Feelings & Emotions

**I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. *(Maya Angelou)***

**Anger and anxiety seem to play an important role in allowing the common herpes-simplex virus to overpower the embattled immune system and produce the ubiquitous canker sore. *(Laurence Cherry, in Reader’s Digest)***

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**Most animals – even birds – make three basic sounds to express emotion: growl, bark and whine. So say researchers. The instinct, they say, is to signal aggression, get attention or show submissiveness. *(L. M. Boyd)***

**Animals are capable of laughing and experiencing emotions, according to research by neuroscientist Jaak Panksepp of Bowling Green State University in Ohio. He says his team discovered that dogs, chimpanzees and rats all displayed forms of laughter and joy during play -- behavior earlier thought to be reserved for humans. Panksepp says that while adult rodents appear to not have a sense of humor, “young rats have a marvelous sense of fun.” He hopes his discovery will lead to more understanding of the evolution of human emotions and brain chemistry, as well as emotional problems such as autism and attention-deficit hyperactivity disorders. *(Steve Newman, in Daily Camera)***

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**Psychiatrist says to patient: “You’re allowed one small carry-on, but each additional piece of emotional baggage is an extra $10.” *(Glasbergen cartoon, in The Saturday Evening Post)***

**Sentimentality, the ostentatious parading of excessive and spurious emotion, is the mark of dishonesty. *(James Baldwin)***

**Better to be without logic than without feeling. *(Charlotte Bronte)***

Texas growers are now trying to develop an odorless cabbage after having come up with an onion that won’t make you cry when you peel it. *(L. M. Boyd)*

You can't not have feelings about country clubs, whichever side you're on. *(Harold Ramis, writer/director)*

For both the individual and the nation, what should be most dreaded is not the loss of power but the loss of feeling. *(Norman Cousins, in Saturday Review)*

**Unfortunately, it’s usually much easier to do something about feeling cold or hungry than about feeling sad. *(Ashleigh Brilliant, in Pot-Shots)***

**Years of research and observation have revealed that elephants are capable of joy, anger, grief, and love. In fact, the emotional attachment elephants form toward family members rivals our own. *(The Daily Chronicle)***

**If Facebook has its way, we'll all soon be speaking emoji. For years, users of the world's biggest social network have been begging for more ways to express themselves beyond the Like button. After all, when a friend complains about a rough day at work or shares a moving tribute to a newly deceased grandmother, are you supposed to respond with ... a thumbs up? So last week, Facebook unveiled five new "reactions" -- a heart and four face symbols --- allowing users to convey love, laughter, sadness, astonishment, and anger. Facebook says it hopes the emojis will help users communicate more effectively. In reality, it's advertisers who are over the moon, since they'll now have access to nuanced data on what 1.6 billion people find funny or infuriating. On Facebook, we're the product, and the product just got an upgrade. *(Carolyn O'Hara, in The Week magazine)***

**Feelings are everywhere – be gentle. *(J. Masai)***

**The fact that emotions and thoughts can produce profound changes in the body’s chemistry was known long before the lie detector was invented. The Orientals, before the time of Confucius, knew that fear shuts off the secretion or flow of saliva in most people. Lying, especially where there is much at stake and where the penalty of discovery means loss of money, respect, love, or freedom, breeds fear or similar emotions that act in the same way. That explains why the Orientals would give a suspected liar a handful of rice to chew. If he could spit it out, they declared him honest. But if he could not summon up enough saliva for this, they judged him afraid of discovery and therefore guilty. *(Bits & Pieces)***

**Each of us really understands in others only those feelings he is capable of producing himself. *(Andre Gide)***

**Did you ever get the feeling that the world was a tuxedo and you were a pair of brown shoes? *(George Gobel)***

**Sometimes good intentions and feelings are of greater moment than the awkwardness of their expression. *(Jonathan Yardley, in Washington Post)***

The hardest thing to disguise is your feelings when you put a lot of relatives on the train for home. *(Kin Hubbard)*

I was at the customer-service desk, returning a pair of jeans that was too tight. "Was anything wrong with them?" the clerk asked. "Yes," I said. "They hurt my feelings." *(A. P., via e-mail, in Reader's Digest)*

Of course machines have feelings. Otherwise, when the washer stops working, why would the furnace break down? *(Changing Times, The Kiplinger Magazine)*

**Negative emotions seem to play at least some role in lowering a crucial threshold – and then the trouble starts. *(Dr. Marvin Stein)***

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**You may forget with whom you laughed, but you will never forget with whom you wept. *(Arab proverb)***

**I’ll never know how it feels to feel anything, except what I feel. *(Ashleigh Brilliant, in Pot Shots)***

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**Let everything happen to you: beauty and terror. Just keep going. No feeling is final. *(Rainer Maria Rilke, poet)***

**When you walk through the world feeling you are "more than" rather than "less than," more will come to you. Confidence is contagious; it will bring more into your life. *(Suze Orman, host of QVC's Financial Freedom hour)***

**All our reasoning ends in surrender to feeling. *(Blaise Pascal)***

**If negative emotions can help cause a breakdown in the body’s internal defenses, can positive emotions – love, hope, faith or the will to live – strengthen them? The answer was of crucial importance to former Saturday Review editor Norman Cousins, who in 1964 was hospitalized with a rare, crippling, incurable disease. Aware of the powerful effects of negative emotions on body chemistry, Cousins wondered if positive emotions might be therapeutic. He borrowed a projector, old Marx Brothers movies and humorous books, and “made the joyous discovery that ten minutes of genuine belly laughter would give me at least two hours of pain-free sleep.” With systematic use of laughter as one element in a regimen he devised in partnership with his doctor, he began – astonishingly – to improve. Seventeen years later, he is active and almost pain-free. *(Laurence Cherry, in Reader’s Digest)***

**A prosthetic arm that can "feel": The quest to meld man and machine is closer to reality, after scientists in Sweden demonstrated last week the first prosthetic arm that is entirely controlled by the user's mind. Researchers at Chalmers University of Technology in Sweden fitted a 42-year-old amputee with the experimental device last year, attaching the prosthetic to his intact upper arm bone and using neuro-muscular electrodes to connect his nerves and muscles directly to the machine's control system. The patient, known only as Magnus, controls the arm and hand with his thoughts and can actually feel them touch things. The technique proved so successful that Magnus was able to return to his physically demanding job as a truck driver; he can also perform delicate tasks like tying the laces of his children's shoes. "Going beyond the lab to allow the patient to face real-world challenges is the main contribution of this work," the study's lead author, Max Ortiz Catalan, tells The Independent (U.K.). Developers expect the new limb to be commercially available within a few years. *(The Week magazine, October 31, 2014)***

**You cannot protect yourself from sadness without protecting yourself from happiness. *(Jonathan Safran Foer)***

Although Albert Schweitzer advocated the supremacy of mind over emotions, he was not caught in a web of dry intellectualism. In his case, knowledge had been transmuted into wisdom and he opposed any non-ethical form of science which limited itself to defining only the outer realms of physical matter. When he spoke of thinking he very definitely included intuition and the will as part of that process. *(Peter Liefhebber, in Reader's Digest)*

**Your life is supposed to feel good to you. *(Abraham-Hicks)***

Music is the shorthand of emotion. *(Leo Tolstoy)*

We all do no end of feeling, and we mistake it for thinking. *(Mark Twain)*

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