**Self-Love**

**Love your neighbor as yourself.  *(St. Matthew 22:39)***

**He who is in love with himself has at least this advantage – he won’t have many rivals. *(Georg Christoph Lichtenberg, scientist)***

**You don't love yourself enough. Or you'd love your nature too, and what it demands of you. *(Marcus Aurelius)***

**Love yourself first and everything else falls into line. You really have to love yourself to get anything done in the world. *(Lucille Ball)***

**I don’t think I could be my own boss. I’m not very good at self-promotion.! (*Tom Wilson, Ziggy comic strip)***

**The better we feel about ourselves, the fewer times we have to knock somebody else down to feel tall. *(Odetta)***

**Who cause more trouble in the world: people with too little self-esteem, or people with too much? *(Ashleigh Brilliant, in Pot-Shots)***

**I want my children to think they're special. I just don't want them to think they're better than anyone else. *(Kevin Costner)***

**Over the years I have learned that what is important in a dress is the woman who is wearing it. *(Yves Saint Laurent)***

**A man can become so accustomed to the thought of his own faults that he will begin to cherish them as charming little "personal characteristics." *(Helen Rowland, journalist)***

**A professor stood before his class of 20 senior organic biology students, about to hand out the final exam. “I want to say that it’s been a pleasure teaching you. I know you’ve all worked extremely hard and many of you are off to medical school. So that no one gets their GPA messed up because they might have celebrated too much this week, anyone who would like to opt out of the final exam today will receive a ‘B’ for the course.” There was much rejoicing among the class as students got up, passed by the professor to thank him and sign out on his offer. As the last taker left the room, the professor looked out over the handful of remaining students and asked, “Any one else? This is your last chance.” One more student rose up and took the offer. The professor closed the door and took attendance of the students remaining. “I’m glad to see you believe in yourself,” he said. “You all get A’s.” *(Rocky Mountain News)***

**Do you like your first name? If not, don’t admit it. Columbia University psychologists say people who like themselves usually like their first name, and people who don’t, don’t. *(L. M. Boyd)***

**He who falls in love with himself will have no rivals. *(Benjamin Franklin)***

**Happiness -- it's no coincidence that “I” is at the center of every happiness! (Tom Wilson, in Ziggy comic strip)**

**You have to be taught to be second class. You're not born that way. (Lena Horne)**

**Despite the high unemployment rate, 41 percent of new college graduates have turned down job offers. “Almost universally, they want to find a job that’s not just a job but an expression of their identity,” says Clark University professor Jeffrey Jensen Arnett, who has studied young job-seekers. *(The New York Times, as it appeared in The Week magazine, June 11, 2010)***

**The people who will kill themselves this year outnumber the people who will kill other people. *(L. M. Boyd)***

**Happy is the person who can laugh at himself. He will never cease to be amused. *(Habib Bourguiba)***

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**Some of the greatest love affairs I’ve known have involved one actor – unassisted. *(Wilson Mizner)***

**When members of the organization called Zero Population Growth celebrated Valentine's Day last year, they staged a “Love Carefully Day” party and held a raffle. First prize was a round-trip flight to London -- for one. (James Brady, in New York Post)**

**If we are to love our neighbor as ourself we have to find something to love in ourself! *(Fern M. Hook)***

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**Many are unhappy ‘cause they gotta live with the person they made of themselves. *(Los Angeles Times Syndicate)***

**Being in love with yourself means never having to say you've got a headache. *(Ellie Laine)***

**When narcissism works: Narcissists can be difficult to work with, since they’re self-absorbed and arrogant. Put a couple of them in a group, however, and you have a potential creative force, reports ScienceNOW.com. A team of psychologists from Stanford and Cornell universities divided volunteers into pairs and had one subject pitch a movie idea to the other. The most creative ideas, at least according to the listening subjects, turned out to be those pitched by people who ranked highest on a standard questionnaire for narcissism. That likely reflects the power of the narcissist’s charm, the researchers say. “Narcissists are just good in selling their ideas because they’re so confident and good at getting people to share their inflated views of themselves,” says study co-author Jack Goncalo. (When the same ideas were evaluated on paper only, they were deemed no more creative or compelling than the others.) When placed in teams, the narcissists produced more ideas for improving a real business – but only when a team contained exactly two narcissists. More than that and the competition among egos got in the way of a team’s productivity. *(The Week magazine, October 8, 2010)***

**I am a vital and necessary part of the mystery of the Universe. God created me for the sole purpose of making his plan work. Help me to accept my place, dear God, and help me to realize there are no lead singers and no minor roles. *(Malachy McCourt, in Harold Be Thy Name)***

**If you think nobody cares if you’re alive, try missing a couple of car payments. *(Earl Wilson, Field Newspaper Syndicate)***

**Until you value yourself, you won't value your time. Until you value your time, you won't do anything with it. *(M. Scott Peck, author)***

**You can be pleased with nothing when you are not pleased with yourself. *(Lady Mary Wortley Montagu, English aristocrat and poet)***

**All my life I’ve believed in myself. And I have never given up., *(Curtis Pride, who is deaf, after hitting a home run in his debut for the New York Yankees)***

**To be a champ you have to believe in yourself when nobody else will. *(Sugar Ray Robinson, on “Black Champions,” WNET/13)***

**Help save a very important life: take better care of yourself. *(Ashleigh Brilliant, in Pot-Shots)***

**Don’t limit investing to the financial world. Invest something in yourself, and you will be richly rewarded. *(Charles R. Schwab, in You’re Fifty – Now What?)***

**Self-love seems so often unrequited. *(Anthony Powell, novelist)***

**Some people have too little self-esteem, some too much – why can’t they get together and trade off? *(Ashleigh Brilliant, in Pot-Shots)***

**When Simpson needed an intervention: Jessica Simpson remembers when she hit rock bottom, said Liz McNeil in People. It was Halloween 2017, and she and her husband, former NFL tight end Eric Johnson, were driving their daughter to a school assembly. "It was 7:30 in the morning and I'd already had a drink," Simpson, 39, writes in her new memoir. Later that day, Johnson asked if she wanted to help her three kids put on their costumes, but Simpson says she was "zoned out" from booze and realized she wasn't up for it. "I was terrified of letting them see me in that shape," she says. She took an Ambien to fall asleep, then hid from her kids in the morning until they left and she could start drinking again. She summoned her friends for a self-imposed intervention. "I need to stop," she told them. She entered therapy, and "I started to go through all the depth of the pain that I was experiencing," much of which stemmed from being sexually abused as a child by a family friend. Simpson hasn't had a drink since. "There's no better gift I can give my kids," she says. "There's no better gift I can give my husband. More importantly, there's no better gift I can give myself." *(The Week magazine, February 7, 2020)***

**Most people do not like themselves at all. They distrust themselves, put on masks and pomposities. They quarrel and boast and pretend and are jealous because they do not like themselves . . . . If we could learn to like ourselves even a little, maybe our cruelties and angers might melt away. Maybe we would not have to hurt one another just to keep our ego chins above water. *(John Steinbeck)***

**Self-esteem isn't everything; it' s just that there's nothing without it. *(Gloria Steinem)***

**People striving for approval from others become phony. *(Ichiro Suzuki, baseball star)***

**A Taiwanese woman who was unable to find a husband married herself instead. Chen Wei-yih, 30, an office worker from Taipei, had photographs taken of herself in a wedding dress and married herself in a lavish ceremony before whisking herself off to a honeymoon in Australia. “My work and experience are in good shape,” said Chen, “but I haven’t found a partner, so what can I do? You must love yourself before you can love others.” (The Week magazine, December 24, 2010 – January 7, 2011)**

**I think people should have more photos of themselves as children around. There’s no way you can hate that version of yourself. *(Warsan Shire, poet)***

**A man cannot be comfortable without his own approval. *(Mark Twain, in What Is Man? and Other Essays)***

**I have great sympathy for the underdog, especially when the underdog is me. *(Ashleigh Brilliant, in Pot-Shots)***

 **Amidst the summer set who visit the beach, 40 percent of the women and 10 percent of the men go there to be watched. So say psychologists, who don’t say how they arrived at those percentages. *(L. M. Boyd)***

**Most weightlifters are afflicted with that common quirk now known as “low self-esteem.” So contends a sports doctor. *(L. M. Boyd)***

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**I don't like myself. I'm crazy about myself. *(Mae West)***

**I never loved another person the way I loved myself. *(Mae West)***

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**Some widowers elect never to marry again. Not because they think new wives might make them unhappy. Rather, they can’t believe they have anything left to offer matrimonial partners. It’s not the women the widowers doubt, but themselves. So says a marital counselor. *(L. M. Boyd)***

**Some people say I have attitude -- maybe I do. But I think you have to. You have to believe in yourself when no one else does -- that makes you a winner right there. *(Venus Williams, tennis star)***

**A human being’s first responsibility is to shake hands with himself. *(Henry Winkler, actor)***

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