**Self**

**I count him braver who overcomes his desires, than him who conquers his enemies, for the hardest victory is the victory over self. *(Aristotle)***

**At 19 I was a stranger to myself. At 40 I asked: Who am I? At 50 I concluded I would never know. *(Edward Dahlberg, American author and critic)***

**Autobiography is an unrivaled vehicle for telling the truth about other people. *(Philip Guedalla, English barrister and writer)***

**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)***

**Everyone is a bore to someone. That is unimportant. The thing to avoid is being a bore to oneself. *(Gerald Brenan, in Thoughts in a Dry Season)***

**“Who are YOU?” said the Caterpillar. This was not an encouraging opening for a conversation. Alice replied, rather shyly, “I – I hardly know, sir, just at present – at least I know who I WAS when I got up this morning, but I think I must have been changed several times since then.” *(Lewis Carroll, in Alice in Wonderland)***

**We may understand the cosmos but never the ego; the self is more distant than any star. *(G. K. Chesterton)***

**What’s the status of Sean Connery’s autobiography? After mulling it over, Sir Sean, 76, chose not to write one. “It would take too much time to correct all the mistakes – professional and personal – that are out there about me,” he said. *(Walter Scott, in Parade magazine, 2007)***

**I probably shouldn’t be so quick to criticize myself. After all, it wouldn’t be fair to everyone else who’s waiting in line to do it for me! *(Tom Wilson, in Ziggy comic strip)***

**Delusions of grandeur make me feel a lot better about myself. *(Jane Wagner, writer)***

**You may find the worst enemy or best friend in yourself. *(English proverb)***

**The weird thing about acting is that you get paid for discovering you have multiple personalities. *(Jane Fonda)***

**People often say that this or that person has not yet found himself. But the self is not something that one finds. It is something one creates. *(Thomas Szasz, in The Second Sin)***

**Does your future self feel like a familiar friend, or more like a distant stranger? The difference may determine your spending habits, says Scientific American. Using functional MRIs to scan the brains of volunteers, studies have found that a certain region, the rostral anterior cingulate cortex, is more active when people think about themselves rather than another person. Stanford University researchers found that when asked to think of themselves years into the future, some subjects saw their future selves as “me,” while others’ brain scans showed that they thought of their future selves as “someone else.” People who thought of their future selves as “me” consistently chose to postpone receiving some money, so that they could receive more later. People who felt no real connection to their future selves made the opposite decision – they wanted the money upfront, even if it cost them in the long run. One key to saving, then, might simply entail picturing your future self with a lot of money, says a study co-author Hal Ersner-Hershfield. “Even thinking, ‘If I were to call my future self right now, what would I think?’ might affect the decisions you make in the present.” *(The Week magazine, July 30, 2010)***

**The way you get to know yourself is by the expressions on other people’s faces, because that’s the only thing that you can see. *(Gil Scott-Heron)***

**I know I’m one of God’s trials, but keep hoping I’m not one of his errors. *(Ashleigh Brilliant, in Pot-Shots)***

**Calm is the soul that is emptied of self. *(Dag Hammarskjold)***

**What other dungeon is so dark as one’s own heart? What jailer so inexorable as one’s self? *(Nathaniel Hawthorne)***

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**A man is likely to mind his own business when it is worth minding. When it is not, he takes his mind off his own meaningless affairs by minding other people’s business. *(Eric Hoffer)***

**It is not love of self, but hatred of self which is at the root of the troubles that afflict the world. *(Eric Hoffer)***

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**A customer walked up to my bank window and asked me to cash a check. "Of course," I said. "But I'll need to see ID." She dug through her purse and handed me a snapshot. "That's me in the middle," she said. *(Deborah Berkley, in Reader's Digest)***

**Whenever you are to do a thing, though it can never be known but to yourself, ask yourself how you would act were all the world looking at you, and act accordingly. *(Thomas Jefferson)***

**The greatest hazard of all . . . losing one’s self, can occur very quietly in the world, as if it were nothing at all. No other loss can occur so quietly; any other loss – an arm, a leg, five dollars, a wife, etc. – is sure to be noticed. *(Soren Kierkegaard)***

**Man pulled over for speeding says: “Perhaps you don’t know who I am.” Policeman: “Hey, my psychiatrist says I don’t even know who I am, Buddy.” *(J. C. Duffy, in The Fusco Brothers comic strip)***

**Our strength as humans is that we can laugh at ourselves for being ridiculous. Our weakness is that we have to it so often. *(Cincinnati Enquirer)***

**If I were two-faced, would I be wearing this one?" *(Abraham Lincoln)***

**Today's newest breed of employee is the self-manager. These workers are the ones who survived the recent waves of downsizing, both by seeking and capitalizing on new opportunities and by learning new skills. Because these employees increasingly possess the skills and technological tools to supervise themselves -- individually or in teams -- they are eliminating the need for layers of management. More executives will soon find their jobs redundant, while self-managing frontline workers become highly valued and virtually fire-proof. Everyone should strive to become self-managed. It is clearly the direction business is taking. *(John A. Challenger, in The Christian Science Monitor)***

**What can we gain by sailing to the moon if we are not able to cross the abyss that separates us from ourselves? This is the most important of all voyages of discovery, and without it, all the rest are not only useless, but disastrous. *(Thomas Merton)***

**The finest thing in the world is knowing how to belong to one’s self. *(Michel de Montaigne)***

**The more I learn about myself, the more I become a different self. *(Ashleigh Brilliant, in Pot-Shots)***

**The most damning revelation you can make about yourself is that you do not know what is interesting and what is not. *(Kurt Vonnegut)***

**New Year’s Resolution: Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the wrong. Sometime in life you will have been all of these yourself. *(Bits & Pieces)***

**Have patience with all things, but first of all with yourself. *(St. Francis de Sales)***

**A man wrapped up in himself makes a very small parcel. *(John Ruskin, writer)***

**The secret of selling yourself is to have a product you truly believe in. *(Ashleigh Brilliant, in Pot-Shots)***

**Never allow your sense of self to become associated with your sense of job. If your job vanishes, your self doesn't. *(Gordon Van Sauter)***

**I will not try to improve or regulate anybody except myself. *(“Just For Today” – used by Alcoholics Anonymous)***

**Have great, secret, big, fat hopes for yourself. *(Gloria Vanderbilt, in Glamour)***

**We visit others as a matter of social obligation. How long has it been since we have visited with ourselves? *(Morris Adler)***

**Trying to define yourself is like trying to bite your own teeth. *(Tennessee Williams)***

**What would it be like if we all had the opportunity to give ourselves the gift of changing roles with others? Imagine that you become the leader, manager, boss, or parent of you. Would you like to work for you? Would you motivate you to work efficiently, effectively, and have fun? *(Janet Van deWalle, in Women's Edition magazine)***

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