**Self-Made Situations**

**So Jesus said to the centurion,**

**“Go, let it be done to you according to your beliefs."**

 **And his boy was healed in that very hour.**

 ***(St. Matthew 8:13)***

**Physician, heal yourself.
(St. Luke 4:23)**

**What you think about and talk about, comes about! *(Larry Winget, in Money Stuff, p. 88)***

**Accept and acknowledge your own brilliance. Stop waiting for others to tell you how great you are! Believe it for yourself and about yourself. *(Iyanla Vanzant)***

**We’re all self-made, but only the rich will admit it. *(Bits & Pieces)***

**All of us have to learn how to invent our lives, make them up, imagine them. If we don't, our lives get made up for us by other people. *(Ursula K. Le Guin)***

**American tourist visiting The Taj Mahal with his wife; the latter remarked to her husband: “Actually it's amazing what they were able to do before there was any such thing as foreign aid.” *(R. Groves)***

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**If you don't like something, change it. If you can't change it, change your attitude. Don't complain. *(Maya Angelou)***

**You may not control all the events that happen to you, but you can decide not to be reduced by them. *(Maya Angelou)***

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Anne Nichols' 1922 play, Abie's Irish Rose, was rejected by so many producers that the author decided to produce it herself. It had a run of 2,327 performances, a record that was not broken for several decades. *(Paul Stirling Hagerman, in It's A Weird World, p. 87)***

**A bad attitude can literally block love, blessings, and destiny from finding you. Don't be the reason you don't succeed. *(Anurag Prakash Ray)***

**You’ve got to tell the world how to treat you. If the world tells you how you are going to be treated, you are in trouble. *(James Baldwin)***

**When, at 16, I was vain because someone praised me, my father said: “They are only praising your youth. You can take no credit for beauty at 16. But if you are beautiful at 60 it will be your own soul's doing. Then you may be proud of it and be loved for it.” *(Marie Stopes, in Change of Life in Men and Women)***

**What we believe affects the way we live. Believe, for example, that a man is a good friend and you will treat him one way. Believe that he has become your enemy and, instantly, your treatment of him will become radically different. Yet all the time there may have been no change whatever in your friend. *(Bits & Pieces)***

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**Life is 10 percent what you make it, and 90 percent how you take it. *(Irving Berlin)***

**Irving Berlin, one of America's great songwriters, taught himself to play the piano by practicing in a saloon where he worked as a singing waiter. He could play only in one key, the key of F-sharp. *(Isaac Asimov's Book of Facts, p. 385)***

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**That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent. *(Chinese proverb)***

**No bird soars too high if he soars with his own wings. *(William Blake)***

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**After the writer Nicholas Meyer's literary agent told him that his book on Sherlock Holmes (The Seven Per-Cent Solution) was not saleable, the author asked for a release from the agent and sold the novel himself. It became a bestseller and Meyer later directed the movie version of the book. *(Ed Lucaire, in Celebrity Setbacks, p. 62)***

**I went to a bookstore and asked the saleswoman, “Where’s the self-help section?” She said if she told me, it would defeat the purpose.” *(Steven Wright)***

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**The heaviest part of my burden is me. *(Ashleigh Brilliant, in Pot-Shots)***

**A friend’s grandfather came to America from Europe and after being processed at Ellis Island, he went into a cafeteria in New York City to get something to eat. He sat down at an empty table and waited for someone to take his order. Of course, nobody ever did. Finally, a man with a tray full of food sat down opposite him and told him how things worked. “Start at that end,” he said, “and just go along and pick out what you want. At the other end they’ll all tell you how much you have to pay for it.” “I soon learned that’s how everything works in America,” Grandpa told our friend. “Life is a cafeteria here. You can get anything you want as long as you’re willing to pay the price. You can even get success. But you’ll never get it if you wait for someone to bring it to you. You have to get up and get it yourself.” *(Bits & Pieces)***

**Due to circumstances beyond my control, I am master of my fate and captain of my soul. *(Ashleigh Brilliant, in Pot-Shots)***

**My city friends are mostly consumers of culture, not creators, buying their way into an opera or museum just as they buy their groceries. Because the human net is spread so thin in the countryside, you realize you must help make and sustain it. Whatever happens on the back roads and in small towns -- carnivals and spelling fees, parades and horse races, bluegrass concerts, open-air theatricals -- happens because people you know, or you yourself, make it happen. It is do-it-yourself culture, homely to be sure, but heartfelt and sprung from local talent. *(Scott Russell Sanders, in The Paradise of Bombs)***

**Most cold symptoms you suffer are not directly caused by the virus but by the immune weapons your body uses to repel it. *(Lowell Ponte, in Reader’s Digest)***

**We cannot control the tragic things that happen to us, but we can control the way we face up to them. *(Bits & Pieces)***

**The highest possible stage in moral culture is when we recognize that we ought to control our thoughts. *(Charles Darwin)***

**I can't change the direction of the wind, but I can adjust my sails to always reach my destination. *(Jimmy Dean, on "Good Morning America," ABC)***

**A letter from a reader to "Dear Abby" posed the following question: "I wondered why somebody didn't do something. Then I realized I was somebody." *(Chicago Tribune-New York News Syndicate)***

**Despair is self-fulfilling. If we call something impossible, we act in such a way that we make it so. And I for one refuse to live that way. *(Lesley Hazleton, writer)***

**The difference between a cute little rascal and a potential juvenile delinquent is whether he is your child or somebody elses. *(Bits & Pieces)***

**Worst of the national bad-health problems is what one medico calls “self-induced disorders,” like smoking, drinking, drugging, over-eating, sugar-gorging, whatever. *(L. M. Boyd)***

**If you don't like something change it; if you can't change it, change the way you think about it. (Mary Engelbreit)**

**Remember no one can make you feel inferior without your consent. *(Amelia Earhart)***

**When Albert Einstein was in school, nobody was teaching geometry, algebra, analytical geometry, or integral and differential calculus. So Einstein taught himself. *(L. M. Boyd)***

**In 1954 Elvis Presley recorded a 10-minute demo at Sun Records in Memphis, TN. He paid $4 to record 2 songs for his mother: “My Happiness” and “That’s When Your Heartaches Begin.” *(Bob Barry, in Daily Celebrity Almanac, p. 14)***

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**Most of the shadows of this life were caused by standing in our own sunshine. *(Ralph Waldo Emerson, American essayist and poet)***

**A political victory, a rise of rents, the recovery of your sick or the return of your absent friend, or some other favorable event raises your spirits, and you think good days are preparing for you. Do not believe it. Nothing can bring you peace but yourself. Nothing can bring you peace but the triumph of principles. *(Ralph Waldo Emerson)***

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**Enemies are made, not born. *(Bits & Pieces)***

**Speak well of your enemies; remember you made them. *(Paul Lee Tan, in Encyclopedia of 7700 Illustrations)***

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**It isn't always others who enslave us. Sometimes we let circumstances enslave us; sometimes we let routine enslave us; sometimes we let things enslave us; sometimes, with weak wills, we enslave ourselves. *(Richard L. Evans)***

**Everything in life is how we respond to it. If you never lost a game, got to the championship every time, always won – you wouldn’t truly appreciate all that goes into it. *(Dabo Swinney, head coach of the Clemson Tigers football team)***

**It's a little bit the fiddle, but lots more who holds the bow. *(Wilburn Wilson)***

**It ain't what they call you, it's what you answer to. *(W. C. Fields)***

**People who have a college education often take it for granted, and they're disappointed when it doesn't prove to be any substitute for working like hell -- that it's no magic carpet. All an education does is open a mind, it doesn't fill an empty one. *(Malcolm Forbes)***

**The only force that will ever try to prevent you from moving forward is in yourself. *(Michele Gigliotti)***

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**Above the fireplace in the home of the original Henry Ford was inscribed this line: “Chop your own wood, and it will warm you twice.” *(L. M. Boyd)***

**Whether you think you can, or that you can’t, you are usually right. *(Henry Ford)*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

One’s dignity may be assaulted, vandalized, and cruelly mocked, but it can never be taken away unless it is surrendered. *(Michael J. Fox)*

A new soldier on the battlefront asked his first sergeant in a nervous voice, “Sarge, where is my foxhole?” “Why, Son,” replied the old sergeant, “you’re standing on it.” “I am?” asked the bewildered youth. “Yeah,” smiled the sarge. “All you have to do is throw the dirt out!” *(Tom R. Kovach, in The Saturday Evening Post)*

What is done cannot be undone, but one can prevent it from happening again. *(Anne Frank)*

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**A man once approached Benjamin Franklin and said to him, “Mr. Franklin, where is the happiness which is guaranteed me under the Constitution?” Franklin replied, “Oh no, my friend, you've got it all wrong. Only the pursuit of happiness is guaranteed. It is up to you and the intensity of your pursuit, as to just how much happiness you'll be able to find.” *(Phil Barnhart, in Seasonings for Sermons, p. 83)***

**BECOMING HEALTHY, WEALTHY, AND WISE “I was put to the grammar school at eight years of age,” recalled Benjamin Franklin. By the age of ten he had to help in his father's business and his schooling was ended. But Franklin believed that “the doors of wisdom are never shut.” He went on to teach himself French, Italian, Spanish, Latin, algebra, geometry, navigation, and physical sciences, becoming one of the best-educated men of his time. *(John & Claire Whitcomb, in Oh Say Can You See, p. 149)***

**The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself. *(Benjamin Franklin)***

 **Lack of funds forced young Benjamin Franklin to leave school at the age of 10. Apprenticed to an older brother, a printer, Benjamin managed to educate himself by giving up meat and using the money saved to buy books. Young Benjamin not only educated himself in such basic subjects as arithmetic and English grammar, but also navigation, algebra, geometry, and philosophy. In 1723, at the age of 17, Ben left Boston to try his luck in Philadelphia. He arrived in that colonial town with little money and no friends. Yet within a very few years, Franklin became a famous author and publisher. His sharp wit and common-sense advice, published in his Pennsylvania Gazette and Poor Richard's Almanac, were known throughout the American colonies. *(James Meyers, in Mammoth Book of Trivia, p. 208)***

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**Lack of what others possess does not cause frustration, but failure to develop your assets does. *(Dr. Ari Kiev, in Reader’s Digest)***

**There is no future in any job. The future lies in the person who holds the job. *(Dr. George Crane, columnist)***

**The more help a person has in his garden, the less it belongs to him. *(William H. Davis)***

**A gentleman will not insult me, and no man not a gentleman can insult me. *(Frederick Douglass, abolitionist)***

**“Yes, I know famous people. Yes, I'm married to a successful and wealthy man,” Phyllis George, former Miss America and TV personality, told the Washington Post in an interview. “But he started out selling encyclopedias and vacuum cleaners in a very small town. Life is what you make it. This is what I tell people in lectures around the country. Because if it can happen to me and my husband, it can happen to you. It's just how much you want something. The opportunities are there. I always remember an old expression, ‘If you snooze, you lose. If you snore, you lose more.’” *(Bits & Pieces)***

**Get rid of all of the things that offend you. There is no person, place, thing or condition, past, present or future, which has the power to do anything good or bad to you – nothing. *(Dr. Ervin Seale)***

**On staring out at a gloomy day: First you must realize that it is the day that is gloomy, not you. If you want to be gloomy, too, that's all right, but it's not mandatory. *(Nora Gallagher, in Simple Pleasures: Wonderful & Wild Things to Do at Home)***

**The Golden Key: Stop thinking about the difficulty, whatever it is, and think about God instead. *(Emmet Fox)***

**The bad news is time flies. The good news is you’re the pilot. *(Michael Altshuler, entrepreneur)***

**He is a self-made man and worships his creator. *(Henry Clapp, newspaper editor)***

**I am giving minute details of my healing because it would be considered a medical impossibility and a miracle from a religious standpoint. However I have watched the restoration year after year as I applied the power of thought, and I know it is under divine law. So I am satisfied that here is proof of a law that the mind builds the body and can restore it. *(Charles Fillmore, in Atom-Smashing Power of Mind, p. 133)***

**Near the end of a tense golf match, a temperamental player was thrown off his game. His caddie, it seems, had developed a severe case of hiccups. It continued for several holes and finally on the eighteenth hole the man's drive sliced into a grove of trees. Slamming his club to the ground, he turned on his caddie. “That was because of you and your blankety-blank hiccups!” “But, I didn't hiccup then, sir,” protested the caddie. “That's just the point,” screamed the player. “I had allowed for it!” *(Bits & Pieces)***

**I’ve always been in the right place at the right time. Of course, I steered myself there. *(Bob Hope)***

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**If they don't give you a seat at the table, bring a folding chair. *(Shirley Chisholm, former congresswoman)***

**If you don’t do something, nothing is going to get better. *(Nathaniel Branden, psychologist) 423982***

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**In business, you don't get what you deserve, you get what you negotiate. *(Chester L. Karrass)***

**Mutual funds that investors choose on their own returned 1.38 percentage points more a year than those sold by brokers from 1996 to 2002. That out-performance amounted to $8.8 billion a year. *(Money, as it appeared in The Week magazine, June 30, 2006)***

**It is not so much what happens to us that matters but rather how we meet it. *(Bits & Pieces)***

**It's not your aptitude but your attitude that determines your altitude. *(Jesse Jackson)***

**The greatest discovery of my generation, wrote William James, is that human beings can alter their lives by altering their attitudes of mind. *(Bits & Pieces)***

**Up to a point a man's life is shaped by environment, heredity, and movements and changes in the world about him. Then there comes a time when it lies within his grasp to shape the clay of his life into the sort of thing he wishes to be. Only the weak blame parents, their race, their times, lack of good fortune, or the quirks of life. Everyone has it within his power to say, "This I am today; that I will be tomorrow. *(Louis L'Amour, in The Walking Drum)***

**I know of no successful surgical procedure that will replace macaroni in the spine with a rigid backbone. This is strictly a do-it-yourself project. *(Ann Landers, Field Newspaper Syndicate)***

**If you don’t like what you’re doing, you can always pick up your needle and move to another groove. *(Timothy Leary)***

**We do not wait for the world to be a light for us. We make the light for our world. *(Carl Moran, in New Thought magazine)***

**The voodoo lily generates its own heat, up to 125 degrees Fahrenheit, although it thrives in 68-degree temperatures. *(L. M. Boyd)***

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**Most people are about as happy as they make up their minds to be. *(Abraham Lincoln)***

**Abraham Lincoln’s formal school was to total about twelve months. The rest of his education, including studying law, was accomplished on his own. *(John & Claire Whitcomb, in Oh Say Can You See, p. 148)***

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**A lobster, when left high and dry among the rocks, has not instinct and energy enough to work his way back to the sea, but waits for the sea to come to him. If it does not come, he remains where he is and dies, although the slightest effort would enable him to reach the waves, which are perhaps within a yard of him. The world is full of human lobsters: men stranded on the rocks of indecision and procrastination, who, instead of putting forth their own energies, are waiting for some grand billow of good fortune to set them afloat. *(Orison Swett Marden) 129987***

**Mishaps are like knives that either serve us or cut us as we grasp them by the blade or the handle. *(James Russell Lowell)***

**Gordon Scott, the tall and husky movie actor, arrived in Kenya to play the title role in the jungle picture, Tarzan the Magnificant. A group of small native boys gathered around him, asking to carry his luggage. He picked one skinny little fellow who stared up at him in awe. “You big!” the boy said. Scott nodded. “You big like a tree,” the boy said. “You got arms like tree trunks.” Scott smiled modestly. “You must be strong as lion,” the boy said. Scott beamed proudly and admitted that he was quite strong. The boy turned and walked away. Said he, “You carry your own luggage.” *(Joe McCarthy, in American Weekly)***

**When “Good Morning America” co-host Joan Lunden was 13, her father, a physician, was killed in a private-plane crash. “Until then, I'd had a pretty comfortable life,” Lunden recalls. “But all of a sudden the bottom dropped out and my security was gone. With two kids, my mother really had to struggle. That's when I first decided I would always rely on my own strength and be in control of my own life.” *(Tom Seligson, in Parade magazine)***

**Each morning when I open my eyes I say to myself: “I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.” *(Groucho Marx) 1109124***

**The meaning of things lies not in the things themselves, but in our attitude towards them. *(Antoine de Saint-Exupery)***

**Pain is inevitable, but misery is optional. *(Tim Hansel)***

**In 1932, unemployed heating engineer Charles B. Darrow of Germantown, PA, created a buying and selling game called Monopoly. Darrow submitted his game to the Parker Brothers, who found what they considered to be 52 serious playing errors and turned it down flat. Using all that was left of his savings, Darrow produced 5,000 copies of Monopoly and sold them to F.A.O. Schwarz of New York and the Wannamaker Company in Philadelphia. Sales of Monopoly were extraordinary, and Parker Brothers came back to Darrow with a lucrative contract, which he accepted. Today, Monopoly is produced in 23 languages. *(Jeff Rovin, in I Wish I'd Thought of That!, p. 68)***

**At the turn of the century, British naturalist Alfred Russel Wallace (1823-1913), wrote about a lesson he learned by observing cocoons in which moths were developing. He noted one of the larger moths was beating desperately with its undeveloped wings trying to break out of the cocoon. After several hours, Wallace could not bear to watch the struggle any longer. Using a sharp knife, he gently split the cocoon, freeing the moth from its desperate struggle. However, in the ensuing days, Wallace discovered the moth was not developing naturally. Missing were the beautiful tints and shades of color which should have come into the wings. Also, the wings were severely stunted, and they remained underdeveloped. In a few days the moth died, long before its time. Wallace learned that the struggle against the cocoon, which he had interrupted, was nature's way of strengthening and developing the moth's wings. *(Victor M. Parachin, in Unity magazine)***

**A new study comparing the cost of performance of thousands of mutual funds found that the funds sold by brokers trailed those that investors chose on their own by 1.38 percentage points a year. The funds people picked themselves racked up $8.8 billion more in gains every years. *(Money, as it appeared in The Week magazine, June 16, 2006)***

**No one can build you the bridge on which you, and only you, must cross the river of life. *(Friedrich Nietzsche)***

**If you observe people long enough, you’ll realize that the self-made ones have an abundance of working parts. *(Bob Talbert, in Detroit Free Press)***

**When you open the window yourself, you get fresh air. When someone else opens it, you get a draft. *(Lucille J. Goodyear)***

**None of us can keep another from having a bad opinion of us, but we can make sure it isn't true. *(Bits & Pieces)***

**The ability to triumph begins with you. Always. *(Oprah Winfrey)***

**If you don't like the road you're walking, start paving another one. *(Dolly Parton)***

**In the game of life, heredity deals the hand, society makes the rules, but you can still play your own cards. *(Laurence J. Peter, Canadian author)***

**After physicist Richard Feynman won a Nobel Prize for his work, he visited his old high school. While there, he decided to look up his records. He was surprised to find that his grades were not as good as he had remembered them. And he got a kick out of the fact that his IQ was 124, not much above average. Dr. Feynman said that winning the Nobel Prize was one thing, but to win it with an IQ of only 124 was really something. Most of us would agree because we all assume that the winners of Nobel prizes have exceptionally high IQs. Feynman confided that he always assumed that he had. If Feynman had known he was really just a bit above average in the IQ department, we wonder if he would have had the audacity to launch the unique and creative research experiments that would eventually win him the greatest recognition the scientific community can give. *(Bits & Pieces)***

**On Fakaofo, one of the Tokelau Islands in the South Pacific, there are pigs that swim -- and catch fish. Three hundred pigs fend for themselves in the sea, splashing in the shallow reef waters as they forage for food. They live on a diet of sea slugs, small mollusks and occasional fish. "I've seen them grab fish up to six inches long," says Semu Uili, director of Tokelau's agriculture and fisheries service. "And some of them are good swimmers." No one knows where the pigs came from originally, but they have been on Fakaofo for generations. In the absence of traditional food, they have adapted to their environment and turned to the sea. *(Reuters)***

**“What do you think of the course?” is a question often put to golfers on the pro tour. “Some years ago I used to tell them what I thought of a course,” Gary Player said. “But not anymore. It got people very upset when I told them the truth. Now I tell them all they’ve got the greatest course in the world. And, you know something, this has helped me. If I think the course is lousy, I play lousy golf. But if I convince myself it’s great, I don’t spend my time out there thinking how bad it is.” *(Bits & Pieces)***

**The story is told that a politician collared newspaper editor Horace Greeley at a convention and proudly confided to him that he was a self-made man. “That, sir,” Greeley replied, “relieves the Almighty of a terrible responsibility.” *(Quoted by Robert Hendrickson, in American Literary Anecdotes)***

**Ezra Pound lived on potatoes while waiting for fame. He paid the printer himself for his first book which sold for 6 cents a copy. *(Ripley’s Believe It Or Not!: Book of Facts)***

**The principle of life is that life responds by corresponding; your life becomes the thing you have decided it shall be. *(Raymond Charles Barker)***

**No one can really pull you up very high -- you lose your grip on the rope. But on your own two feet you can climb mountains. *(Louis Brandeis)***

**The more push you have the less pull you need. Every person who has been successful has been a self-starter. *(Bits & Pieces)***

**What we puzzle out for ourselves we’re less likely to forget. *(Bits & Pieces)***

**Our Love and War man also has filed this cracker barrel counsel to the lonely single: “Devote less to finding the right person and more to being the right person.” *(L. M. Boyd)***

**I wish I could tell you it gets better, but it doesn't get better. You get better. *(Joan Rivers)***

**No one can make you feel inferior without your permission. *(Eleanor Roosevelt)***

**If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month. *(Theodore Roosevelt)***

**Lucy asks Charlie Brown: “What do you do when you feel that life is treating you unfairly?” Snoopy: “Learn to bake your own cookies.” *(Charles M. Schulz, in Peanuts comic strip)***

**All men who have turned out worth anything have had the chief hand in their own education. *(Sir Walter Scott)***

**None of the toy-and-game sellers wanted anything to do with “Scrabble” right after Alfred M. Butts invented it in 1938. A decade later, he and a friend named James Brunot put together 180 sets, and sold them promptly. By 1952, sales were booming. (*L. M. Boyd)
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**Three thousand feet below the sea's surface, its waters are pitch black. Not even a tiny bit of the sun's light can penetrate down more than half a mile. Sea creatures that live at depths below 3,000 feet have been found to be blind or to possess their own phosphorescent “lighting system.” *(Denver P. Tarle, in A Treasury of Trivia, p. 191)***

**Elysia chlorotica, a green sea slug native to the eastern seaboard of the United States, is the only known animal that can carry out photosynthesis. The DNA of this solar-powered slug contains one of the same genes found in the algae it eats. This gene allows the sea slug to “steal” chloroplasts – the green cellular objects that enable plant cells to convert sunlight into energy – from the algae and store them in the cells that line its gut. Once this plant-animal hybrid has enough chloroplasts, it can live off sunlight for up to nine months. *(Harry Bright & Jakob Anser, in Are You Kidding Me?, p. 25)***

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**A friend of ours eloquently describes her childhood days on a farm. She remembers how her father tested seeds to find which variety would grow best. He had a gray woolen sock in which he would place several kinds of dried corn kernels. The seeds would sprout in secret, in the darkness of the sock. No light was ever permitted to touch the sprouting life, for if it did, the seeds would not grow. They had to develop their own inner light. The change -- the growth -- was taking place inside. Our friend explained that this transformation from a seed to a plant was a most fragile process, and had to be shielded from the outer forces in order for the sprout to gain its own strength. *(Richard & Mary-Alice Jafolla, in The Quest, p. 176)***

**If you make no effort to shape your life – it will simply remain a blob. *(Ashleigh Brilliant, in Pot-Shots)***

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**People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them. (*George Bernard Shaw)***

**Take care to get what you like or you will be forced to like what you get. (*George Bernard Shaw)***

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**Many a boasting self-made man is a beautiful example of unskilled labor. One thing, however, that must be said to his credit is that he relieves the Lord of a terrific amount of responsibility. *(Bishop Fulton J. Sheen, in Catholic Digest)***

**One executive to another: "Some self-made man! That shoestring he started out on was the one his grandfather used to bundle his stocks and bonds." *(Modern Maturity)***

**People can only treat us in the way in which we allow. *(Jada Pinkett Smith)***

**According to the U.S. Surgeon General, roughly 90 percent of all long-term successful ex-smokers quit entirely on their own without using any quit smoking product or undergoing any procedure. Empowering yourself through education is the key element in quitting smoking. *(Christopher S. Bowlin)***

**Let him that would move the world, first move himself. (Socrates)**

**I wondered why somebody didn’t do something until I realized that I was that somebody. *(Rev. Andy Kress)***

**I guess a man is the only kind of varmint who sets his own trap, baits it, and then steps in it. *(John Steinbeck)***

**Grandma: “Nelson! What’re you doing?” Grandson: “My sucker stuck to your bottom.” Grandma: “Oh, my goodness! I guess I must’ve sat on it. Next time just tell me and I’ll get it off myself, okay?” Grandson: “I think we both don’t wanna have a next time.” *(Brian Crane, in Pickles comic strip)***

**Sunflowers generate enough heat to kill the insects that attack them, according to a Dartmouth professor. *(L. M. Boyd)***

**The sweet potato once grew wild. But cultivation changed it so much it's like corn now and can’t grow without human help. *(L. M. Boyd)***

**Things work out best for those who make the best of the way things work out. *(Bits & Pieces)***

**If my thoughts and feelings make my world, does that mean I had been thinking “car crash” before I had that accident? Or, Does this mean I've been dwelling on cancer? Or, Could my thoughts and feelings have caused my son's death? The answer to each of those questions is “yes” and “no.” No, we don’t necessarily draw specific events into our lives although, yes, it can happen with enough focus and concentration. *(Richard & Mary-Alice Jafolla, in The Quest, p. 191)***

 **People the world over were amazed and terrified when they read of the destruction wrought on the cities and people of Japan by two atomic bombs. But do we realize that millions of people are killed every year by atomic force? Doctors tell us that it is the toxin generated in our own bodies that kills us. What produces this destructive force? It must be our own minds, and the remedy must also be in a change in mind. Paul expressed this when he said, “Be ye transformed by the renewing of your mind.” *(Charles Fillmore, in Atom-Smashing Power of Mind, p. 15)***

**A traveler nearing a great city asked a man seated by the wayside, “What are the people like in the city?” “How were the people where you came from?” “A terrible lot,” the traveler responded. “Mean, untrustworthy, detestable in all respects.” “Ah,” said the sage, “you will find them the same in the city ahead.” Scarcely was the first traveler gone when another one stopped and also inquired about the people in the city before him. Again the old man asked about the people in the place the traveler had left. “They were fine people, honest, industrious, and generous to a fault. I was sorry to leave,” declared the second traveler. Responded the wise one: “So you will find them in the city ahead.” *(Bits & Pieces)***

**The trouble with life, you're halfway through before you realize it's one of those do-it-yourself deals. *(Lions International, Lion)***

**Don’t go around saying the world owes you a living. The world owes you nothing. It was here first. *(Mark Twain)***

**A plain bar of iron is worth about $5. This same bar of iron, made into horseshoes, is worth $10.50. If made into needles, it becomes worth $3,285, and if turned into balance springs for watches, it attains a worth of $250,000! The same is true of another kind of material – man -- whose value is determined by what he makes of himself. *(Minot Messenger, Minot Dental Laboratory)***

**I can be what I want to be, I can do what I want to do and I can have what I want to have when I see it, when I believe it and when I act upon it! *(Larry Winget)***

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

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**I will permit no man to narrow and degrade my soul by making me hate him. *(Booker T. Washington)***

**The vision of an affluent George Washington at Mount Vernon, married to the wealthy widow Martha Custis, has obscured the fact that he was actually a “self-made man” -- one of the first eminent Americans who can be described in that way. He had almost no formal education: His father died when he was 11, and the family could not afford schooling for him. He never visited Europe, did not read Latin and was embarrassed by his lack of knowledge of French. But he did develop the habit of reading. His orders of books from England show his effort to become knowledgeable not only about military affairs and agriculture but even about popular English novels like Tom Jones. *(Daniel J. Boorstin, in Parade magazine)***

**I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances. (*Martha Washington)***

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**Of the 64 entries for individuals and families worth more than a billion, Forbes lists only nine whose wealth is based on inheritance – mainly the Rockefellers, Hunts, Paul Mellon, and G. P. Getty. Others had a leg up, but many started from scratch. *(Paul Craig Roberts, in Reader’s Digest, 1995)***

**What they call you is one thing. What you answer to is something else. *(Lucille Clifton, poet)***

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**Do you remember the story of the three laborers a passer-by encountered on a Paris street working with great blocks of stone? “What are you doing?” asked the passer-by. “Cutting stone,” said one. “Earning five dollars a day,” said another. “Building a cathedral,” said the third. *(Ardis Whitman, in Reader's Digest)***

**When he was considered only an eccentric and not one of America’s greatest poets, Walt Whitman would walk the streets of Camden, New Jersey, selling copies of his book “Leaves of Grass” from a pack on his back. *(Bob Fenster, in They Did What!?, p. 20)***

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**If the wind will not serve, take to the oars. *(Latin proverb)***

**No publisher would finance “The Wizard of Oz,” so L. Frank Baum and his illustrator had to pay all of the book’s printing costs. *(L. M. Boyd)***

**The world you see is what you gave it, nothing more than that. But though it is no more than that, it is not less. Therefore, to you it is important. It is the witness to your state of mind, the outside picture of an inward condition. As a man thinketh, so does he perceive. Therefore, seek not to change the world, but choose to change your mind about the world. *(A Course in Miracles)***

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**Each one wraps himself in what burns him. *(Dante Alighieri)***

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**You can't do much about the length of your life, but you can do a lot about its depth and width. (*Bits & Pieces)***

**You can’t stop the waves, but you can learn how to surf. *(Jon Kabat-Zinn, mindfulness guru)***

**Being around accomplished people will not make you accomplished yourself, or make anyone take you seriously. You have to do the work. *(Candace Bushnell)***

**You’re never allowed to step on people to get ahead – but you can step over them if they’re in your way. *(Star Jones)***

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**It is not your aptitude, but your attitude, that determines your altitude. *(Zig Ziglar)***

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