'S  
ATTENTION IS THIS:  
BREAK A PATTERN.

---

CHIP HEATH AND DAN HEATH, AUTHORS





Yesterday is but a dream,  
Tomorrow is only a vision.  
But today well lived makes  
every yesterday  
a dream of happiness,  
and every tomorrow  
a vision of hope.

---

KALIDASA, POET



Home is  
everything you  
can walk to.

---

JERRY SPINELLI, AUTHOR

31

MARCH

AND THERE'S NO  
SUCH THING AS TOO  
MUCH BACKUP.

---

TERRY PRATCHETT AND  
STEPHEN BAXTER, AUTHORS

1

APRIL

*Any fool can  
make a rule  
And any fool  
will mind it.*

---

HENRY DAVID THOREAU, AUTHOR

2

APRIL

If there is to be  
reconciliation,  
first there must  
be truth.

---

TIMOTHY B. TYSON, AUTHOR



Life throws challenges  
and every challenge  
comes with rainbows and  
lights to conquer it.

---

AMIT RAY, AUTHOR

4

APRIL

*That perfect tranquility  
of life, which is nowhere  
to be found but in  
retreat, a faithful friend,  
and a good library.*

---

APHRA BEHN, POET

5

APRIL

I think love is caramel. Sweet and fragrant; always welcome. It is the gentle golden color of a setting harvest sun; the warmth of a squeezed embrace; the easy melting of two souls into one and a taste that lingers even when everything else has melted away. Once tasted it is never forgotten.

---

JENNY COLGAN, AUTHOR



6

APRIL

*And human will is the  
strongest force ever created.*

*There are those born to  
succeed and those who are  
determined to succeed. The  
former fall into it, and the  
latter pursue it all costs.*

*They won't be denied.  
Nothing daunts them.*

---

SHERRILYN KENYON, AUTHOR



It's high time you  
were shown that  
you really don't  
know all there is  
to be known.

---

DR. SEUSS, AUTHOR

8

APRIL

*Life is so beautiful that  
death has fallen in  
love with it, a jealous,  
possessive love that  
grabs at what it can.*

---

YANN MARTEL, AUTHOR

9

APRIL

THE POSITIVE  
THINKER SEES THE  
INVISIBLE, FEELS  
THE INTANGIBLE,  
AND ACHIEVES  
THE IMPOSSIBLE.

---

WINSTON CHURCHILL, BRITISH PRIME MINISTER

10  
APRIL

Some people  
grumble that roses  
have thorns; I  
am grateful that  
thorns have roses.

---

ALPHONSE KARR, AUTHOR



No one saves us but ourselves.  
No one can and no one may. We  
ourselves must walk the path.

---

GAUTAMA BUDDHA, BUDDHIST SAGE

12

APRIL

*Friendship is the  
best kind of ship.*

---

JENNIFER LANE, AUTHOR

13

APRIL

*When angry count to  
ten before you speak.  
If very angry, count  
to one hundred.*

---

THOMAS JEFFERSON, U.S. PRESIDENT



14  
APRIL

Keep a little  
fire burning;  
however small,  
however hidden.

---

CORMAC MCCARTHY, AUTHOR

15

APRIL

I have learned all kinds of things from my many mistakes.

The one thing I never learn is to stop making them.

---

JOE ABERCROMBIE, AUTHOR

16

APRIL

*Sunsets, like childhood,  
are viewed with  
wonder not just  
because they are  
beautiful but because  
they are fleeting.*

---

RICHARD PAUL EVANS, AUTHOR



Remember, remember always  
that all of us, and you and I  
especially, are descended from  
immigrants and revolutionists.

---

FRANKLIN D. ROOSEVELT, U.S. PRESIDENT

18

APRIL

DOGS MAKE  
GREAT SHRINKS.  
NO JUDGMENT,  
NO CO-PAYMENT.

---

ANDI BROWN, AUTHOR

19

APRIL

*When someone steals  
another's clothes,  
we call them a thief.  
Should we not give  
the same name to one  
who could clothe the  
naked and does not?*

---

BASIL OF CAESAREA, SAINT

20

APRIL

The world turns on  
our every action,  
and our every  
omission, whether  
we know it or not.

---

ABRAHAM VERGHESE, PHYSICIAN

21

APRIL

It doesn't matter  
what you say  
you believe—  
it only matters  
what you do.

---

ROBERT FULGHUM, AUTHOR



22

APRIL

PASSOVER IS A  
LIVING PICTURE OF  
HOW SALVATION IS  
PROPERLY OBTAINED,  
AS WE SHALL SEE.

---

ZOLA LEVITT, MINISTER

23

APRIL

*A picnic is more  
than eating a  
meal; it is a  
pleasurable  
state of mind.*

---

DEEDEE STOVEL, AUTHOR

24

APRIL

There will always be detours in the fascinating game called life. Find the path to your heart's desires, and stay on course.

---

ELIZABETH PARKER, AUTHOR

25

APRIL

*A kiss is a secret  
which takes the  
lips for the ear.*

---

EDMOND ROSTAND, POET

26

APRIL

A true conservationist is a man  
who knows that the world is  
not given by his fathers, but  
borrowed from his children.

---

JOHN JAMES AUDUBON, NATURALIST

27

APRIL

The world is a book  
and those who  
do not travel read  
only one page.

---

AUGUSTINE OF HIPPO, SAINT

28

APRIL

*Poetry is a mirror  
which makes beautiful  
that which is distorted.*

---

PERCY BYSSHE SHELLEY, POET

29

APRIL

THE BEST TIME TO  
PLANT A TREE WAS  
20 YEARS AGO.  
THE NEXT BEST  
TIME IS NOW.

---

CHINESE PROVERB



30  
APRIL

Be yourself;  
everyone else is  
already taken.

---

OSCAR WILDE, AUTHOR



*We have to recognize  
that there cannot be  
relationships unless there  
is commitment, unless there  
is loyalty, unless there is  
love, patience, persistence.*

---

BELL HOOKS AND CORNEL WEST, AUTHORS



Art is unquestionably one  
of the purest and highest  
elements in human happiness.  
It trains the mind through  
the eye, and the eye through  
the mind. As the sun colors  
flowers, so does art color life.

---

JOHN LUBBOCK, SCIENTIST



I am no bird; and no  
net ensnares me: I am a  
free human being with  
an independent will.

---

CHARLOTTE BRONTË, AUTHOR



MAY THE  
FORCE BE  
WITH YOU.

---

*STAR WARS, EPISODE IV: A NEW HOPE*



Faith lightens the  
path your shadowed  
mind has to walk.

---

MICHELLE HORST, AUTHOR



*Drink because you are  
happy, but never because  
you are miserable.*

---

G. K. CHESTERTON, AUTHOR



There is only what you want  
and what happens. There is  
only grabbing on and holding  
tight in the darkness.

---

LAUREN OLIVER, AUTHOR



8

MAY

*God could not  
be everywhere,  
and therefore he  
made mothers.*

---

JEWISH PROVERB



If you want to  
know what a man's  
like, take a good  
look at how he  
treats his inferiors,  
not his equals.

---

J. K. ROWLING, AUTHOR

10  
MAY

*Once you have  
mastered a technique,  
you hardly need  
look at a recipe  
again, and can take  
off on your own.*

---

JULIA CHILD, CHEF

11  
MAY

THERE WAS  
NOTHING IN THE  
DARK THAT WASN'T  
THERE WHEN THE  
LIGHTS WERE ON.

---

ROD SERLING, SCREENWRITER

12  
MAY

Mediocrity is  
always in a rush;  
but whatever is  
worth doing at all  
is worth doing with  
consideration.

---

AMELIA EDITH HUDDLESTON BARR, AUTHOR



Curb your fretting,  
tadpole, or the frog  
of your future will  
fail to croak.

---

PAUL COLLINS, AUTHOR

14  
MAY

*If love be blind,  
love cannot hit  
the mark.*

---

WILLIAM SHAKESPEARE, PLAYWRIGHT

15  
MAY

*And I will never again  
underestimate the power  
of anticipation. There  
is no better boost in the  
present than an invitation  
into the future.*

---

CAROLINE KEPNES, AUTHOR



16  
MAY

To be poor and be without trees, is to be the most starved human being in the world. To be poor and have trees, is to be completely rich in ways that money can never buy.

---

CLARISSA PINKOLA ESTÉS, AUTHOR

17  
MAY

OLD AGE IS A  
WONDERFUL  
DISGUISE.

---

KATHERINE APPLIGATE, AUTHOR



18  
MAY

Things end. People leave. And  
you know what? Life goes on.  
Besides, if bad things didn't  
happen, how would you be  
able to feel the good ones?

---

ELIZABETH SCOTT, AUTHOR

19  
MAY

Keep your face  
to the sun and  
you will never see  
the shadows.

---

HELEN KELLER, AUTHOR AND ACTIVIST

20  
MAY

*Life is no different than  
the weather. Not only is  
it unpredictable, but it  
shows us a new perspective  
of the world every day.*

---

SUZY KASSEM, AUTHOR

21  
MAY

THE WATER  
DOESN'T KNOW  
HOW OLD  
YOU ARE.

---

DARA TORRES, OLYMPIC GOLD MEDALIST

22

MAY

Every single day I'll  
keep you with me,  
no matter how far  
from me you are.

---

S. C. STEPHENS, AUTHOR

23  
MAY

What do you do with all your pennies? I give them away. It's good to spread your luck around and it always comes back to you.

---

FANNIE FLAGG, ACTOR



24  
MAY

*Even a snail will  
eventually reach  
its destination.*

---

GAIL TSUKIYAMA, AUTHOR

25  
MAY

*A woman with  
confidence is hypnotic.  
A smile is mesmerizing.  
Presence, openness, a  
sense of humor these  
are all things that make  
a woman attractive.*

---

JESSICA ORTNER, AUTHOR

26

MAY

Sometimes you  
have to work  
hard for what you  
want. Sometimes,  
hard work is what  
makes it precious.

---

UTE CARBONE, AUTHOR

27  
MAY

I cannot say whether things  
will get better if we change;  
what I can say is that they must  
change if they are to get better.

---

GEORG CHRISTOPH LICHTENBERG, SCIENTIST

28

MAY

IT'S TIME TO  
START LIVING  
THE LIFE YOU'VE  
IMAGINED.

---

HENRY JAMES, AUTHOR

29

MAY

*Just as when we come  
into the world, when  
we die we are afraid of  
unknown things. But the  
fear is something from  
within us that has nothing  
to do with reality.*

---

ISABEL ALLENDE, AUTHOR



I have to live  
if I want to be  
remembered.

---

SUZANNE YOUNG, AUTHOR

31  
MAY

The art of  
conversation is  
the art of hearing  
as well as of  
being heard.

---

WILLIAM HAZLITT, ESSAYIST





PAIN IS  
INEVITABLE.  
SUFFERING IS  
OPTIONAL.

---

HARUKI MURAKAMI, AUTHOR

2

JUNE

*Be steady and  
well-ordered in your  
life so that you can  
be fierce and original  
in your work.*

---

GUSTAVE FLAUBERT, AUTHOR

3

JUNE

I want all of us to  
move into the future  
with hope and  
with the spirit of  
oneness and unity.

---

JOYCE BANDA, POLITICIAN

4

JUNE

Through pain I've  
learned to comfort  
suffering men.

---

VIRGIL, POET

5

JUNE

*It's one thing knowing  
you have people cheering  
you on, yet another to  
know they have walked  
in your footsteps.*

---

CHRISTINE MAGNUS MOORE, AUTHOR



In the future, there  
will be no female  
leaders. There will  
just be leaders.

---

SHERYL SANDBERG, TECHNOLOGY EXECUTIVE

7

JUNE

*Patience is  
a conquering  
virtue.*

---

GEOFFREY CHAUCER, POET



THAT WAS WHAT A  
BEST FRIEND DID:  
HOLD UP A MIRROR  
AND SHOW YOU  
YOUR HEART.

---

KRISTIN HANNAH, AUTHOR



9

JUNE

*If you retain nothing  
else, always remember  
the most important  
rule of beauty.  
Who cares?*

---

TINA FEY, COMEDIAN



Be clearly aware of the  
stars and infinity on high.  
Then life seems almost  
enchanted after all.

---

VINCENT VAN GOGH, PAINTER

11  
JUNE

*It's hard to beat  
a person who  
never gives up.*

---

BABE RUTH, ATHLETE

12  
JUNE

WHAT WE PLAY  
IS LIFE.

---

LOUIS ARMSTRONG, MUSICIAN



Positive anything  
is better than  
negative nothing.

---

ELBERT HUBBARD, AUTHOR

14

JUNE

If you talk about  
it, it's a dream, if  
you envision it, it's  
possible, but if you  
schedule it, it's real.

---

ANTHONY ROBBINS, MOTIVATIONAL SPEAKER

15

JUNE

*It may be  
normal, darling;  
but I'd rather  
be natural.*

---

TRUMAN CAPOTE, AUTHOR

16

JUNE

NO GROUP PICTURE  
IS GOING TO HAVE  
THE POWER OF  
AN INDIVIDUAL  
PORTRAIT.

---

ANNIE LEIBOVITZ, PHOTOGRAPHER



17  
JUNE

*Sometimes you  
just have to  
bite your upper  
lip and put  
sunglasses on.*

---

BOB DYLAN, MUSICIAN



Whatever you choose, however many roads you travel, I hope that you choose not to be a lady. I hope you will find some way to break the rules and make a little trouble out there. And I also hope that you will choose to make some of that trouble on behalf of women.

---

NORA EPHRON, AUTHOR

19

JUNE

*It was times like these  
when I thought my  
father, who hated  
guns and had never  
been to any wars,  
was the bravest man  
who ever lived.*

---

HARPER LEE, AUTHOR

20  
JUNE

Don't think the  
summer is over,  
even when roses  
droop and turn  
brown and the  
stars shift position  
in the sky.

---

ALICE HOFFMAN, AUTHOR

21

JUNE

YOU HAVE TO BE  
ABLE TO RECOGNIZE  
YOUR TRUTHS IN THE  
DAYLIGHT BEFORE  
YOU CAN FIND THEM  
IN THE DARK.

---

KELLI JAE BAELI, AUTHOR

22

JUNE

*Don't tell me how  
educated you are,  
tell me how much  
you have traveled.*

---

THE QURAN

23  
JUNE

You might be poor,  
your shoes might  
be broken, but your  
mind is a palace.

---

FRANK MCCOURT, AUTHOR

24  
JUNE

THE UNIVERSE  
DOESN'T ALLOW  
PERFECTION.

---

STEPHEN HAWKING, PHYSICIST



25

JUNE

Like I'm always telling my brothers, if you gonna go into history, you can't do it with a hate attitude.

---

DEBORAH LACKS, AS QUOTED IN *THE IMMORTAL LIFE OF HENRIETTA LACKS*

26

JUNE

Hard work is only  
a prison sentence  
when you lack  
motivation.

---

MALCOLM GLADWELL, AUTHOR

27

JUNE

*I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence.*

---

FREDERICK DOUGLASS, SOCIAL ACTIVIST



What you believe has more  
power than what you dream  
or wish or hope for. You  
become what you believe.

---

OPRAH WINFREY, MEDIA PERSONALITY

29

JUNE

*Not everything has  
to have a point. Some  
things just are.*

---

JUDY BLUME, AUTHOR



The more people  
that meet each  
other, the better it  
is for all of them.

---

L. SPRAGUE DE CAMP AND  
FLETCHER PRATT, AUTHORS

1

JULY

I HAVE LEARNED  
THAT TO BE WITH  
THOSE I LIKE  
IS ENOUGH.

---

WALT WHITMAN, POET

2

JULY

*One touch of  
nature makes the  
whole world kin.*

---

JOHN MUIR, NATURALIST





Good ideas are  
always crazy  
until they're not.

---

ELON MUSK, INVENTOR

4

JULY

INDEPENDENCE  
IS MY HAPPINESS,  
THE WORLD IS MY  
COUNTRY, AND  
MY RELIGION IS  
TO DO GOOD.

---

THOMAS PAYNE, POLITICAL ACTIVIST

5

JULY

Concentrate all  
your thoughts upon  
the work in hand.

The sun's rays  
do not burn until  
brought to a focus.

---

ALEXANDER GRAHAM BELL, INVENTOR

6

JULY

*They always say that  
time changes things, but  
you actually have to  
change them yourself.*

---

ANDY WARHOL, ARTIST



A man's daughter is his  
heart. Just with feet,  
walking out in the world.

---

MAT JOHNSON, AUTHOR



It does not take  
many words to  
tell the truth.

---

SITTING BULL, LAKOTA CHIEF

9

JULY

*Please don't be  
offended if I preach  
to you a while. Tears  
are out of place  
in eyes that were  
meant to smile.*

---

BUD DESYLVA, SONGWRITER



Have a heart that  
never hardens, and  
a temper that never  
tires, and a touch  
that never hurts.

---

CHARLES DICKENS, AUTHOR



11

JULY

LOVE IS A GOOD  
THING ON A BAD  
DAY, WHEN THE LAST  
THING YOU WANT IS  
TO BE CHEERED UP.

---

CHAD SUGG, MUSICIAN

12  
JULY

One day I will find  
the right words, and  
they will be simple.

---

JACK KEROUAC, AUTHOR

13

JULY

*Definitions belong  
to the definers,  
not the defined.*

---

TONI MORRISON, AUTHOR

14  
JULY

*A Nation should not  
be judged by how it  
treats its highest citizens,  
but its lowest ones.*

---

NELSON MANDELA, PRESIDENT  
OF SOUTH AFRICA

15

JULY

You give but little when you  
give of your possessions.  
It is when you give of  
yourself that you truly give.

---

KAHLIL GIBRAN, AUTHOR

16

JULY

IF I'M SINCERE  
TODAY, WHAT  
DOES IT MATTER  
IF I REGRET IT  
TOMORROW?

---

JOSÉ SARAMAGO, AUTHOR

17  
JULY

*Life is better than  
death, I believe, if  
only because it is  
less boring . . .*

---

ALICE WALKER, AUTHOR

18  
JULY

*When you stare  
at someone long  
enough, you discover  
their humanity.*

---

AS GOOD AS IT GETS



19

JULY

Perfection is  
not attainable,  
but if we chase  
perfection we can  
catch excellence.

---

VINCE LOMBARDI, ATHLETE

20  
JULY

I'm in no hurry: the sun and  
the moon aren't, either.  
Nobody goes faster than the  
legs they have. If where I  
want to go is far away, I'm  
not there in an instant.

---

FERNANDO PESSOA AS ALBERTO CAEIRO, POET

21

JULY

*The only way we will survive is by being kind. The only way we can get by in this world is through the help we receive from others. No one can do it alone, no matter how great the machines are.*

---

AMY POEHLER, COMEDIAN

22

JULY

*I beg you take  
courage; the  
brave soul can  
mend even  
disaster.*

---

CATHERINE THE GREAT, RULER OF RUSSIA

23  
JULY

I would like to be remembered, well . . . the Mexicans have a phrase, *Feo fuerte y formal*. Which means he was ugly, strong, and had dignity.

---

JOHN WAYNE, ACTOR

24  
JULY

PARENTHOOD  
... IT'S ABOUT  
GUIDING THE NEXT  
GENERATION, AND  
FORGIVING THE LAST.

---

PETER KRAUSE, ACTOR

25

JULY

Life isn't a merry-go-round,  
it's a roller coaster.  
Life won't always be smooth,  
it may not always be pretty,  
but it will be an adventure—  
one not to be missed.

---

ROBERT A. GLOVER, AUTHOR

26

JULY

*Hope makes a  
good breakfast.  
Eat plenty of it.*

---

IAN FLEMING, AUTHOR



27

JULY

Just because a man  
lacks the use of his  
eyes doesn't mean  
he lacks vision.

---

STEVIE WONDER, MUSICIAN

28

JULY

When an enemy  
praises an  
enemy, the smart  
man listens.

---

*BUFFALO SOLDIERS*

29  
JULY

A LITTLE NONSENSE  
NOW AND THEN,  
IS RELISHED BY THE  
WISEST MEN.

---

ROALD DAHL, AUTHOR

30  
JULY

*Never to suffer  
would never  
to have been  
blessed.*

---

EDGAR ALLAN POE, AUTHOR

31

JULY

People think a soul mate is your perfect fit, and that's what everyone wants. But a true soul mate is a mirror, the person who shows you everything that is holding you back, the person who brings you to your own attention so you can change your life.

---

ELIZABETH GILBERT, AUTHOR



People can tell you to  
keep your mouth shut, but  
it doesn't stop you from  
having your own opinion.

---

ANNE FRANK, DIARIST

2

AUGUST

*Never be bored,  
and you will never  
be boring.*

---

ELEANOR ROOSEVELT, DIPLOMAT AND ACTIVIST

3

AUGUST

*Carry out a random  
act of kindness with  
no expectation of  
reward, safe in the  
knowledge that one  
day someone might  
do the same for you.*

---

DIANA, PRINCESS OF WALES



4

AUGUST

Anyone with  
gumption and a  
sharp mind will take  
the measure of two  
things: what's said  
and what's done.

---

*BEOWULF*

5

AUGUST

AS COAL PRESSURED  
INTO PEARLS BY OUR  
WEIGHTY EXISTENCE.  
BEAUTY THAT AROSE  
OUT OF PAIN.

---

SUZANNE COLLINS, AUTHOR



Individually, every grain of sand brushing against my hands represents a story, an experience, and a block for me to build upon for the next generation.

---

RAQUEL CEPEDA, JOURNALIST



And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye.

---

ANTOINE DE SAINT-EXUPÉRY, AUTHOR

8

AUGUST

*Life is so much richer,  
so very much more  
meaningful, if you plant  
yourself in a place that  
will nourish you.*

---

ANN SHAYNE, AUTHOR



THINK BEFORE  
YOU SPEAK.  
READ BEFORE  
YOU THINK.

---

FRAN LEBOWITZ, AUTHOR

10

AUGUST

*We often miss  
opportunity because  
it's dressed in overalls  
and looks like work.*

---

THOMAS EDISON, INVENTOR



We need to  
remember across  
generations that  
there is as much  
to learn as there  
is to teach.

---

GLORIA STEINEM, FEMINIST AUTHOR



12

AUGUST

LET US LEARN  
TO SHOW OUR  
FRIENDSHIP FOR  
A MAN WHEN HE  
IS ALIVE AND NOT  
AFTER HE IS DEAD.

---

F. SCOTT FITZGERALD, AUTHOR

13

AUGUST

*Others have seen what  
is and asked why. I  
have seen what could  
be and asked why not.*

---

PABLO PICASSO, PAINTER

14

AUGUST

One of the things my parents taught me, and I'll always be grateful for the gift, is to not ever let anybody else define me; that for me to define myself.

---

WILMA MANKILLER, CHEROKEE CHIEF



Keep your best  
wishes, close  
to your heart  
and watch what  
happens.

---

TONY DELISO, AUTHOR

16

AUGUST

CHANCE RUNS LIKE  
A RIVER THROUGH  
ALL OUR LIVES, AND  
BEING PREPARED  
FOR SURPRISE IS THE  
BEST WE CAN DO.

---

KENNETH OPPEL, AUTHOR

17

AUGUST

Think you're  
escaping and  
run into yourself.  
Longest way round  
is the shortest  
way home.

---

JAMES JOYCE, AUTHOR

18

AUGUST

*For, while the tale of  
how we suffer, and  
how we are delighted,  
and how we may  
triumph is never new, it  
always must be heard.*

---

JAMES BALDWIN, AUTHOR

19

AUGUST

*The more one does and  
sees and feels, the more  
one is able to do, and the  
more genuine may be one's  
appreciation of fundamental  
things like home, and  
love, and understanding  
companionship.*

---

AMELIA EARHART, AVIATOR





Memories remind us that every moment of our lives, even the most tragic, has contributed to our strength. We've gotten through. We're still here.

---

WILLIE NELSON, MUSICIAN



I am incapable of conceiving  
infinity, and yet I do not accept  
finitude. I want this adventure  
that is the context of my  
life to go on without end.

---

SIMONE DE BEAUVOIR, FEMINIST THEORIST

22

AUGUST

THE GREATEST  
SELF IS A PEACEFUL  
SMILE, THAT ALWAYS  
SEES THE WORLD  
SMILING BACK.

---

BRYANT MCGILL AND JENNI YOUNG, AUTHORS

23

AUGUST

*It's the questions we can't answer that teach us the most. They teach us how to think. If you give a man an answer, all he gains is a little fact. But give him a question and he'll look for his own answers.*

---

PATRICK ROTHFUSS, AUTHOR

24

AUGUST

And now these  
three remain: faith,  
hope, and love.  
But the greatest  
of these is love.

---

THE BIBLE



To err is human,  
to forgive, divine.

---

ALEXANDER POPE, POET

26

AUGUST

*I do not wish [women]  
to have power over men;  
but over themselves.*

---

MARY WOLLSTONECRAFT, AUTHOR



Sometimes the hardest part  
isn't letting go but rather  
learning to start over.

---

NICOLE SOBON, AUTHOR



28

AUGUST

*It is better to be hated for  
what you are than to be  
loved for what you are not.*

---

ANDRÉ GIDE, AUTHOR

29

AUGUST

I MAY NOT HAVE  
GONE WHERE I  
INTENDED TO GO,  
BUT I THINK I HAVE  
ENDED UP WHERE  
I NEEDED TO BE.

---

DOUGLAS ADAMS, AUTHOR

30

AUGUST

If you remain  
calm in the midst  
of great chaos,  
it is the surest  
guarantee that it  
will eventually  
subside.

---

JULIE ANDREWS, ACTOR



Dreams are lovely. But they are just dreams. Fleeting, ephemeral, pretty. But dreams do not come true just because you dream them. It's hard work that makes things happen. It's hard work that creates change.

---

SHONDA RHIMES, SCREENWRITER

1

SEPTEMBER

*Never let the future disturb  
you. You will meet it,  
if you have to, with the  
same weapons of reason  
which today arm you  
against the present.*

---

MARCUS AURELIUS, ROMAN EMPEROR



I disapprove of  
what you say, but  
I will defend to  
the death your  
right to say it.

---

S. G. TALLENTYRE, AUTHOR

3

SEPTEMBER

IT HAS ALWAYS  
BEEN EASY TO HATE  
AND DESTROY.  
TO BUILD AND TO  
CHERISH IS MUCH  
MORE DIFFICULT.

---

QUEEN ELIZABETH II

4

SEPTEMBER

*Clouds come floating  
into my life, no longer  
to carry rain or usher  
storm, but to add color  
to my sunset sky.*

---

RABINDRANATH TAGORE, AUTHOR





He who works with his  
hands is a laborer.

He who works with  
his hands and his head  
is a craftsman.

He who works with his  
hands and his head and  
his heart is an artist.

---

FRANCIS OF ASSISI, SAINT



Today I choose life. Every morning when I wake up I can choose joy, happiness, negativity, pain. . . .To feel the freedom that comes from being able to continue to make mistakes and choices—today I choose to feel life, not to deny my humanity but embrace it.

---

KEVYN AUCOIN, MAKEUP ARTIST

7

SEPTEMBER

*Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.*

---

LAUREN DESTEFANO, AUTHOR



How beautiful the world would  
be if there were a procedure  
for moving through labyrinths.

---

UMBERTO ECO, AUTHOR

9

SEPTEMBER

*To understand  
all is to  
forgive all.*

---

EVELYN WAUGH, AUTHOR



BE LESS CURIOUS  
ABOUT PEOPLE AND  
MORE CURIOUS  
ABOUT IDEAS.

---

MARIE CURIE, CHEMIST



Remember the hours after  
September 11 when we came  
together as one. . . . It was  
the worst day we have  
ever seen, but it brought  
out the best in all of us.

---

JOHN KERRY, U.S. SENATOR



Your conscience  
is the measure of  
the honesty of your  
selfishness. Listen  
to it carefully.

---

RICHARD BACH, AUTHOR





*It's special, grandparents  
and grandchildren. . . .*

*Gone are the bonds of  
guilt and responsibility  
that burden the maternal  
relationship. The way  
to love is free.*

---

KATE MORTON, AUTHOR



*If you treat an individual  
as he is, he will remain  
how he is. But if you treat  
him as if he were what he  
ought to be and could be,  
he will become what he  
ought to be and could be.*

---

JOHANN WOLFGANG VON GOETHE, AUTHOR



In politics as in philosophy,  
my tenets are few and  
simple. The leading one of  
which, and indeed that which  
embraces most others, is to  
be honest and just ourselves  
and to exact it from others.

---

GEORGE WASHINGTON, U.S. PRESIDENT



THERE ARE  
YEARS THAT ASK  
QUESTIONS AND  
YEARS THAT  
ANSWER.

---

ZORA NEALE HURSTON, AUTHOR



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

---

JACK LONDON, AUTHOR



*The soul  
is healed by  
being with  
children.*

---

FYODOR DOSTOYEVSKY, AUTHOR



There is no dishonor in  
losing the race. There is only  
dishonor in not racing because  
you are afraid to lose.

---

GARTH STEIN, AUTHOR



We are not simply in the  
universe, we are part of it.

We are born from it. One  
might even say we have been  
empowered by the universe  
to figure itself out—and we  
have only just begun.

---

NEIL DEGRASSE TYSON, ASTROPHYSICIST





*In times of stress, the best thing we can do for our children (and for each other) is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.*

---

FRED ROGERS, FROM *MISTER  
ROGERS' NEIGHBORHOOD*



That old September feeling, left over from school days, of summer passing, vacation nearly done, obligations gathering, books and football in the air. . . . Another fall, another turned page: there was something of jubilee in that annual autumnal beginning, as if last year's mistakes and failures had been wiped clean by summer.

---

WALLACE STEGNER, AUTHOR

23

SEPTEMBER

*Even if I knew that  
tomorrow the world  
would go to pieces,  
I would still plant  
my apple tree.*

---

MARTIN LUTHER, THEOLOGIAN



*Your life is  
an occasion.  
Rise to it.*

---

*MR. MAGORIUM'S WONDER EMPORIUM*



Dreams are only  
dreams until you  
wake up and  
make them real.

---

NED VIZZINI, AUTHOR

26

SEPTEMBER

*You are the master  
of your destiny. You  
can influence, direct,  
and control your own  
environment. You can  
make your life what  
you want it to be.*

---

NAPOLEON HILL, AUTHOR

27

SEPTEMBER

Life, with its rules,  
its obligations, and  
its freedoms, is like  
a sonnet: You're  
given the form, but  
you have to write  
the sonnet yourself.

---

MADELEINE L'ENGLE, AUTHOR

28

SEPTEMBER

*Whining is not only  
graceless, but can be  
dangerous. It can alert  
a brute that a victim is  
in the neighborhood.*

---

MAYA ANGELOU, AUTHOR





We must assume every event has significance and contains a message that somehow pertains to our questions. This especially applies to what we used to call bad things. . . . The challenge is to find the silver lining in every event, no matter how negative.

---

JAMES REDFIELD, AUTHOR



*In the sky there are  
always answers and  
explanations for  
everything: every  
pain, every suffering,  
joy and confusion.*

---

ISHMAEL BEAH, AUTHOR

1

OCTOBER

DON'T JUDGE  
EACH DAY BY THE  
HARVEST YOU REAP  
BUT BY THE SEEDS  
THAT YOU PLANT.

---

ROBERT LOUIS STEVENSON, AUTHOR

2

OCTOBER

*You're braver  
than you believe,  
stronger than you  
seem, and smarter  
than you think.*

---

THE MANY ADVENTURES OF WINNIE THE POOH



Pain, pleasure, and death are  
no more than a process for  
existence. The revolutionary  
struggle in this process is a  
doorway open to intelligence.

---

FRIDA KAHLO, ARTIST

4

OCTOBER

Inspiration is a  
guest that does  
not willingly  
visit the lazy.

---

PYOTR ILYICH TCHAIKOVSKY, COMPOSER

5

OCTOBER

AT FIRST, DREAMS  
SEEM IMPOSSIBLE,  
THEN IMPROBABLE,  
AND EVENTUALLY  
INEVITABLE.

---

CHRISTOPHER REEVE, ACTOR

6

OCTOBER

*When the whole world  
is silent, even one voice  
becomes powerful.*

---

MALALA YOUSAFZAI, ACTIVIST





If you care about what  
you do and work hard at  
it, there isn't anything you  
can't do if you want to.

---

JIM HENSON, PUPPETEER



I must work harder  
to achieve my goal  
of not seeking  
approval from those  
whose approval I'm  
not even sure is  
important to me.

---

LAUREN GRAHAM, ACTOR

9

OCTOBER

IF I DIE TOMORROW,  
NEXT YEAR OR  
WHENEVER IT MIGHT  
BE, I'LL KNOW I'VE  
HAD A GREAT LIFE.

---

MAGIC JOHNSON, ATHLETE

10

OCTOBER

*Prejudice is a vagrant  
opinion without visible  
means of support.*

---

AMBROSE BIERCE, JOURNALIST



If you don't know what  
you're willing to die for,  
then you don't know  
what you're living for.

---

NOAH WEINBERG, RABBI

12

OCTOBER

IT'S ENOUGH FOR  
ME TO BE SURE THAT  
YOU AND I EXIST  
AT THIS MOMENT.

---

GABRIEL GARCÍA MÁRQUEZ, AUTHOR

13

OCTOBER

*You couldn't erase  
the past. You couldn't  
even change it. But  
sometimes life offered  
you the opportunity  
to put it right.*

---

ANN BRASHARES, AUTHOR

14

OCTOBER

*Sometimes you can learn, even from a bad experience. By coping you become stronger. The pain does not go away, but it becomes manageable.*

---

SOMALY MAM, ADVOCATE





If you want to be  
proud of yourself,  
then do things  
in which you can  
take pride.

---

KAREN HORNEY, PSYCHOANALYST

16

OCTOBER

Peace of mind  
comes when we  
exercise our right  
to be honest,  
especially with  
ourselves.

---

JACK R. ROSE, AUTHOR

17

OCTOBER

*When the creative  
impulse sweeps  
over you, grab it. . . .  
You grab it and  
honor it and use it,  
because momentum  
is a rare gift.*

---

JUSTINA CHEN, AUTHOR

18

OCTOBER

*Rule your  
mind or it will  
rule you.*

---

HORACE, POET



Pay attention to what's  
happening around you. Read the  
book before you see the movie.  
Remember, though you, alone,  
are responsible for your own  
happiness, it's still okay to feel  
responsible for someone else's.

---

MICHAEL J. FOX, ACTOR

20

OCTOBER

People often belittle  
the place where  
they were born  
but heaven can be  
found in the most  
unlikely places.

---

MITCH ALBOM, AUTHOR

21

OCTOBER

*We are, all of us, exploring  
a world none of us  
understands . . . searching  
for a more immediate,  
ecstatic, and penetrating  
mode of living . . . for the  
integrity, the courage to  
be whole, living in relation  
to one another in the full  
poetry of existence.*

---

HILLARY RODHAM CLINTON, U.S. SENATOR

22

OCTOBER

RECEIVE WITH  
SIMPLICITY  
EVERYTHING THAT  
HAPPENS TO YOU.

---

RASHI, BIBLE SCHOLAR



23

OCTOBER

Too many people out there tell us what we can and cannot do but . . . they don't know who we are, what's put in us.

---

ALEX ROGERS, AUTHOR

24

OCTOBER

*Others may write from  
the head, but he writes  
from the heart, and  
the heart will always  
understand him.*

---

WASHINGTON IRVING, AUTHOR



Happy is the man who has  
broken the chains which hurt  
the mind, and has given up  
worrying once and for all. Be  
patient and tough; one day this  
pain will be useful to you.

---

OVID, POET

26

OCTOBER

Roam abroad in the  
world, and take thy  
fill of its enjoyments  
before the day shall  
come when thou  
must quit it for good.

---

SAADI, POET

27

OCTOBER

*We can  
be friends.  
We can be  
anything we  
want to be.*

---

MURIEL BARBERY, AUTHOR

28

OCTOBER

*How quick and rushing life  
can sometimes seem, when  
at the same time it's so slow  
and sweet and everlasting.*

---

GRAHAM SWIFT, AUTHOR



If you try to get rid of fear  
and anger without knowing  
their meaning, they will  
grow stronger and return.

---

DEEPAK CHOPRA, AUTHOR

30

OCTOBER

WITHOUT  
INSPIRATION, WE'RE  
ALL LIKE A BOX OF  
MATCHES THAT WILL  
NEVER BE LIT.

---

DAVID ARCHULETA, VOCALIST



31

OCTOBER

Life, although it  
may only be an  
accumulation  
of anguish, is  
dear to me, and  
I will defend it.

---

MARY SHELLEY, AUTHOR



*Facing your  
fears robs them  
of their power.*

---

MARK BURNETT, TELEVISION PRODUCER



Being a role  
model is the most  
powerful form  
of educating.

---

JOHN WOODEN, COACH



There are  
darknesses in  
life and there are  
lights. You are one  
of the lights.

---

BRAM STOKER, AUTHOR

4

NOVEMBER

*The greenest  
of pastures  
are right here  
on earth.*

---

JENNIFER DONNELLY, AUTHOR

5

NOVEMBER

*To move, to breathe,  
to fly, to float,  
To gain all  
while you give,  
To roam the roads  
of lands remote,  
To travel is to live.*

---

HANS CHRISTIAN ANDERSEN, AUTHOR



I've come to realize  
that sometimes,  
what you love  
most is what you  
have to fight the  
hardest to keep.

---

KIRSTEN HUBBARD, AUTHOR



Forbearance in the face of fate,  
beauty constant under torture,  
are not merely passive. They  
are a positive achievement,  
an explicit triumph.

---

THOMAS MANN, AUTHOR





*Remember this, where  
there is life there is hope.  
You're alive. Embrace  
this, because you can do  
anything while there is  
breath in your body.*

---

LOLA JAYE, AUTHOR



*The greatest danger  
for most of us lies not  
in setting our aim  
too high and falling  
short; but in setting  
our aim too low, and  
achieving our mark.*

---

MICHELANGELO, ARTIST



The joy that  
you give to  
others is the  
joy that comes  
back to you.

---

JOHN GREENLEAF WHITTIER, POET



*On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free.*

---

DAN LIPINSKI, CONGRESSMAN



I didn't know I had it in me.  
There's more to all of us than  
we realize. Life is so much  
bigger, grander, higher, and  
wider than we allow ourselves  
to think. We're capable of so  
much more than we allow  
ourselves to believe.

---

QUEEN LATIFAH, PERFORMER



If I never got to  
make a living doing  
what I loved, I'd  
still do it—for fun  
and for free.

---

SUSAN E. ISAACS, AUTHOR

14

NOVEMBER

*If pain is a pot  
of boiling water,  
humor can be  
the rising steam.*

---

CAMERON CONAWAY, MMA FIGHTER



I am not afraid of tomorrow  
for I have seen yesterday,  
I have today and I know  
Him who holds tomorrow  
so I know tomorrow will  
be beautiful for me.

---

JAACHYNMA N. E. AGU, AUTHOR



16

NOVEMBER

SEEK YOUR OWN  
ANSWERS IN  
LIFE, AND NOT  
WHAT OTHERS  
DICTATE TO YOU.

---

JEMINA AKHTAR, AUTHOR



*I learned long ago that  
when change comes, you  
gotta slow down and take  
note of it. In the midst  
of that change is all the  
possibility in the world.*

---

BERTICE BERRY, SOCIOLOGIST



We must reach out our hand  
in friendship and dignity  
both to those who would  
befriend us and those who  
would be our enemy.

---

ARTHUR ASHE, TENNIS PLAYER;  
AND ARNOLD RAMPERSAD, AUTHOR

19

NOVEMBER

*The reason most people  
give up so fast is that  
they look at how far  
they still have to go,  
instead of how far  
they have come.*

---

ANONYMOUS



Motivation  
gets you going;  
inspiration  
keeps you going.

---

TODD STOCKER, AUTHOR



WHAT WE CAN  
CHANGE IS OUR  
PERCEPTIONS,  
WHICH HAVE THE  
EFFECT OF CHANGING  
EVERYTHING.

---

DONNA QUESADA, AUTHOR



What is lovely  
never dies,  
but passes into  
other loveliness,  
Star-dust, or  
sea-foam, flower,  
or winged air.

---

THOMAS BAILEY ALDRICH, EDITOR

23

NOVEMBER

*The stationary  
condition is  
the beginning  
of the end.*

---

HENRI-FRÉDÉRIC AMIEL, PHILOSOPHER





To have more,  
you must genuinely  
thank more.

---

MADDY MALHOTRA, AUTHOR



A person is a person  
because he recognizes  
others as persons.

---

DESMOND TUTU, SOCIAL RIGHTS ACTIVIST  
AND RETIRED ANGLICAN BISHOP



IMAGINATION  
IS THE TRUE  
MAGIC CARPET.

---

NORMAN VINCENT PEALE, AUTHOR

27

NOVEMBER

*Doing what you wanted to do was the only training, and the only preliminary, needed for doing more of what you wanted to do.*

---

KINGSLEY AMIS, AUTHOR



No one should ever despair because the entrance to his or her chosen career path is clogged. There is an ancient saying: “The persistent drip wears through stone.”

---

KENTETSU TAKAMORI, AUTHOR

29

NOVEMBER

*The heart of a person  
only beats when  
it's surrounded by  
blood, by family.*

---

ERICA GOROS, AUTHOR



Most ideas are  
born and lost  
in isolation.



SCOTT BELSKY, AUTHOR



*In recognizing the  
humanity of our fellow  
beings, we pay ourselves  
the highest tribute.*

---

THURGOOD MARSHALL,  
SUPREME COURT JUSTICE





Inspiration comes  
unawares, from  
unaccountable  
sources that  
have nothing to  
do with planning  
or intelligence.

---

MAURICE CHEVALIER, ACTOR



Real love is a  
humble receptivity  
of a silent heart  
that is prepared to  
melt and merge.

---

BANANI RAY AND AMIT RAY, AUTHORS

4

DECEMBER

YOUR BODY IS NOT  
A TEMPLE, IT'S AN  
AMUSEMENT PARK.  
ENJOY THE RIDE.

---

ANTHONY BOURDAIN, CHEF



*No matter how talented  
you are, if you don't  
persist the probability  
of achieving your goals  
is extremely small.*

---

CAMILLA DORAND, AUTHOR



If opportunity  
doesn't knock,  
build a door.

---

MILTON BERLE, ACTOR



When you get older, you know that life's mysteries are revealed in the fullness of time. All you have to do is wait, watch, and be amazed.

---

LINDA GRAY, AUTHOR



IT'S NEVER  
OVER TILL IT'S  
REALLY OVER IN  
YOUR MIND.

---

SANDHYA JANE, AUTHOR



*It can't be epic  
if there's no  
challenge to it.*

---

JENNIFER E. SMITH, AUTHOR





Today, people struggle to find what's real. Everything has become so synthetic that a lot of people, all they want is to grasp onto hope.

---

WYCLEF JEAN, MUSICIAN



Living is like tearing through a museum. Not until later do you really start absorbing what you saw, thinking about it, looking it up in a book, and remembering—because you can't take it all in at once.

---

AUDREY HEPBURN, ACTOR



WELL-BEHAVED  
WOMEN SELDOM  
MAKE HISTORY.

---

LAUREL THATCHER ULRICH, HISTORIAN

13

DECEMBER

*You can't stay in  
your corner of the  
Forest waiting for  
others to come to you.  
You have to go to  
them sometimes.*

---

A. A. MILNE, AUTHOR



There is neither happiness  
nor misery in the world;  
there is only the comparison  
of one state with another,  
nothing more.

---

ALEXANDRE DUMAS, AUTHOR



Hope is the thing with feathers  
That perches in the soul  
And sings the tune  
without the words  
And never stops at all.

---

EMILY DICKINSON, POET

16

DECEMBER

*I might have  
been given a  
bad break,  
but I've got  
an awful lot  
to live for.*

---

LOU GEHRIG, ATHLETE



LET US THINK ONLY  
OF THE GOOD DAYS  
THAT ARE TO COME.

---

AGATHA CHRISTIE, AUTHOR





Once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return.

---

LEONARDO DA VINCI, POLYMATH



Live in the present,  
remember the past,  
and fear not the  
future, for it doesn't  
exist and never shall.  
There is only now.

---

CHRISTOPHER PAOLINI, AUTHOR



To see a World in a  
Grain of Sand And a  
Heaven in a Wild Flower,  
Hold Infinity in the  
palm of your hand  
And Eternity in an hour.

---

WILLIAM BLAKE, POET



Maybe everyone can  
live beyond what  
they're capable of.

---

MARKUS ZUSAK, AUTHOR

22

DECEMBER

*While no one can go back  
and make a brand new  
start, anyone can start now  
and make a new ending.*

---

CHICO XAVIER, MEDIUM

23

DECEMBER

*Happiness  
is only real  
when shared.*

---

JON KRAKAUER, AUTHOR



That glimmer of light,  
surrounded by so many  
shadows, seemed to say  
without words: Evil has not  
yet taken complete dominion.  
A spark of hope is still left.

---

ISAAC BASHEVIS SINGER, AUTHOR



Our hearts grow tender with  
childhood memories and  
love of kindred, and we are  
better throughout the year  
for having, in spirit, become a  
child again at Christmas-time.

---

LAURA INGALLS WILDER, AUTHOR





GREAT HEROES NEED  
GREAT SORROWS AND  
BURDENS, OR HALF  
THEIR GREATNESS  
GOES UNNOTICED.

---

PETER S. BEAGLE, AUTHOR



The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. Because the brick walls are there to stop the people who don't want it badly enough. They're there to stop the other people.

---

RANDY PAUSCH, COMPUTER SCIENTIST

28

DECEMBER

*I've been fighting to be  
who I am all my life.  
What's the point of being  
who I am, if I can't have  
the person who was worth  
all the fighting for?*

---

STEPHANIE LENNOX, AUTHOR



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

---

CHARLES DARWIN, NATURALIST



Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily task, go to sleep in peace.

---

VICTOR HUGO, AUTHOR

31

DECEMBER

HOPE SMILES FROM  
THE THRESHOLD OF THE  
YEAR TO COME,  
WHISPERING  
“IT WILL BE  
HAPPIER . . .”

---

ALFRED LORD TENNYSON, POET







# REFERENCES

---

- Abel, L. Sydney. *Timothy Other: The Boy Who Climbed Marzipan Mountain*. Farmington, CO: Solstice, 2014.
- Abercrombie, Joe. *Last Argument of Kings*. Amherst, NH: Pyr, 2008.
- Abrahms, Irwin, ed. *Nobel Lectures, Peace 1971-1980*. Singapore: World Scientific Publishing, 1997.
- Adams, Douglas. *The Long Dark Tea-Time of the Soul*. Portsmouth, NH: Heinemann, 1988.
- Agu, Jaachynma N. E. *The Best Option*. Bloomington, IN: Xlibris, 2012.
- Akhtar, Jemina. *Veil of Lies*. Jemina Akhtar, 2012.
- Albom, Mitch. *The Five People You Meet in Heaven*. New York: Hyperion, 2003.
- Alcorn, Randy C. *Money, Possessions, and Eternity*. Rev. and Updated. ed. Wheaton, IL: Tyndale House, 2003.
- Aldrich, Thomas Bailey. "A Shadow of the Night, by Thomas Bailey Aldrich." PoetryArchive. Accessed October 18, 2015. [www.poetry-archive.com/a/a\\_shadow\\_of\\_the\\_night.html](http://www.poetry-archive.com/a/a_shadow_of_the_night.html).
- Allende, Isabel. *The House of the Spirits*. Trans. Magda Bogin. New York: Everyman's Library, 2005.
- Amiel, Henri-Frédéric. Goodreads. Accessed October 18, 2015. [www.goodreads.com/quotes/201872-the-stationary-condition-is-the-beginning-of-the-end](http://www.goodreads.com/quotes/201872-the-stationary-condition-is-the-beginning-of-the-end).
- Amis, Kingsley. *Lucky Jim*. New York: Penguin, 1992.
- Angelou, Maya. *Wouldn't Take Nothing for My Journey Now*. New York: Bantam, 1994.
- Andersen, Hans Christian. *The Story of My Life*. New York: Hurd and Houghton, 1871.

## REFERENCES

- Antunes, Ana Claudia. *Pierrot & Columbine*. Ana Claudia Antunes, 2014.
- Applegate, Katherine. "2015." *The One and Only Ivan*. Illus: Patricia Castelao. New York: HarperCollins, 2011.
- Archuleta, David. *Chords of Strength: A Memoir of Soul, Song, and the Power of Perseverance*. New York: New American Library, 2010.
- Arora, Manoj. *From the Rat Race to Financial Freedom: A Common Man's Journey*. Ahmedabad: Jaico Publishing House, 2013.
- As Good as It Gets*. Dir. James L. Brooks. Perf. Jack Nicholson, Helen Hunt, and Greg Kinnear. TriStar Pictures, 1997.
- Ashby, Ruth, and Deborah Gore Ohrn, eds. *Herstory: Women Who Changed the World*. New York: Viking, 1995.
- Ashe, Arthur, and Arnold Rampersad. *Days of Grace*. New York: Ballantine, 1994.
- Aucoin, Kevyn. BrainyQuotes.com, accessed November 4, 2015. [www.brainyquote.com/quotes/quotes/k/kevynaucoi358518.html](http://www.brainyquote.com/quotes/quotes/k/kevynaucoi358518.html).
- Audubon, John James. "Explore 100 Famous Scientist Quotes Pages." Todayinsci. Accessed October 18, 2015. [todayinsci.com/A/Audubon\\_John/AudubonJohn-Quotations.htm](http://todayinsci.com/A/Audubon_John/AudubonJohn-Quotations.htm).
- Augustine of Hippo. "The World Is a Book and Those Who Do Not Travel Read Only One Page." Lifehacker. Accessed October 18, 2015. [lifehacker.com/5971748/the-world-is-a-book-and-those-who-do-not-travel-read-only-one-page](http://lifehacker.com/5971748/the-world-is-a-book-and-those-who-do-not-travel-read-only-one-page).
- Bach, Richard. *Illusions: The Adventures of a Reluctant Messiah*. New York: Bantam, 1989.
- Baeli, Kelli Jae. *Immortality or Something Like it*. Eureka Springs, AR: Lesbian Literati Press, 2014.
- Baldwin, James. "Sonny's Blues." *Going to Meet the Man*. New York: Dial, 1965.
- Bambara, Toni Cade. AZquotes.com. Accessed November 5, 2015. [www.azquotes.com/quote/546495](http://www.azquotes.com/quote/546495).
- Banda, Joyce. Swearing in Ceremony. April 7, 2012.
- Barbery, Muriel. *The Elegance of the Hedgehog*. Trans. Alison Anderson. New York: Europa Editions, 2008.

## REFERENCES

- Barker, Clive. *Imajica*. New York: HarperCollins, 1991.
- Barr, Amelia E. *Remember the Alamo*. Whitefish, MT: Kessinger Publishing, 2004.
- Barrie, J. M. *The Little White Bird*. London: Hodder and Stoughton, 1902.
- Basil the Great. "No Need to Feel Like a Thief." NewsOK. Accessed October 18, 2015. [newsok.com/article/1931552](http://newsok.com/article/1931552).
- Beagle, Peter S. *The Last Unicorn*. New York: Viking, 1968.
- Beah, Ishmael. *A Long Way Gone: Memoirs of a Boy Soldier*. New York: Farrar, Straus, and Giroux, 2007.
- Beauvoir, Simone de. *La Vieillesse*. Paris: Gallimard, 1998.
- Behn, Aphra. *The Lucky Chance*, 1686.
- Bell, Alexander Graham. *The Seeds 4 Life*. Accessed October 18, 2015. [www.theseeds4life.com/concentrate-all-your-thoughts-upon-the-work-at-hand-the-suns-rays-do-not-burn-until-brought-to-a-focus-alexander-graham-bell](http://www.theseeds4life.com/concentrate-all-your-thoughts-upon-the-work-at-hand-the-suns-rays-do-not-burn-until-brought-to-a-focus-alexander-graham-bell).
- Belsky, Scott. *Making Ideas Happen: Overcoming the Obstacles Between Vision and Reality*. New York: Portfolio, 2012.
- Berle, Milton. BrainyQuotes.com. Accessed November 4, 2015. [www.brainyquote.com/quotes/topics/topic\\_inspirational.html#jtSi55kQ8ua0Ebcd.99](http://www.brainyquote.com/quotes/topics/topic_inspirational.html#jtSi55kQ8ua0Ebcd.99).
- Berry, Bertice. *Jim and Louella's Homemade Heart-Fix Remedy*. New York: Doubleday, 2002.
- Berry, Wendell. *The Unsettling of America Culture & Agriculture*. Berkeley, CA: Counterpoint, 2015.
- Bierce, Ambrose. Special Dictionary. Accessed October 18, 2015. [www.special-dictionary.com/quotes/authors/a/ambrose\\_bierce/97065.htm](http://www.special-dictionary.com/quotes/authors/a/ambrose_bierce/97065.htm).
- Black, Ian Michael. Interviewed by Dan Schawbel. Forbes.com. Access November 4, 2015. [www.forbes.com/sites/danschawbel/2012/04/12/michael-ian-black-on-his-career-expedia-and-social-media/](http://www.forbes.com/sites/danschawbel/2012/04/12/michael-ian-black-on-his-career-expedia-and-social-media/).
- Blake, William. "To See a World..." Poetry Lovers' Page. Accessed October 18, 2015. [www.poetryloverspage.com/poets/blake/to\\_see\\_world.html](http://www.poetryloverspage.com/poets/blake/to_see_world.html).
- Blume, Judy. *Summer Sisters: A Novel*. New York: Dell, 1999.

## REFERENCES

- Bourdain, Anthony. *Kitchen Confidential*. New York: HarperCollins, 2007.
- Boyle, T. C. Coraghessan. *The Tortilla Curtain*. New York: Viking, 1995.
- Bradley, Marion Zimmer. *The Fall of Atlantis*. New York: Baen, 1987.
- Brashares, Ann. *Girls in Pants: The Third Summer of the Sisterhood*. New York: Delacorte, 2006.
- Brontë, Charlotte. *Jane Eyre*. Worldsworth Editions, 1997.
- Brothers, Thomas, ed. *Louis Armstrong, in His Own Words: Selected Writings*. New York: Oxford University Press, 2001.
- Brown, Andi. *Animal Cracker*. Seattle: CreateSpace Independent Publishing, 2013.
- Brown, Brené. *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. New York: Avery, 2015.
- Buddha, Gautama. "A Quote from Sayings of Buddha." Goodreads. Accessed October 18, 2015. [www.goodreads.com/quotes/498520-no-one-saves-us-but-ourselves-no-one-can-and](http://www.goodreads.com/quotes/498520-no-one-saves-us-but-ourselves-no-one-can-and).
- Buffalo Soldiers*. Dir. Charles Haid. TNT. December 7, 1997.
- Bukowski, Charles. *What Matters Most is How Well You Walk Through the Fire*. Black Sparrow Press, 1999.
- Burnett, Mark. *Jump In!: Even If You Don't Know How to Swim*. New York: Ballantine, 2005.
- Byrne, Jake. *First and Goal: What Football Taught Me About Never Giving Up*. Eugene, OR: Harvest House Publishers, 2015.
- Camp, L. Sprague, and Fletcher Pratt. *Tales from Gavagan's Bar*. Expanded ed. Toronto: Bantam, 1980.
- Capote, Truman. *Breakfast at Tiffany's: A Short Novel and Three Stories*. New York: Random House, 1958.
- Carbone, Ute. *Blueberry Truth*. Warwick: Etopia, 2011.
- Catherine the Great. "Stress Reduction | Mindfulness Muse." Mindfulness Muse. Accessed October 18, 2015. [www.mindfulnessmuse.com/category/stress-reduction](http://www.mindfulnessmuse.com/category/stress-reduction).

## REFERENCES

- Cepeda, Raquel. *Bird of Paradise: How I Became Latina*. New York: Atria, 2013.
- Chaucer, Geoffrey. *The Canterbury Tales*. Trans. David Wright. Oxford: Oxford University Press, 2011.
- Chen, Justina. *North of Beautiful*. Boston: Little, Brown, 2009.
- Chesterton, G. K. *Heretics*, 1905.
- Chevalier, Maurice. *Bravo Maurice!: A Compilation From the Autobiographical Writings of Maurice Chevalier*. Australia: Allen & Unwin, 1973.
- Child, Julia. *Julia's Kitchen Wisdom: Essential Techniques and Recipes from a Lifetime of Cooking*. New York: Knopf, 2009.
- Chödrön, Pema. *When Things Fall Apart, Heart Advice for Difficult Times*. Berkeley, CA: Shambhala Publications, 2012.
- Chopra, Deepak. *The Third Jesus: The Christ We Cannot Ignore*. New York: Three River, 2008.
- Christie, Agatha. *Death Comes as the End*. New York: Dodd, Mead and Company, 1944.
- Churchill, Winston. *My Early Life, 1874-1904*. New York: Scribner, 1996.
- Clinton, Hillary Rodham. Commencement Address. Wellesley College, Wellesley, MA, June 1, 1969.
- Coelho, Paulo. *Brida: A Novel*. Trans. Margaret Jull Costa. New York: Harper, 2008.
- Colgan, Jenny. *Welcome to Rosie Hopkins' Sweetshop of Dreams*. London: Sphere, 2012.
- Collins, Paul. *Drangonsight*. ReadHowYouWant, 2014.
- Collins, Suzanne. *Catching Fire*. New York: Scholastic, 2009.
- Conaway, Cameron. *Caged: Memoirs of a Cage-fighting Poet*. ThreeD, 2011.
- Constantino, Rodrigo. *Prisoner of Freedom*. Soler, 2004.
- Curie, Marie. TodayinSci. Accessed October 18, 2015. [todayinSci.com/C/Curie\\_Marie/CurieMarie-Quotations.htm](http://todayinSci.com/C/Curie_Marie/CurieMarie-Quotations.htm).

## REFERENCES

Dahl, Roald. *Charlie and the Great Glass Elevator*. Illus: Joseph Schindelman. New York: Knopf, 1972.

Dalai Lama. *The Dalai Lama's Book of Wisdom*. London: HarperCollins UK, 2000.

Darkholme, A. J. *Rise of the Morningstar*. Mistero Publishing, 2014.

Darwin, Charles. *The Life and Letters of Charles Darwin*. Ed. Francis Darwin. London: John Murray, 1887.

da Vinci, Leonardo. "The Da Vinci Codex: Treasured Sketches of Flight on Rare Display at Smithsonian." *Washington Times*. Accessed October 18, 2015. [www.washingtontimes.com/news/2013/sep/12/the-da-vinci-codex-treasured-sketches-of-flight-on/?page=all](http://www.washingtontimes.com/news/2013/sep/12/the-da-vinci-codex-treasured-sketches-of-flight-on/?page=all).

deGrasse Tyson, Neil. "The Greatest Story Ever Told." *Natural History*, March 1, 1998.

DeLiso, Tony. *Legacy: The Power Within*. Writers Club, 2000.

Dessen, Sarah. *Just Listen*. New York: Speak, 2008.

DeSylva, Bud. *Look for the Silver Lining*. From the Movie, *Look for the Silver Lining*. T.B. Harms, 1920.

DeStefano, Lauren. *Wither*. New York: Simon & Schuster, 2011.

Diana, Princess of Wales. "Diana: The Legacy." *The Huffington Post*. Accessed October 18, 2015. [www.huffingtonpost.com/david-allison/diana-the-legacy\\_b\\_1844945.html](http://www.huffingtonpost.com/david-allison/diana-the-legacy_b_1844945.html).

Dickens, Charles. *Our Mutual Friend*. Chapman & Hall, 1865.

Dickinson, Emily. "Hope Is the Thing with Feathers." *Poets.org*. Accessed October 18, 2015. <https://www.poets.org/poetsorg/poem/hope-thing-feathers-254>.

Donnelly, Jennifer. *Revolution*. New York: Ember, 2011.

Donoghue, Emma. *Room: A Novel*. Boston: Little, Brown/Back Bay, 2011.

Dorand, Camilla. *Back to Me: Changing How I Feel About My Mother, My Body, and Men*. Seattle: CreateSpace Independent Publishing, 2015.

Dostoyevsky, Fyodor. *The Idiot*. Ware, UK: Wordsworth Editions, 1996.

## REFERENCES

- Douglass, Frederick. *Narrative of the Life of Frederick Douglass, An American Slave, Written by Himself, with Related Documents*. Ed. David W. Blight. 2nd ed. Boston: Bedford/St. Martin's, 2003.
- Doyle, Arthur Conan. "A Scandal in Bohemia." *The Adventures of Sherlock Holmes*. George Newnes, 1891.
- Dumas, Alexandre. *The Count of Monte Cristo*. Ware, UK: Wordsworth Editions, 1997.
- Dylan, Bob. *Chronicles*. New York: Simon & Schuster, 2004.
- Ebert, Roger. "Cinema: John Wayne as the Last Hero." *Time* magazine. August 8, 1969.
- Eco, Umberto. *The Name of the Rose*. New York: Harcourt Brace Jovanovich, 1983.
- Edison, Thomas. Mindbloom. Accessed October 18, 2015. [tree.mindbloom.com/apps/inspiration/detail/image/07b94233-934b-465a-8148-e15c334edb4a/](http://tree.mindbloom.com/apps/inspiration/detail/image/07b94233-934b-465a-8148-e15c334edb4a/).
- Edwards, Julie Andrews. *The Last of the Really Great Whangdoodles*. New York: Harper & Row, 1989.
- Einstein, Albert. Philosiblog. Accessed October 18, 2015. [philosiblog.com/2013/03/14/a-person-who-never-made-a-mistake-never-tried-anything-new/](http://philosiblog.com/2013/03/14/a-person-who-never-made-a-mistake-never-tried-anything-new/).
- Elizabeth II, Queen. The Official Website of the British Monarchy. Accessed October 18, 2015. [www.royal.gov.uk/imagesandbroadcasts/thequeenschristmasbroadcasts/christmasbroadcasts/christmasbroadcast1957.aspx](http://www.royal.gov.uk/imagesandbroadcasts/thequeenschristmasbroadcasts/christmasbroadcasts/christmasbroadcast1957.aspx).
- Emerson, Ralph Waldo. "A Quote by Ralph Waldo Emerson." Goodreads. Accessed October 18, 2015. [www.goodreads.com/quotes/548362-as-we-are-so-we-do-and-as-we-do](http://www.goodreads.com/quotes/548362-as-we-are-so-we-do-and-as-we-do).
- Ende, Michael. *The Neverending Story*. Trans. Ralph Manheim. New York: Puffin, 1997.
- Ephron, Nora. Commencement Address. Wellesley College, Wellesley, MA. June 3, 1996.

## REFERENCES

- Epicurus. "Do Not Spoil What You Have By Desiring What You Have Not..."  
Gretchen Rubin. Accessed October 18, 2015. [gretchenrubin.com/happiness\\_project/2009/12/do-not-spoil-what-you-have-by-desiring-what-you-have-not/](http://gretchenrubin.com/happiness_project/2009/12/do-not-spoil-what-you-have-by-desiring-what-you-have-not/).
- Estés, Clarissa Pinkola. *The Faithful Gardener: A Wise Tale about That Which Can Never Die*. San Francisco: HarperOne, 1995.
- Evanovich, Janet. *Seven up*. New York: St. Martin's, 2002.
- Evans, Richard Paul. *The Gift*. New York: Simon & Schuster, 2007.
- Fey, Tina. *Bossypants*. Boston: Little, Brown, 2011.
- Fisher, M. F. K. *The Art of Eating*. 50th Anniversary ed. Hoboken, NJ: Wiley, 2004.
- Fitzgerald, F. Scott. *The Great Gatsby*. London: Vintage Classic, 2011.
- Flagg, Fannie. *I Still Dream about You: A Novel*. New York: Ballantine, 2010.
- Flaubert, Gustave. Thrive. Accessed October 18, 2015. [thrive.davidkanigan.com/post/83029896139/be-steady-and-well-ordered-in-your-life-so-that](http://thrive.davidkanigan.com/post/83029896139/be-steady-and-well-ordered-in-your-life-so-that).
- Fleming, Ian. *From Russia, with Love*. New York: Macmillan, 1957.
- Fox, Michael J. *A Funny Thing Happened on the Way to the Future: Twists and Turns and Lessons Learned*. New York: Hyperion, 2010.
- Francis of Assisi. Goodreads. Accessed October 18, 2015. [www.goodreads.com/quotes/75455-he-who-works-with-his-hands-is-a-laborer-he](http://www.goodreads.com/quotes/75455-he-who-works-with-his-hands-is-a-laborer-he).
- Frank, Anne. *Anne Frank: Diary of a Young Girl*. West Hatfield, MA: Pennyroyal with Jewish Heritage Publishing, 1985.
- Fulghum, Robert. *All I Really Need to Know I Learned in Kindergarten*. 15th Anniversary ed. New York: Ballantine, 2004.
- Furman v. Georgia*, 408 U.S. 238 (1972).
- Gandhi, Mahatma. Totally Inspired Mind . . . Accessed October 18, 2015. [totallyinspiredpc.wordpress.com/2013/11/26/each-night-when-i-go-to-sleep-i-die-and-the-next-morning-when-i-wake-up-i-am-reborn-gandhi/](http://totallyinspiredpc.wordpress.com/2013/11/26/each-night-when-i-go-to-sleep-i-die-and-the-next-morning-when-i-wake-up-i-am-reborn-gandhi/).
- Gehrig, Lou. Lou Gehrig Appreciation Day. Yankee Stadium, New York, July 4, 1939.
- Geisel, Theodor (Dr. Seuss). *On Beyond Zebra*. New York: Random House, 1955.



## REFERENCES

- Gibran, Kahlil. *The Prophet*. New York: Knopf, 1923.
- Gide, André. *Autumn Leaves*. Philosophical Library, 2007.
- Gilbert, Elizabeth. *Eat, Pray, Love: One Woman's Search for Everything across Italy, India and Indonesia*. New York: Viking, 2006.
- Gladwell, Malcolm. *Outliers: The Story of Success*. Boston: Little, Brown/Back Bay, 2011.
- Glover, Robert A. *No More Mr. Nice Guy*. Philadelphia: Running, 2003.
- Goethe, Johann Wolfgang von. Goodreads. Accessed October 18, 2015. [www.goodreads.com/author/quotes/285217.Johann\\_Wolfgang\\_von\\_Goethe](http://www.goodreads.com/author/quotes/285217.Johann_Wolfgang_von_Goethe).
- Goodreads. "A Quote from The Quran." Accessed October 18, 2015. [www.goodreads.com/quotes/659080-don-t-tell-me-how-educated-you-are-tell-me-how](http://www.goodreads.com/quotes/659080-don-t-tell-me-how-educated-you-are-tell-me-how).
- Goros, Erica M. *The Daisy Chain*. Seattle: CreateSpace Independent Publishing, 2011.
- Graham, Lauren. *Someday, Someday, Maybe: A Novel*. New York: Ballantine, 2014.
- Gray, Linda. *The Road to Happiness Is Always under Construction*. Regan Arts, 2015.
- Green, John. *An Abundance of Katherines*. New York: Dutton, 2006.
- Guare, John. *Landscape of the Body*. New York: Dramatists Play Service, 1998.
- Gutman, Bill. *Magic: More than a Legend: A Biography*. New York: Harper Paperbacks, 1992.
- Hamilton, Alexander. *The Farmer Refuted*. 1774.
- Hamilton-Ford, Jean. *PlayCreate.Succeed*. Seattle: CreateSpace Independent Publishing, 2014.
- Hannah, Kristin. *Firefly Lane: A Novel*. New York: St. Martin's Press, 2008.
- Harris, Joanne. *Chocolat*. London: Doubleday, 1999.
- Hawking, Stephen. *A Brief History of Time*. Updated and Expanded Tenth Anniversary ed. New York: Bantam, 1998.
- Hazlitt, William. *Selected Essays of William Hazlitt, 1778-1830*. Ed. Geoffrey Keyens. London: Nonesuch, 1930.

## REFERENCES

- Heaney, Seamus. *Beowulf: A New Verse Translation*. New York: W. W. Norton, 2001.
- Heath, Chip, and Dan Heath. *Made to Stick: Why Some Ideas Survive and Others Die*. New York: Random House, 2007.
- Henson, Jim, and The Muppets and Friends. *It's Not Easy Being Green: And Other Things to Consider*. New York: Hyperion, 2005.
- Hesse, Hermann. *Siddhartha*. 1922.
- Hill, Napoleon. *Think and Grow Rich*. Ralston Society, 1937.
- Hillerman, Tony. *Coyote Waits*. New York: Harper, 2009.
- Hitchens, Christopher. *Hitch-22: A Memoir*. New York: Twelve, 2010.
- Hoffman, Alice. *Practical Magic*. New York: Berkley Group, 2003.
- Hofstede, David. *Audrey Hepburn: A Bio-bibliography*. Westport, CT: Greenwood, 1994.
- Homer. *Odyssey*. Trans. Stanley Lombardo. Indianapolis: Hackett, 2000.
- Hooks, Bell, and Cornel West. *Breaking Bread: Insurgent Black Intellectual Life*. Boston: South End, 1991.
- Horace. Goodreads. Accessed October 18, 2015. [www.goodreads.com/quotes/980768-rule-your-mind-or-it-will-rule-you](http://www.goodreads.com/quotes/980768-rule-your-mind-or-it-will-rule-you).
- Horney, Karen. *Neurosis and Human Growth: The Struggle toward Self-realization*. New York: W. W. Norton, 1991.
- Horst, Michelle. *Vaalbara Visions and Shadows*. Seattle: CreateSpace Independent Publishing, 2014.
- Hubbard, Elbert. BrainyQuotes.com. Accessed November 4, 2015. [www.brainyquote.com/quotes/authors/e/elbert\\_hubbard.html](http://www.brainyquote.com/quotes/authors/e/elbert_hubbard.html).
- Hubbard, Kirsten. *Wanderlove*. Ember, 2013.
- Hugo, Victor. Great Books Week. Accessed October 18, 2015. [greatbooks.naiwe.com/tag/les-miserables](http://greatbooks.naiwe.com/tag/les-miserables).
- Hurston, Zora Neale. *Their Eyes Were Watching God*. New York: Perennial Library, 1990.

## REFERENCES

- Irving, Washington. *The Legend of Sleepy Hollow and Other Stories from the Sketch Book*. New York: Signet Classics, 2006.
- Isaacs, Susan E. *Angry Conversations with God: A Snarky but Authentic Spiritual Memoir*. New York: Faith Words, 2011.
- Isaacson, Walter. *Steve Jobs*. New York: Simon & Schuster, 2011.
- Jacques, Brian. *The Taggerung: A Tale of Redwall*. Illus. Peter Standley. London: Hutchinson, 2001.
- James, Henry. Personal Excellence. Accessed October 18, 2015. [personalexcellence.co/quotes/2391](http://personalexcellence.co/quotes/2391).
- Jane, Sandhya. *A Second Spring . . . Brings New Hope*. SJ-P, 2014.
- Jaye, Lola. *By the Time You Read This*. New York: Avon, 2009.
- Jean, Wyclef. "100 Greatest Artists, #11, Bob Marley." *Rolling Stone*, December, 2 2010.
- Jefferson, Thomas. "Thomas Jefferson Quotes." RevWarTalk. Accessed October 18, 2015. [www.revwartalk.com/Quotes-Thomas-Jefferson/when-angry-count-to-ten-before-you-speak-if-very-angry-count-to-one-hundred.html](http://www.revwartalk.com/Quotes-Thomas-Jefferson/when-angry-count-to-ten-before-you-speak-if-very-angry-count-to-one-hundred.html).
- Johnson, George Clayton. "Nothing in the Dark." *The Twilight Zone*. CBS. January 5, 1962.
- Johnson, Mat. *Loving Day: A Novel*. New York: Spiegel & Grau, 2015.
- Johnson, Samuel. *The Rambler*. 1751.
- Joyce, James. *Ulysses*. Paris: Sylvia Beach, 1922.
- Kahlo, Frida. *The Diary of Frida Kahlo: An Intimate Self-Portrait*. New York: Abrams, 2005.
- Kalidasa. "Look To This Day by Kalidasa." All Poetry. Accessed October 18, 2015. [allpoetry.com/Look-To-This-Day](http://allpoetry.com/Look-To-This-Day).
- Karr, Alphonse. *A Tour Round My Garden*. London: G. Routledge, 1855.
- Kassem, Suzy. *Rise up and Salute the Sun: The Writings of Suzy Kassem*. Awakened, 2011.

## REFERENCES

- Keller, Helen. "Keep Your Face to the Sun and You Will Never See the Shadows." Bubblews. Accessed October 18, 2015. [www.bubblews.com/posts/keep-your-face-to-the-sun-and-you-will-never-see-the-shadows](http://www.bubblews.com/posts/keep-your-face-to-the-sun-and-you-will-never-see-the-shadows).
- Keller, Timothy J. *Generous Justice: How God's Grace Makes Us Just*. New York: Riverhead, 2012.
- Kenyon, Sherrilyn. *Invincible: The Chronicles of Nick*. New York: St. Martin's Griffin, 2011.
- Kepnes, Caroline. *You: A Novel*. New York: Atria, 2015.
- Kerouac, Jack. *The Dharma Bums*. New York: Penguin, 1990.
- Kerry, John. Heavy. Accessed October 18, 2015. [heavy.com/news/2015/09/9-11-quotes-september-11th-remembering-sayings-george-bush-victims-from-firefighters/](http://heavy.com/news/2015/09/9-11-quotes-september-11th-remembering-sayings-george-bush-victims-from-firefighters/).
- King, Martin Luther. *A Testament of Hope: The Essential Writings of Martin Luther King, Jr.* Ed. James Melvin Washington. San Francisco: Harper & Row, 1986.
- King, Stephen. *On Writing: A Memoir of the Craft*. New York: Scribner, 2000.
- Kingsolver, Barbara. *The Bean Trees: A Novel*. New York: Harper & Row, 1988.
- Klam, Julie. *Friendkeeping: A Field Guide to the People You Love, Hate, and Can't Live without*. New York: Riverhead, 2012.
- Koontz, Dean R. *Brother Odd*. New York: Bantam, 2006.
- Kornfield, Jack. *Bringing Home the Dharma: Awakening Right Where You Are*. Berkeley, CA: Shambhala Publications, 2011.
- Krakauer, Jon. *Into the Wild*. New York: Villard, 1996.
- Krause, Peter. Living Life Fully. Accessed October 18, 2015. [www.livinglifefully.com/parents.htm](http://www.livinglifefully.com/parents.htm).
- Lane, Jennifer. *Streamline*. Dallas: Omnific Publishing, 2010.
- Latifah, Queen. *Put on Your Crown: Life-Changing Moments on the Path to Queendom*. New York: Grand Central Publishing, 2010.
- Lebowitz, Fran. *The Fran Lebowitz Reader*. New York: Vintage, 1994.

## REFERENCES

- Le Carré, John. *Tinker, Tailor, Soldier, Spy*. New York: Knopf, 1974.
- Leibovitz, Annie. *Annie Leibovitz at Work*. New York: Random House, 2008.
- Lee, Harper. *To Kill a Mockingbird*. New York: HarperCollins, 1960.
- Lee, Victor Robert. *Performance Anomalies*. Perimeter Six, 2012.
- L'Engle, Madeleine. *A Wrinkle in Time*. New York: Farrar, Straus, and Giroux, 1962.
- Lennox, Stephanie. *I Don't Remember You*. Seattle: CreateSpace Independent Publishing, 2010.
- Levitt, Zola. *The Miracle of Passover*. Levitt, 1977.
- Lichtenberg, Georg Christoph. "Social Justice & Civic Engagement." Hart House. Accessed October 18, 2015. [harthouse.ca/learn-discover/social-justice-civic-engagement/](http://harthouse.ca/learn-discover/social-justice-civic-engagement/).
- Lincoln, Abraham. Letter to Isham Reavis. November 5, 1855.
- Lipinski, Daniel. "Congressman Dan Lipinski: Floor Statements: In Honor of Veterans Day." Congressman Daniel Lipinski. Accessed October 18, 2015. [www.lipinski.house.gov/floor-statements/in-honor-of-veterans-day/](http://www.lipinski.house.gov/floor-statements/in-honor-of-veterans-day/).
- Lodder, Steve, and Stevie Wonder. *Stevie Wonder: A Musical Guide to the Classic Albums*. San Francisco: Backbeat, 2005.
- Lombardi, Vince. BrainyQuotes.com, accessed November 4, 2015. [www.brainyquote.com/quotes/quotes/v/vincelomba385070.html#v0pX2ZFXfD0puKWB.99](http://www.brainyquote.com/quotes/quotes/v/vincelomba385070.html#v0pX2ZFXfD0puKWB.99).
- London, Jack. Lifehack. Accessed October 18, 2015. [www.lifehack.org/articles/featured/find-your-inspiration-jack-londons-way.html](http://www.lifehack.org/articles/featured/find-your-inspiration-jack-londons-way.html).
- Lore, Pittacus. *The Power of Six*. New York: Harper, 2011.
- Lubbock, John. *The Pleasures of Life*. London: Macmillan, 1887.
- Luther, Martin. Beggars All: Reformation And Apologetics. Accessed October 18, 2015. [beggarsallreformation.blogspot.com/2011/05/luther-plant-tree-at-end-of-world.html](http://beggarsallreformation.blogspot.com/2011/05/luther-plant-tree-at-end-of-world.html).

## REFERENCES

- Malhotra, Maddy. *How to Build Self-Esteem and Be Confident Overcome Fears, Break Habits, Be Successful and Happy*. Seattle: CreateSpace Independent Publishing, 2013.
- Mam, Somaly. *The Road of Lost Innocence: The True Story of a Cambodian Heroine*. New York: Spiegel & Grau, 2008.
- Mandela, Nelson. *Long Walk to Freedom*. Randburg, South Africa: Macdonald Purnell, 1994.
- Mankiller, Wilma, and Michael Wallis. *Mankiller: A Chief and Her People*. New York: St. Martin's Griffin, 2000.
- Mann, Thomas. *Death in Venice*. S. Fischer Verlag, 1912.
- Many Adventures of Winnie the Pooh, The*. Dir. Wolfgang Reitherman & John Lounsbery. Perf. Sterling Holloway, John Fiedler, Paul Winchell. Walt Disney Productions, 1977.
- Maraboli, Steve. *Unapologetically You: Reflections on Life and the Human Experience*. Port Washington, NY: Better Today, 2013.
- Marcus Aurelius. Path Less Trodden. Accessed October 18, 2015. [www.pathlesstrodden.com/2012/07/24/life-changing-quotes-never-let-the-future-disturb-you/](http://www.pathlesstrodden.com/2012/07/24/life-changing-quotes-never-let-the-future-disturb-you/).
- Márquez, Gabriel García. *One Hundred Years of Solitude*. New York: Harper & Row, 1970.
- Martel, Yann. *Life of Pi*. Toronto: Knopf Canada, 2001.
- Marx, Groucho. "A Quote by Groucho Marx." Goodreads. Accessed October 18, 2015. [www.goodreads.com/quotes/136001-if-you-re-not-having-fun-you-re-doing-something-wrong](http://www.goodreads.com/quotes/136001-if-you-re-not-having-fun-you-re-doing-something-wrong).
- McCarthy, Cormac. *The Road*. New York: Vintage, 2006.
- McCourt, Frank. *Angela's Ashes: A Memoir*. New York: Scribner, 1996.
- McGill, Bryant, and Jenni Young. *Simple Reminders: Inspiration for Living Your Best Life*. SRN Publishing, 2015.
- Michelangelo. ODesk. Accessed October 18, 2015. [odesk.tumblr.com/post/92824933183/the-greatest-risk-to-man-is-not-that-he-aims-too](http://odesk.tumblr.com/post/92824933183/the-greatest-risk-to-man-is-not-that-he-aims-too).

## REFERENCES

- Milne, A. A. *Winnie-the-Pooh*. London: Methuen & Co. Ltd., 1926.
- Mitchell, David. *Cloud Atlas: A Novel*. New York: Random House, 2004.
- Montgomery, Lucy Maud. *Anne of the Island*. L.C. Page & Co., 1915.
- Moore, Christine Magnus. *Both Sides of the Bedside: From Oncology Nurse to Patient, an RN's Journey with Cancer*. Gray Matter Imprints, 2015.
- Morrison, Toni. *Beloved*. New York: Knopf, 1987.
- Morritt, Alex. *Impromptu Scribe*. Paxanax Press, 2014.
- Morton, Kate. *The House at Riverton*. New York: Atria, 2008.
- Mr. Magorium's Wonder Emporium*. Dir. Zach Helm. Mandate Pictures, 2007.
- Muir, John. *Our National Parks*. Boston: Houghton, Mifflin, 1901.
- Murakami, Haruki. *What I Talk about When I Talk about Running*. London: Vintage, 2009.
- Nelson, Willie. *It's a Long Story: My Life*. Boston: Little, Brown, 2015.
- Nicholls, David. *One Day*. London: Hodder & Stoughton, 2009.
- Ockler, Sarah. *Bittersweet*. New York: Simon Pulse, 2012.
- Oliver, Lauren. *Hana*. New York: HarperCollins, 2012.
- Oppel, Kenneth. *Skybreaker*. New York: Eos, 2006.
- Ortner, Jessica. *The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More*. Hay House, 2014.
- Ovid. PositiveSayings.net. Accessed October 18, 2015. [positivesayings.net/happy-is-the-man-who-has-broken-the-chains-which-hurt-the-mind-and-has-given-up-worrying-once-and-for-all-be-patient-and-tough-one-day-this-pain-will-be-useful-to-you](http://positivesayings.net/happy-is-the-man-who-has-broken-the-chains-which-hurt-the-mind-and-has-given-up-worrying-once-and-for-all-be-patient-and-tough-one-day-this-pain-will-be-useful-to-you).
- Paolini, Christopher. *Eldest*. New York: Alfred A. Knopf, 2005.
- Parker, Elizabeth. *Paw Prints in the Sand*. Seattle: CreateSpace Independent Publishing, 2012.

## REFERENCES

- Parks, Gordon. "Spurts of Enthusiasm and Lack of Interest." Success-Consciousness: *Mental Tools for a Great Life*. SuccessConsciousness.com. Accessed October 18, 2015. [www.successconsciousness.com/spurts-enthusiasm.htm](http://www.successconsciousness.com/spurts-enthusiasm.htm).
- Pausch, Randy with Jeffrey Zaslow. *The Last Lecture*. New York: Hyperion, 2008.
- Payne, Thomas. *Rights of Man*. London: J. S. Jordan, 1791.
- Peale, Norman Vincent. *Three Complete Books: The Power of Positive Thinking; The Positive Principle Today; Enthusiasm Makes the Difference*. New York: Wings, 1992.
- Pearce, Dan. *Single Dad Laughing: The Best of Year One*. Seattle: CreateSpace Independent Publishing, 2011.
- Pessoa, Fernando. "Poems Inconjunctos." *Athena*. June 20, 1919.
- Picasso, Pablo. *Pablo Picasso: Metamorphoses of the Human Form: Graphic Works, 1895-1972*. Ed. Roland Doschka. Munich: Prestel, 2000.
- Poe, Edgar Allan. Edgar Allan Poe Society of Baltimore. Accessed October 18, 2015. [www.eapoe.org/works/tales/mesmerd.htm](http://www.eapoe.org/works/tales/mesmerd.htm).
- Poehler, Amy. *Yes Please*. Dey Street, 2014.
- Pope, Alexander. *An Essay on Criticism*. 1711.
- Potter, Beatrix. "Old-Fashioned Charm: Happy Birthday to Beatrix Potter." Old-Fashioned Charm. Accessed October 18, 2015. [old-fashionedcharm.blogspot.com/2011/07/happy-birthday-to-beatrix-potter.html](http://old-fashionedcharm.blogspot.com/2011/07/happy-birthday-to-beatrix-potter.html).
- Putnam, George Palmer. *Soaring Wings: A Biography of Amelia Earhart*. Harcourt, Brace and Company, New York, 1939.
- Pratchett, Terry, and Stephen Baxter. *The Long War*. New York: Harper, 2013.
- Quesada, Donna. *Buddha in the Classroom*. New York: Skyhorse Publishing, 2011.
- Rashi. "A Serious Man,' At Sea In A Tragically Absurd World." NPR. Accessed October 18, 2015. [www.npr.org/templates/story/story.php?storyId=113429323](http://www.npr.org/templates/story/story.php?storyId=113429323).
- Ray, Amit. *World Peace: The Voice of a Mountain Bird*. Rishikesh: Inner Light, 2014.



## REFERENCES

- Ray, Banani, and Amit Ray. *Awakening Inner Guru*. Inner Light Publishers, 2010.
- Redfield, James. *The Celestine Prophecy*. New York: Warner, 1993.
- Reeve, Christopher. *Nothing Is Impossible: Reflections on a New Life*. New York: Ballantine, 2004.
- Renham, Lynda. *Coconuts and Wonderbras: A Romantic Comedy Adventure*. Combe: Raucous, 2012.
- Rhimes, Shonda. Commencement Address. Dartmouth College Commencement. Dartmouth College, Hanover, NH, June 8, 2014.
- Robbins, Anthony. *Get the Edge - A 7 Day Program to Transform Your Life*. Robbins Research, 2001.
- Rogers, Alex. *I'm Only Human After All*. Alex Rogers, 2013.
- Rogers, Fred. *The World According to Mister Rogers: Important Things to Remember*. New York: Hachette Books, 2003.
- Roosevelt, Eleanor. *You Learn by Living: Eleven Keys for a More Fulfilling Life*. New York: Harper Perennial, 2011.
- Roosevelt, Franklin D. "Remarks to the Daughters of the American Revolution." Washington, D.C. April 21, 1938. Lecture.
- Roosevelt, Theodore. "9 Inspiring Quotes to Lift Your Spirits . . ." Allwomenstalk. Accessed October 18, 2015. [lifestyle.allwomenstalk.com/inspiring-quotes-to-lift-your-spirits/2/](http://lifestyle.allwomenstalk.com/inspiring-quotes-to-lift-your-spirits/2/).
- Rose, Jack R. *The Cedar Post*. Heber City, UT: American Dream Makers, 2000.
- Rostand, Edmond. *Cyrano De Bergerac: A Heroic Comedy in Five Acts*. Trans. Christopher Fry. Oxford: Oxford University Press, 1998.
- Roth, Veronica. *Allegiant*. New York: Katherine Tegen Books, 2013.
- Rothfuss, Patrick. *The Wise Man's Fear*. New York: DAW, 2011.
- Rowling, J. K. *Harry Potter and the Goblet of Fire*. London: Bloomsbury, 2000.
- Ruth, Babe. Babe Ruth. Accessed October 18, 2015. [www.baberuth.com/quotes/](http://www.baberuth.com/quotes/).
- Saadi. Traveller Soul. Accessed October 18, 2015. [travellersoul76.com/2014/01/03/52-of-the-most-inspiring-and-memorable-travel-quotes/](http://travellersoul76.com/2014/01/03/52-of-the-most-inspiring-and-memorable-travel-quotes/).

## REFERENCES

- Saint-Exupéry, Antoine de. *The Little Prince*. New York: Harcourt, Brace & World, 1943.
- Sandberg, Sheryl. *Lean In: Women, Work, and the Will to Lead*. New York: Knopf, 2013.
- Sanderson, Brandon. *The Rithmatist*. Illus. Ben McSweeney. New York: Tor Teen, 2013.
- Saramago, Jose. *Blindness*. London: Harvill, 1997.
- Scott, Elizabeth. *Perfect You*. New York: Simon Pulse, 2008.
- Shakespeare, William. *Romeo and Juliet*. London: John Danter, 1597.
- Sharma, Nihar. *Hijacked!* Nihar Sharma, 2014.
- Shayne, Ann. *Bowling Avenue*. Nashville: Chenille, 2012.
- Shelley, Mary Wollstonecraft. *Frankenstein; or, The Modern Prometheus*. London: Lackington, 1818.
- Shelley, Percy Bysshe. "A Defence of Poetry." *Essays, Letters from Abroad, Translations and Fragments*. London: Edward Moxon, 1840.
- Singer, Isaac Bashevis. *The Power of Light: Eight Stories for Hanukkah*. Illus: Irene Lieblich. New York: Farrar, Straus, and Giroux, 1990.
- Sitting Bull. Sitting Bull: Famous Native American Indian Chief. Accessed October 18, 2015. [www.warpaths2peacepipes.com/famous-native-americans/sitting-bull.htm](http://www.warpaths2peacepipes.com/famous-native-americans/sitting-bull.htm).
- Skloot, Rebecca. *The Immortal Life of Henrietta Lacks*. New York: Crown, 2010.
- Smith, Barbara, ed. *Home Girls: A Black Feminist Anthology*. New Brunswick, NJ: Rutgers University Press, 2000.
- Smith, Jennifer E. *Hello, Goodbye, and Everything in between*. Poppy, 2015.
- Smith, Zadie. *White Teeth*. London: Hamish Hamilton, 2000.
- Sobon, Nicole. *Program 13*. Seattle: CreateSpace Independent Publishing, 2012.
- Soup, Cuthbert. *A Whole Nother Story*. New York: Bloomsbury, 2010.

## REFERENCES

- Socrates. "The World's a Puzzle; No Need to Make Sense out of It." *Board of Wisdom*. BoardofWisdom.com. Accessed October 18, 2015. boardofwisdom.com/togo/Quotes/ShowQuote?msgid=589548#ViP-U9KrSUK.
- Spinelli, Jerry. *Stargirl*. New York: Scholastic, 2002.
- Star Wars, Episode IV: A New Hope*. Dir. George Lucas. Perf. Mark Hamill, Harrison Ford, Carrie Fisher, Peter Cushing and Alec Guinness. 20th Century Fox, 1977.
- Stegner, Wallace. *Angle of Repose*. New York: Penguin, 1992.
- Stein, Garth. *The Art of Racing in the Rain: A Novel*. New York: Harper, 2008.
- Steinbeck, John. *Travels with Charley: In Search of America*. New York: Penguin, 1986.
- Stephens, S. C. *Reckless*. Gallery, 2013.
- Stern, Jessica. *Denial: A Memoir*. New York: Ecco, 2011.
- Stern, Josh. *And That's Why I'm Single: What Good Is Having a Lucky Horseshoe up Your Butt When The Horse Is Still Attached?* BookBaby, 2009.
- Stevenson, Robert Louis. *Balanced Soul*. Accessed October 18, 2015. ejimak.wordpress.com/2012/04/28/dont-judge-each-day-by-the-harvest-you-reap-but-by-the-seeds-you-plant-robert-louis-stevenson/.
- Stocker, Todd. *Refined: Turning Pain into Purpose*. Seattle: CreateSpace Independent Publishing, 2012.
- Stoker, Bram. *Dracula*. London: Archibald Constable and Company, 1897.
- Stovel, DeeDee. *Picnic: 125 Recipes with 29 Seasonal Menus*. North Adams, ME: Storey, 2001.
- Sugg, Chad. *Waking Up In Black and White*. lulu.com, February 2015.
- Swift, Graham. *Tomorrow*. London: Picador, 2007.
- Swindoll, Charles R. Thinkexist.com Charles R. Swindoll Quotes. Accessed November 4, 2015. [http://thinkexist.com/quotes/charles\\_r\\_swindoll](http://thinkexist.com/quotes/charles_r_swindoll).
- Tagore, Rabindranath. *Stray Birds*. New York: The Macmillan Company, 1916.

## REFERENCES

- Takamori, Kentetsu. *Something You Forgot . . . along the Way: Stories of Wisdom and Learning*. Los Angeles: Ichimannendo Publishing, 2009.
- Tallentyre, S. G. *The Friends of Voltaire*. London: Smith, Elder, & Co., 1906.
- Tan, Amy. *The Hundred Secret Senses*. New York: G.P. Putnam's Sons, 1995.
- Tchaikovsky, Pyotr Ilyich. CreatingMinds. Accessed October 18, 2015. [creatingminds.org/quotes/inspiration.htm](http://creatingminds.org/quotes/inspiration.htm).
- Tennyson, Alfred Lord. *The Foresters: Robin Hood and Maid Marian*. Kessinger Publishing, 2007.
- Thoreau, Henry David. "Today's Quotes: Any Fool Can Make a Rule, and Any Fool Will Mind It." Daily Love with Mastin Kipp. Accessed October 18, 2015. [thedailylove.com/todays-quotes-any-fool-can-make-a-rule-and-any-fool-will-mind-it/](http://thedailylove.com/todays-quotes-any-fool-can-make-a-rule-and-any-fool-will-mind-it/).
- Tolkien, J. R. R. *The Fellowship of the Ring*. New South Wales, Australia: Allen & Unwin, 1954.
- Tolstoy, Leo. *War and Peace*. Moscow: The Russian Messenger. 1869.
- Torres, Dara, and Elizabeth Weil. *Age Is Just a Number: Achieve Your Dreams at Any Stage in Your Life*. New York: Broadway, 2010.
- Tsukiyama, Gail. *The Street of a Thousand Blossoms*. New York: St. Martin's Griffin, 2008.
- Tutu, Desmond. Address at His Enthronement as Anglican Archbishop of Cape Town. Cape Town, South Africa, September 7, 1986.
- Tyson, Timothy B. *Blood Done Sign My Name*. New York: Crown, 2004.
- Ulrich, Laurel Thatcher. *Well-behaved Women Seldom Make History*. New York: Vintage, 2008.
- Vance, Ashlee. *Elon Musk: Tesla, SpaceX, and the Quest for a Fantastic Future*. New York: Ecco, 2015.
- Van Gogh, Vincent, Arnold Pomerans, and Ronald de Leeuw. *The Letters of Vincent Van Gogh*. London: Penguin, 1997.
- Verghese, A. *Cutting for Stone*. New York: Vintage, 2010.

## REFERENCES

- Viorst, Judith. *Love & Guilt & the Meaning of Life, Etc.* New York: Simon & Schuster, 1979.
- Virgil. *The Aeneid*. Trans. Robert Fitzgerald. Vintage Classics ed. New York: Vintage, 1990.
- Vizzini, Ned. *It's Kind of a Funny Story*. New York: Miramax/Hyperion for Children, 2006.
- Walker, Alice. *African American Quotes*. Accessed October 18, 2015. [www.africanamericanquotes.org/life.html](http://www.africanamericanquotes.org/life.html).
- Warhol, Andy. *The Philosophy of Andy Warhol: From A to B and Back Again*. New York: Harcourt Brace Jovanovich, 1975.
- Washington, George. *Simple Thing Called Life*. Accessed October 18, 2015. [www.simplethingcalledlife.com/2014/george-washington-quotes/](http://www.simplethingcalledlife.com/2014/george-washington-quotes/).
- Waugh, Evelyn. *Brideshead Revisited; the Sacred and Profane Memories of Captain Charles Ryder*. Boston: Little, Brown, 1945.
- Weinberg, Noah. AISH.com. Accessed November 4, 2015. [www.aish.com/ci/s/My\\_Top\\_10\\_Quotes.html](http://www.aish.com/ci/s/My_Top_10_Quotes.html).
- Whitman, Walt. *The Cult of Genius*. Accessed October 18, 2015. [thecultofgenius.tumblr.com/post/6044675406/i-have-learned-that-to-be-with-those-i-like-is](http://thecultofgenius.tumblr.com/post/6044675406/i-have-learned-that-to-be-with-those-i-like-is).
- Whittier, John Greenleaf. *DN Journal*. Accessed October 18, 2015. [www.dnjournal.com/archive/lowdown/2012/dailyposts/20121225.htm](http://www.dnjournal.com/archive/lowdown/2012/dailyposts/20121225.htm).
- Wilde, Oscar. "Be Yourself, Everyone Else Is Already Taken: Transform Your Life With The Power of Authenticity." *The Huffington Post*. Accessed October 18, 2015. [www.huffingtonpost.com/mike-robbins/be-yourself-everyone-else\\_b\\_185923.html](http://www.huffingtonpost.com/mike-robbins/be-yourself-everyone-else_b_185923.html).
- Wilder, Laura Ingalls, and Rose Wilder Lane. *Little House Sampler*. Ed. William T. Anderson. New York: Perennial Library, 1989.
- Winfrey, Oprah. *What I Know for Sure*. New York: Flatiron Books, 2014.
- Wollstonecraft, Mary. *A Vindication of the Rights of Woman: With Strictures on Political and Moral Subjects*. Boston: Thomas and Andrews, 1792.
- Wooden, Coach John. *Wooden*. New York: Contemporary, 1997.

## REFERENCES

- Woolf, Virginia. *A Room of One's Own*. New York: Harcourt Brace & Co., 1989.
- Yoshimoto, Banana. *Kitchen*. New York: Washington Square, 1993.
- Young, Suzanne. *A Need So Beautiful*. New York: Balzer Bray, 2012.
- Yousafzai, Malala. *I Am Malala: The Girl Who Stood up for Education and Was Shot by the Taliban*. Boston: Little, Brown, 2013.
- Yu, Lu. "Philosophies for Life." Nourishing Buttons. Accessed October 18, 2015. [nourishingbuttons.wordpress.com/2013/01/29/philosophies-for-life/](http://nourishingbuttons.wordpress.com/2013/01/29/philosophies-for-life/).
- Zusak, Markus. *I Am the Messenger*. New York: Alfred A. Knopf, 2006.

# ABOUT THE FOREWORD AUTHOR

---

**MIKE ROBBINS** is the author of three books, *Focus on the Good Stuff, Be Yourself; Everyone Else Is Already Taken*, and *Nothing Changes Until You Do*. He delivers keynotes and seminars around the world for clients such as Google, Gap, Microsoft, Schwab, eBay, and many others. He and his work have been featured in *O Magazine*, the *Wall Street Journal*, and the *Huffington Post*. His books have been translated into 12 different languages. For more about him and his work, visit [www.mike-robbins.com](http://www.mike-robbins.com).

