

THE ULTIMATE QUOTE-ABULARY

A Visual Journey of Inspiration



Volume 1



Murali Thondebhavi

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The Ultimate Quote-abulary

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*In memory of Murali Santhanam, a man of immense kindness
and unparalleled mentorship.*

*His simple yet high-quality approach to life remains a beacon
of inspiration to me.*

Introduction

Life is beautiful. The world we live in is beautiful.

These two sentences could serve as an introduction, but they would leave the story incomplete. Living on a piece of rock hurtling around a fireball in the infinite vastness of space, we are miracles in the simplest definition.

Recognising the precious nature of this arrangement is not easy when we are caught in the mundane routines of our lives. Those same sentences could just as easily read:

Life is boring. The world we live in is uninteresting.

A pause. A shift in focus or perspective is needed. This happened to me when I took up photography a few decades ago. In the days of film, with no room for error, every picture captured was precious. Realising that every sunrise and sunset is unique (and free, by the way), and that we share this planet with living beings of such unfathomable variety, has been a humbling experience. I came to understand the heavenly nature (pun intended) of our planet.

Going on a photography shoot is a zen experience. Being present in the moment, watching life unfold, is addictive. The art of processing the pictures later makes one relive those wonderful moments.

Then comes the 'hard drive is full' message. This is the story of a photographer.

Five years ago, one such message spurred me to start sharing one photo every day on social media platforms. I sought meaning in my hobby. A quote to accompany each photo felt appropriate, like a fashion accessory complementing an outfit. I hoped that these pictures would highlight the beauty of our world and that the quotes would provide food for thought.

This book is a collection of these photos and quotes. I have tried my best to divide the quotes into relevant categories. Due to the file size, the book will be in three volumes and will have 1700+ unique photos and quotes. I have retained the aesthetic nature of every page by not including any technical information.

This book is free to download and distribute. However, I request you to consider supporting the following organisations. I know the noble people leading these missions.

1. Winvinaya Foundation
2. Mitra Foundation
3. The Bombay Mothers and Children Welfare Society

Enjoy the book at your own pace. Read it alone or with your loved ones. Take a few moments to appreciate the beauty and brevity of this thing called life. Nature is resilient but rests on a fragile feedback loop. Be the change that helps protect it.

Thanks for sharing your time and supporting the above noble causes.

Murali

WinVinaya Foundation

WinVinaya Foundation is a non-profit organization dedicated to training Persons with Disabilities (PwDs), Women and Transgender in cutting-edge, future-oriented skills. Their training programs encompass a wide range of fields, including Software Development, Software Testing, Microsoft Power BI, Accessibility Testing, Financial Accounting, Core banking, Zoho Books, Zoho Creator, Microsoft Power Automate, and more. Among 3 million NGOs in India, they are among the handful of NGOs who train Persons with Disabilities in niche skills.

They don't charge fees to inclusive companies that hire our candidates, whether as employees, consultants, or paid interns. To date, WinVinaya has served 18 out of the 21 recognized disability categories in India, training over 1250+ candidates and placing 430+ individuals in a variety of roles across Fortune 100 companies, MNCs, MSMEs, and startups. 50% of WinVinaya's employees are people with disabilities and our trainers are a perfect combination of young and experienced minds.

Their innovative WinVinaya Academy is an Award-Winning Learning Platform, tailored for persons with disabilities. We have courses in IT, Banking, Accounting and more in simple English and Indian Sign Language medium.

You can learn more about them here: <https://winvinayafoundation.org/>

The Bombay Mothers and Children's Welfare Society

Celebrating 100 glorious years, The Bombay Mothers & Children Welfare Society is a Public Charitable Trust. This organisation is a sustainable social enterprise. They are the ones who reach out to those who require assistance in matters of health, education and vocational training at the urban as well as rural levels. They reach the people most deprived and fulfill their basic needs of water and power.

Sectors of Operation:

1. Health: low-cost hospitals. (City & Rural)
2. Child Care Modern Creches in Mumbai.
3. Education
4. Cancer patient convalescent homes
5. Comprehensive low-cost & sustainable Rural Development program in 91 villages.

You can learn more about them here: <https://www.thebmcws.com/>

Mitra CanCare Foundation

Mitra CanCare Foundation is a not-for-profit organization, chartered with the mission to "prevent cancer through awareness" and provide "comprehensive cancer care as a professional service".

They engage with organisations, corporate, educational institutions, and social organizations in rolling out structured wellness and cancer prevention through awareness programs to lower the cancer burden. Their subscribed services curated by oncology expert consultants as part of their advisory panel provide unique value to cancer patients. The programs & services are designed to extend optimism, help patients' recovery to lead a full-life; and spread awareness in the communities we serve.

Their services:

- ANVESHAMITRA (Cancer care knowledge portal)
Search | Learn | Know
- SWASTHAMITRA (Wellness and cancer prevention through awareness)
Wellness | Awareness | Screening | Prevention
- TARUNIMITRA (Cancer in Women support services)
Engaging | Sharing | Coping
- AASHVASANMITRA (Patient-centric services)
Consultation | Counselling | Connect
- VIKALPAMITRA (Complementary Alternatives & Therapies)
Recuperate | Rejuvenate | Reinvent
- AKSHAYAMITRA (Childhood Cancer Support Services)
- SANGHAMITRA (Supportive home care services)
Partners | Respite | Hospice

For more info. Please visit www.mitracancare.org

WISDOM
and
LIFE LESSONS
QUOTES



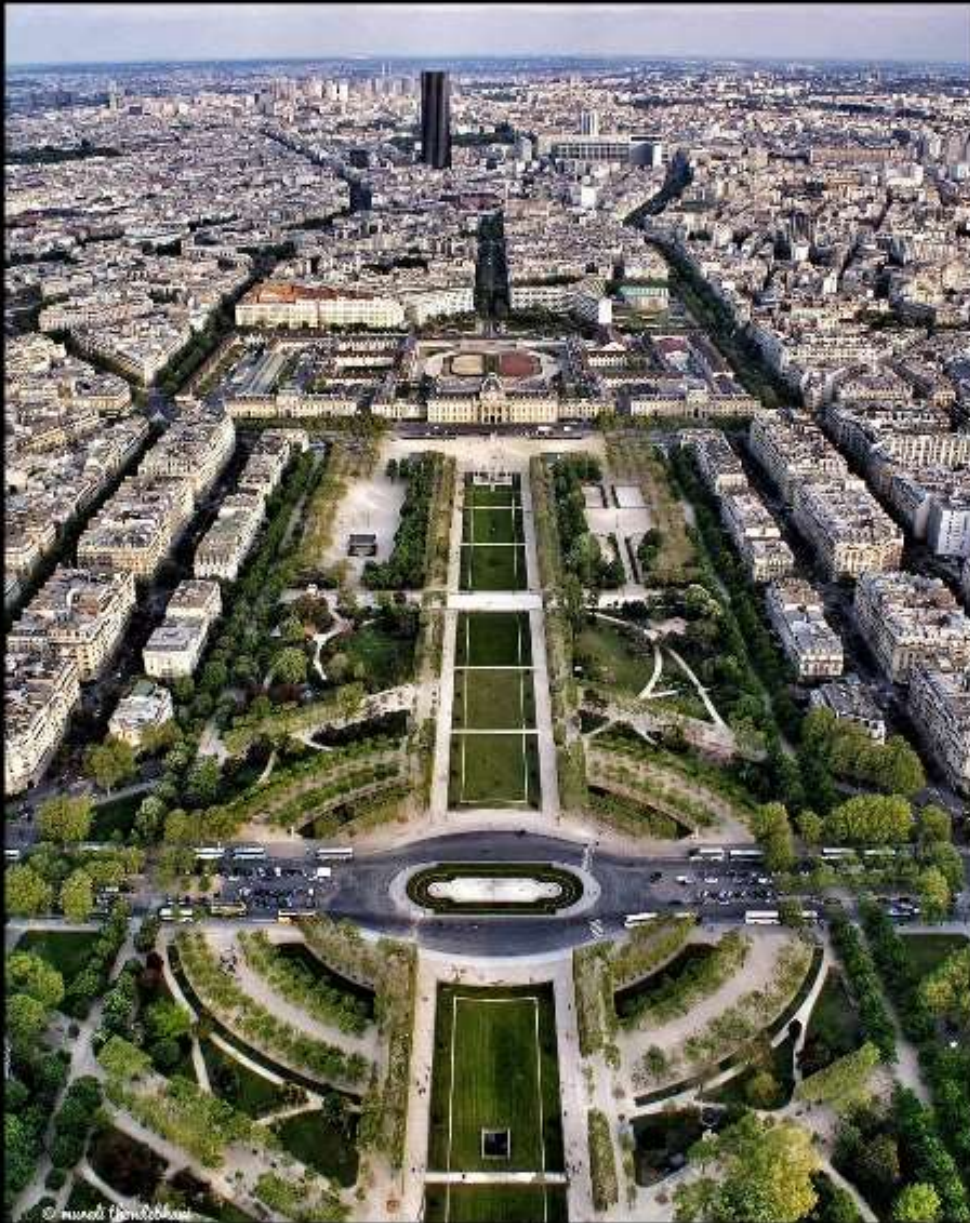
“How we spend our days is, of course, how we spend our lives. What we do with this hour, and that one, is what we are doing. A schedule defends from chaos and whim. It is a net for catching days.”

Annie Dillard



“Always ask yourself: "What will happen if I say nothing?"”

Kamand Kojouri



Carl Jung on the importance of 'knowing yourself':

“The world will ask you who you are, and if you don't know, the world will tell you.”



“Never outsource what you enjoy.”

James Clear



“Regret doesn't remind us that we did badly. It reminds us that we know we can do better.”

Kathryn Schulz



“There are two questions a man must ask himself: The first is 'Where am I going?' and the second is 'Who will go with me?'

If you ever get these questions in the wrong order you are in trouble.”

Sam Keen, *Fire in the Belly: On Being a Man*



“It is the eye of other people that ruin us. If I were blind I would want, neither fine clothes, fine houses, or fine furniture.”

Benjamin Franklin



“The doorstep to the temple of wisdom is a knowledge of our own ignorance.”

Benjamin Franklin



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“Take away that thought of what might happen in the future, and it won’t make you suffer. In this very moment, there is absolutely nothing wrong at all. Live!”

Mo Gawdat, Solve For Happy: Engineer Your Path to Joy



“Who is already grounded needs no boat to reach land.”

Monaristw



“Tortoises can tell you more
about the road than hares.”

Khalil Gibran



“Small truths have greater power than big lies.”

Matshona Dhliwayo



“The answer isn’t to yell louder than everybody else, the answer is to have earned connections.”

Seth Godin



“A good question is not
concerned with a correct
answer.”

Kevin Kelly



"I have learned to seek my happiness by limiting my desires, rather than in attempting to satisfy them."

John Stuart Mill



"A society grows great when old men
plant trees whose shade they know
they shall never sit in."

Greek Proverb



"If you want light to come into your life,
you need to stand where it is shining."

Guy Finley



"Many of the truths we cling to depend greatly
on our own point of view."

Obi-Wan Kenobi



“Just because the tide is out, doesn't mean there is less water in the ocean.”

Seth Godin



"The most powerful messages are often
the shortest."

Jon Harrison



"When you slow down enough to sculpt,
you discover all kinds of things you never
noticed before."

Karen Jobe



“Don't tell me the moon is shining; show me the glint of light on broken glass.”

Anton Chekhov



“There’s no such thing as ruining your life. Life’s a pretty resilient thing, it turns out.”

Sophie Kinsella, *The Undomestic Goddess*



“The world we live in is vastly different from the world we think we live in.”

Nassim Nicholas Taleb



“Life is something we need to stop correcting.”

Richard Powers, *Bewilderment*



“Everything we care about lies somewhere in the middle, where pattern and randomness interlace.”

James Gleick, *The Information: A History, a Theory, a Flood*



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“It is my great hope someday, to see science and decision makers rediscover what the ancients have always known. Namely that our highest currency is respect.”

Nassim Nicholas Taleb



“Dreams feel real while we're in them. It's only when we wake up that we realize something was actually strange.”

Leonardo DiCaprio



“By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.”

Confucius



“Carrying useful information to one’s grave is injurious to humanity.”

Vincent Okay Nwachukwu, *Weighty 'n'*
Worthy African Proverbs - Volume 1



“Knowing others is intelligence;
knowing yourself is true wisdom.
Mastering others is strength;
mastering yourself is true power.”

Lao Tzu



“We are so constituted that we can gain intense pleasure only from the contrast, and only very little from the condition itself.”

Sigmund Freud, *Civilization and Its Discontents*



“No one has gone from ignorance to wisdom quickly; you can't make a short crossing over a long bridge!”

Mehmet Murat ildan



“Wisdom is earned trench by trench, street by street, from one battle line to the next.”

Barbara Nickless



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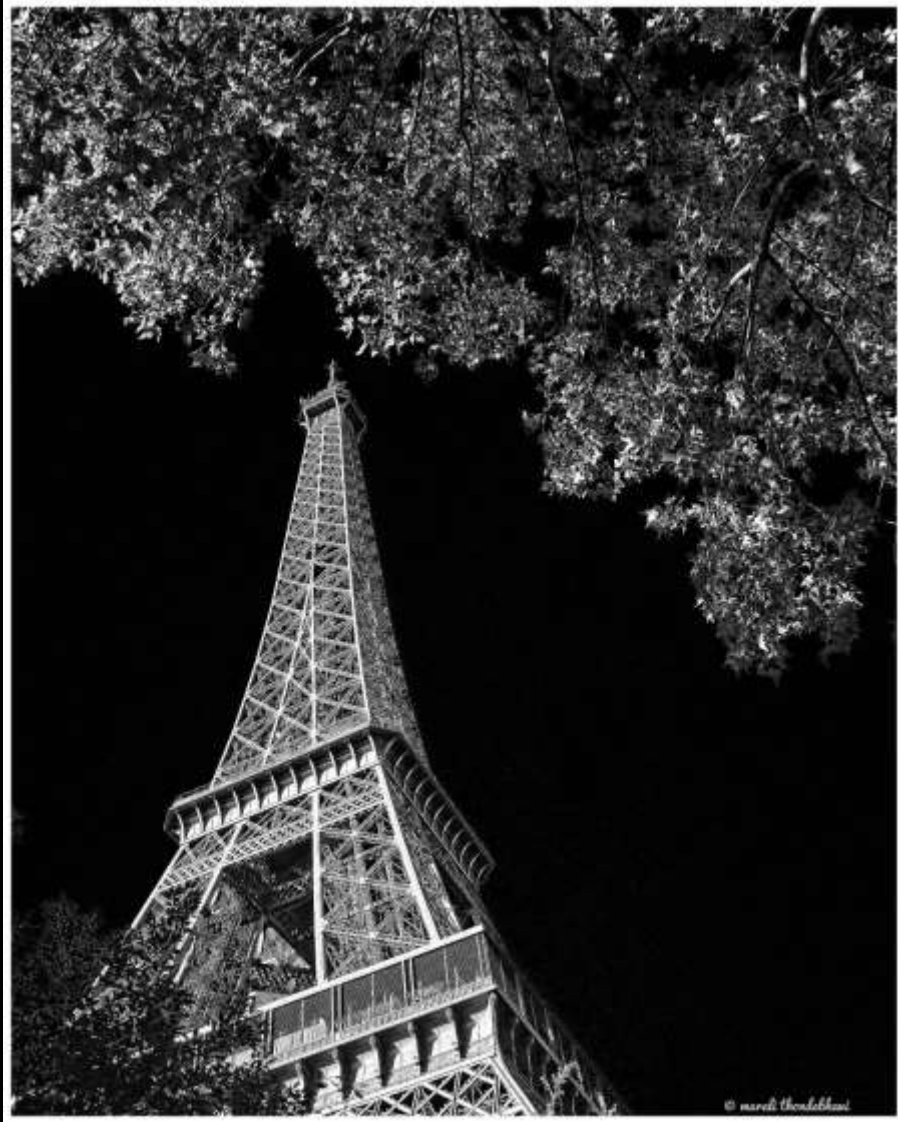
“There's always a story. It's all stories, really.
The sun coming up every day is a story.
Everything's got a story in it. Change the
story, change the world.”

Terry Pratchett, *A Hat Full of Sky*



“When the sun has set, no candle can
replace it.”

George R.R. Martin



“Answers become cheap and questions become valuable – the inverse of the situation now.”

Kevin Kelly



“Don't measure your life with someone else's ruler.”

Kevin Kelly



“There is more to life than simply increasing
its speed.”

Mahatma Gandhi



“Missing a train is only painful if you run after it! Likewise, not matching the idea of success others expect from you is only painful if that’s what you are seeking.”

Nassim Nicholas Taleb



“It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.”

Germany Kent



An ancient Greek saying reminds
us of the power of personal
responsibility:

“If your doorstep is clean, then
your city will be clean.”



“Knowing what we don’t know is better than thinking we know what we don’t.”

Philip Tetlock, *Superforecasting: The Art and Science of Prediction*



“The one who constantly practices reverence
and respect for the aged, four things will
increase, life, beauty, happiness and strength “

(Dhammapada quote 8.10, Sahassavaggo)



“Like a beautiful flower full of colour but without fragrance, even so, fruitless are the fair words of one who does not practice them.”

Buddha



“A man is but a product of his thoughts. What he thinks he becomes.”

MK Gandhi



“There’s crack in everything, that’s how lights get
in.”

Leonard Cohen



“Have you noticed how many people who
walk in the shade curse the Sun?”

Idries Shah, *Reflections*



“Variety is not the spice, but the very stuff of
life.”

Christopher Burney, *Solitary Confinement*



“You have to understand that it is your attempt to get special experiences from life that makes you miss the actual experience of life.”

Michael A. Singer, *The Untethered Soul: The Journey Beyond Yourself*



“Many a calm river begins as a turbulent
waterfall, yet none hurtles and foams all the way
to the sea.”

Mikhail Lermontov



“A wise man said: Before you speak, let your words pass through three gates.

At the first gate, ask yourself, “Is it true?”

At the second gate ask, “Is it necessary?”

At the third gate ask, “Is it kind?”

Kevin Kelly



“To learn which questions are unanswerable, and not to answer them: this skill is most needful in times of stress and darkness.”

Ursula K. Le Guin, *The Left Hand of Darkness*



“In the name of God, stop a moment, cease your work, look around you.”

Leo Tolstoy



“In order for the light to shine so brightly, the darkness must be present.”

Francis Bacon



“They say that people who live next to
waterfalls don’t hear the water.”

Jonathan Safran Foe



“You can't help what you feel, but you can help
how you behave.”

Margaret Atwood, *The Handmaid's Tale*



"A woman is the full circle. Within her
is the power to create, nurture and
transform."

Diane Mariechild



“Don't just learn, experience.
Don't just read, absorb.
Don't just change, transform.
Don't just relate, advocate.
Don't just promise, prove.
Don't just criticize, encourage.
Don't just think, ponder.
Don't just take, give.
Don't just dream, do.
Don't just hear, listen.
Don't just talk, act.
Don't just tell, show.
Don't just exist, live.”

Roy T. Bennett, *The Light in the Heart*



“People who think they know what is going to happen next are fools. Surprises - or what the brilliant author Nassim Taleb calls 'Black Swans' - are inevitable. Some are likely to be desperately unpleasant too”

Martin Wolf



“The uncreative mind can spot wrong answers,
but it takes a very creative mind to spot wrong
questions.”

Anthony Jay



“The search for perfection is all good and well...
But to look for heaven is to live here in hell.”

Sting



“It is not the man who has too little, but the man who craves more, that is poor.”

Seneca



“It's a huge disservice to classify all minds as either closed or open. I find the best minds are closed by openable windows.”

Criss Jami

Wisdom and Life Lessons Quotes



“The past was still a Golden Age, of ignorance,
while the present is an Iron Age of willful bliss.”

Jared Diamond, *The Third Chimpanzee: The
Evolution and Future of the Human Animal*



“A stone is heavy and the sand is weighty; but a fool's wrath is heavier than them both.”

Frank Herbert, *Dune*



“Happiness is there when you remove the sense of something missing in your life.”

Naval Ravikant



“The only things that old age comes standard with: grey hair and wrinkles. Wisdom and intellect are earned.”

Mokokoma Mokhonoana



“When you have something to say, silence is a lie.”

Jordan B. Peterson



“To delight in earthy pleasures,
Exposes how delicate humanity really is.”

B.K. Sweeting



“Life is not primarily a quest for pleasure, as Freud believed, or a quest for power, as Alfred Adler taught, but a quest for meaning.”

Viktor E. Frankl, *Man's Search for Meaning*



"For things to reveal themselves to us, we need to be ready to abandon our views about them,"

Thich Nhat Hanh



“Self-control is strength. Right thought is mastery. Calmness is power.”

James Allen



"I never knew anybody . . . who found life simple. I think a life or a time looks simple when you leave out the details.

Ursula K. Le Guin



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“Three things cannot be long hidden: the
sun, the moon, and the truth.”

Buddha



“But even when the moon looks like it's waning...it's actually never changing shape. Don't ever forget that.”

Ai Yazawa



On the ocean of life the weak wave can't lift
you high.

Tamerlan Kuzgov



“Balances flow into one another, like the tides. Their boundaries are seldom clearly drawn.”

J. Earp



“The nature of our lives rarely reflects the
depth of our abilities.”

Craig D. Lounsbrough



“Do not indulge in dreams of having what you have not, but reckon up the chief of the blessings you do possess, and then thankfully remember how you would crave for them if they were not yours.”

Marcus Aurelius



"Wrinkles will only go where the smiles
have been."

Jimmy Buffet



“Because we are always growing, life compounds and magnifies what is already in us. If you are miserable you grow in misery and if you are joyful you grow in joy. This makes self-love is the perfect soil from which to grow love.”

Bryant McGill



The world is a skyscraper!
Don't always stay on the same
floor! Go upstairs, go
downstairs; visit the lives of
other tenants! Visit eagles; visit
mushrooms!

Mehmet Murat ildan



“Your words will have no effect
unless you are able to live it.”

Swami Chinmayananda Saraswati



“What matters isn’t what a person has or doesn’t have; it is what he or she is afraid of losing.”

Nassim Nicholas Taleb, *Skin in the Game*



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“If your thoughts are as tall as the height of your ceiling, you can’t fly above your room.”

Israelmore Ayivor



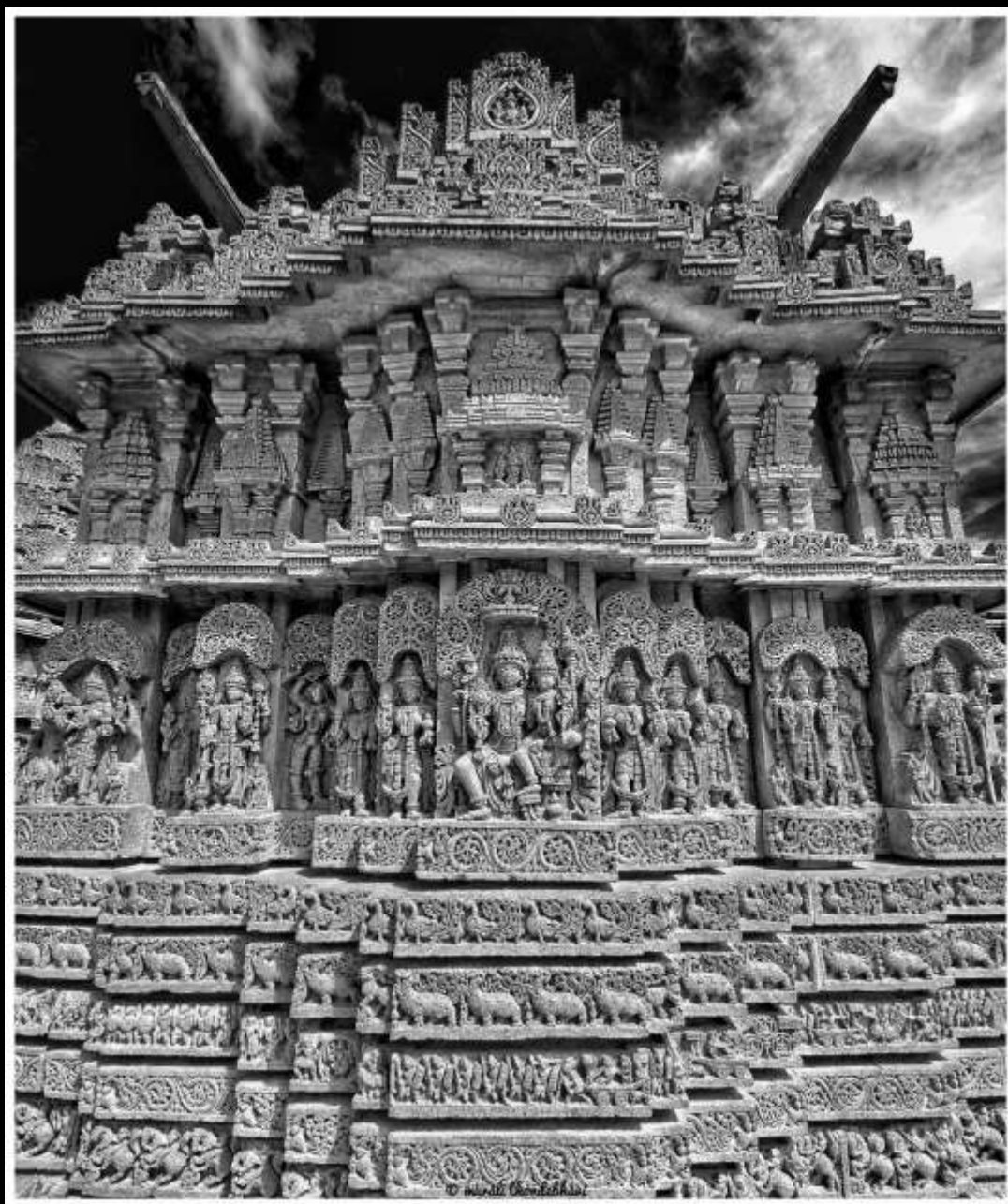
"As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong."

Lao Tzu.



“The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction.”

Rachel Carson



“Character, like a photograph, develops in darkness.”

Yousuf Karsh



“Follow the grain in your own wood...”

Howard Thurman



“We are not disturbed by what happens to us, but by our thoughts about what happens to us.”

Epictetus



“May your choices reflect your hopes, not
your fears.”

Nelson Mandela



“Every seashell has a story.”

Jack Bauer



“As you get used to closed doors,
you start becoming afraid of
open-doors!”

Mehmet Murat ildan



“Beauty shames the ugly. Strength shames the weak. Death shames the living - and the Ideal shames us all.”

Jordan B. Peterson



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“All you need are these: certainty of judgment in the present moment; action for the common good in the present moment; and an attitude of gratitude in the present moment for anything that comes your way.”

Marcus Aurelius



“In a gentle way, you can shake the world.”

MK Gandhi



“We have the choice to use the gift of our life to make the world a better place--or not to bother.”

Jane Goodall



“Every time you wake up and ask yourself, ‘What good things am I going to do today?’ remember that, when the sun goes down at sunset, it will take a part of your life with it.”

Indian Proverb



“He is happy whose circumstances suit his temper, but he is more excellent who can suit his temper to his circumstance.”

David Hume



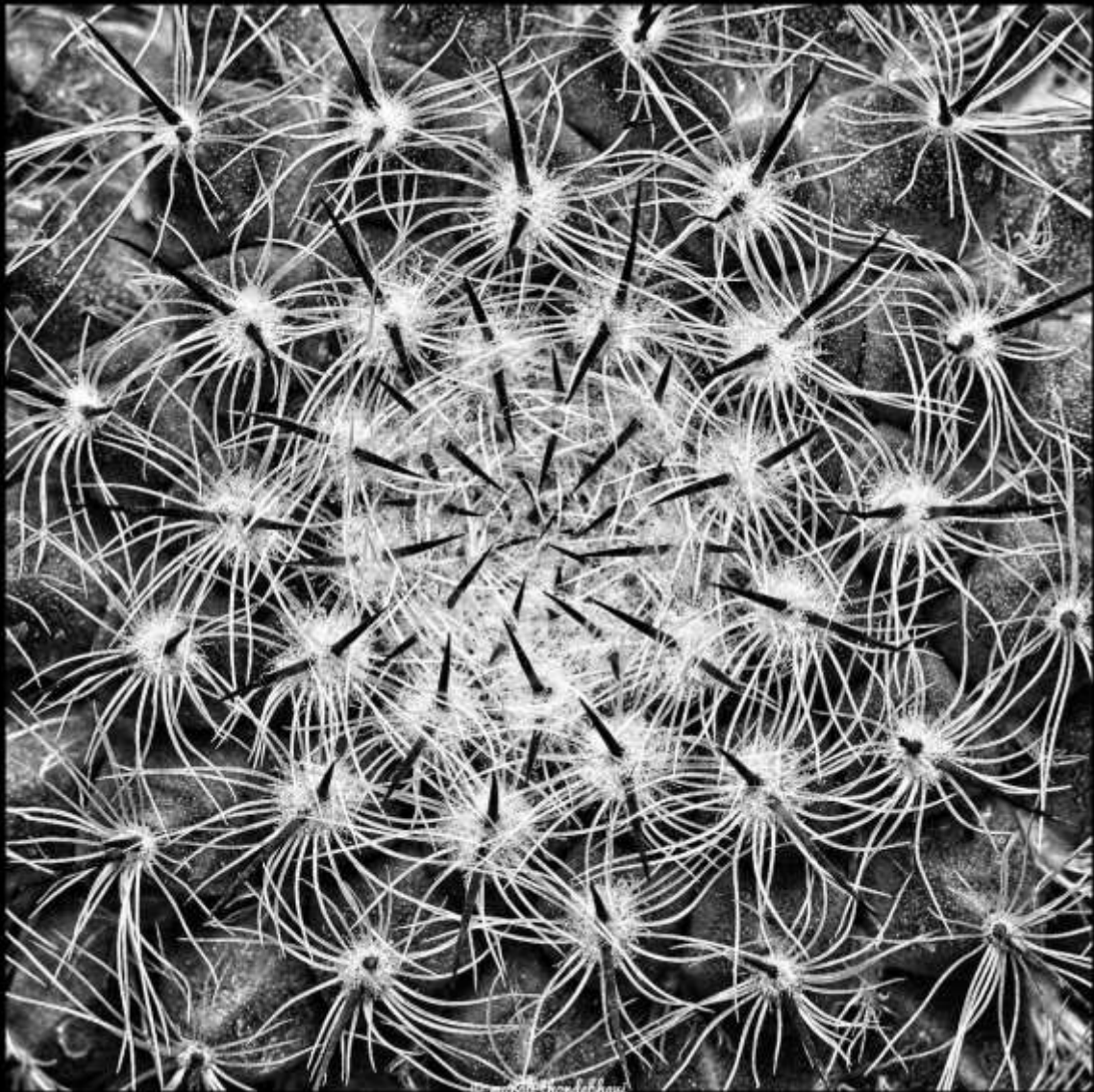
“The difference between stupid and intelligent people – and this is true whether or not they are well-educated – is that intelligent people can handle subtlety.”

Neal Stephenson



"Freedom is not a gift received from the State or leader, but a possession to be won every day by the effort of each and the union of all."

Albert Camus



"Problems are only opportunities with thorns on them."

Hugh Miller



“Wisdom is not a product of schooling but of the lifelong attempt to acquire it.”

Albert Einstein



"You know, if you hang around this earth long enough you really see how things come full circle."

Patti Davis.



“Adopt the pace of nature: her secret is
patience.”

Ralph Waldo Emerson



“It isn’t the mountain ahead that wears you out; it’s the grain of sand in your shoe.”

Robert W. Service



"I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail."

Abraham Maslow



“Wisdom is knowing when to have rest, when to have activity, and how much of each to have.”

Sri Sri Ravi Shankar



"The best tunes are played on the oldest
fiddles!"

Ralph Waldo Emerson



"If it takes a million years for a fish to become a reptile, has Man, in our few hundred, altered out of recognition?"

T. H. White



Keep your face always toward the sunshine -
and shadows will fall behind you.

Walt Whitman



Keep your face always toward the sunshine - and
shadows will fall behind you.

Walt Whitman



“Self-control is strength. Right thought is mastery. Calmness is power.”

James Allen



“If it is not right do not do it; if it is not true
do not say it.”

Marcus Aurelius



“As is a tale, so is life: not how long it is, but how good it is, is what matters.”

Seneca



“The fragrance of flowers spreads
only in the direction of the wind.
But the goodness of a person
spreads in all directions.”

Chanakya



“From a tiny seed to dispersed pollen grains hoping to bloom someday – everything holds a story within it. We just need to observe a little more.”

Sijdah Hussain



“Do not seek to follow in the footsteps of the wise, instead, seek what they sought.”

Matsuo Bashō (Japanese poet of the Edo period)



“The thing about chameleoning your way through life is that it gets to where nothing is real.”

John Green



“Hang in there, as better times are ahead.”

Steven Magee



“Nothing ever really goes away--it just changes into something else. Something beautiful.”

Sarah Ockler



"Who is there who can make muddy waters clear? But if allowed to remain still, it will gradually clear itself."

Laozi



"Life is a circle. The end of one journey is
the beginning of the next."

Joseph M. Marshall III.



“If you want the beautiful moments to shine, you have to contrast that with dark moments. That's the way life is.”

Tony DiTerlizzi



“There is virtue in work and there is
virtue in rest. Use both and overlook
neither.”

Alan Cohen



“We are all lies waiting for the day when we will break free from our cocoon and become the beautiful truth we waited for.”

Shannon L. Alder



"You must have been warned against letting the golden hours slip by; but some of them are golden only because we let them slip by."

James M. Barrie



“It’s a wonderful metaphor, catching a wave, for how you can look at other challenges in your life.”

Jeff Bridges



“There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings.”

Johann Wolfgang von Goethe



“You’re frustrated because you keep waiting for the blooming of flowers of which you have yet to sow the seeds.”

Steve Maraboli



“In the spider-web of facts, many a truth is
strangled.”

Paul Eldridge



"A lot of impulsive mistakes are made by people who simply aren't willing to stay bored a little longer."

Paul Auerand



“The greatest tragedy for any human being is going through their entire lives believing the only perspective that matters is their own.”

Doug Baldwin



“If more of us valued food and cheer and song
above hoarded gold, it would be a merrier
world.”

J.R.R. Tolkien



“A crust eaten in peace is better than a banquet
partaken in anxiety.”

Aesop



"Happiness is when what you think, what you say, and what you do are in harmony."

Mahatma Gandhi



“As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep.”

Akiroq Brost



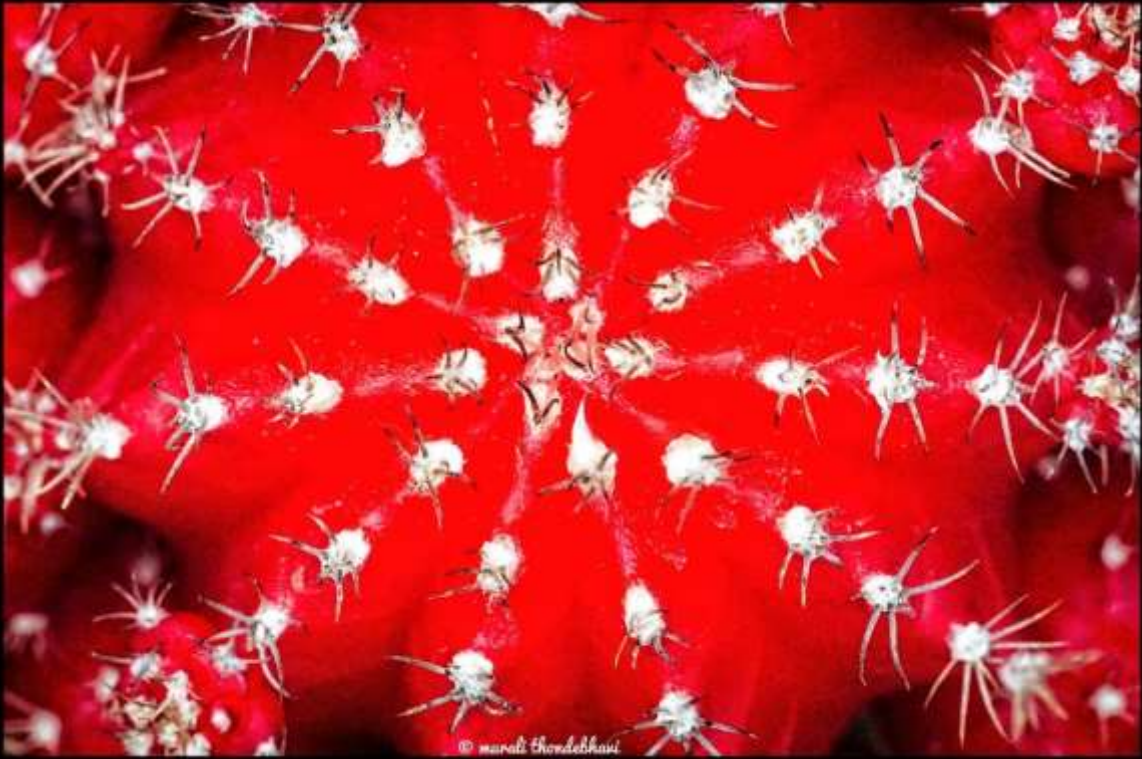
“A good life is like a weaving.
Energy is created in the tension.
The struggle, the pull and tug are
everything.”

Joan Erikson



"Dreams and reality are two different things. We should aspire but not delude ourselves."

C.A.A. Savastano



“Problems are only opportunities with thorns
on them.”

Hugh Miller



“If you're lonely when you're alone, you're in
bad company.”

Jean-Paul Sartre



“Whatever it is you're seeking won't come in
the form you're expecting.”

Haruki Marukami



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“Set out from any point. They are all alike.
They all lead to a point of departure.”

Antonio Porchia



“Keep your nose out the sky, keep your heart to god, and keep your face to the raising sun.”

Kanye West



“Without balance, a life is no longer worth
the effort.”

Olen Steinhauer, *The Tourist*



“Weakness and ignorance are not barriers to survival, but arrogance is.”

Liu Cixin, *Death's End*



Life is what happens while you are busy
making other plans.

John Lennon



"Simplicity is the hallmark of truth, but complexity continues to have a morbid attraction"

E.W. Dijkstra



“In the right light, at the right time,
everything is extraordinary.”

Aaron Rose



“Growth is painful. Change is painful. But,
nothing is as painful as staying stuck where
you do not belong.”

N. R. Narayana Murthy



“Amid a world of noisy, shallow actors it is noble to stand aside and say, ‘I will simply be.’”

Thoreau



“It's like Tolstoy said. Happiness is an allegory,
unhappiness a story.”

Haruki Murakami, *Kafka on the Shore*



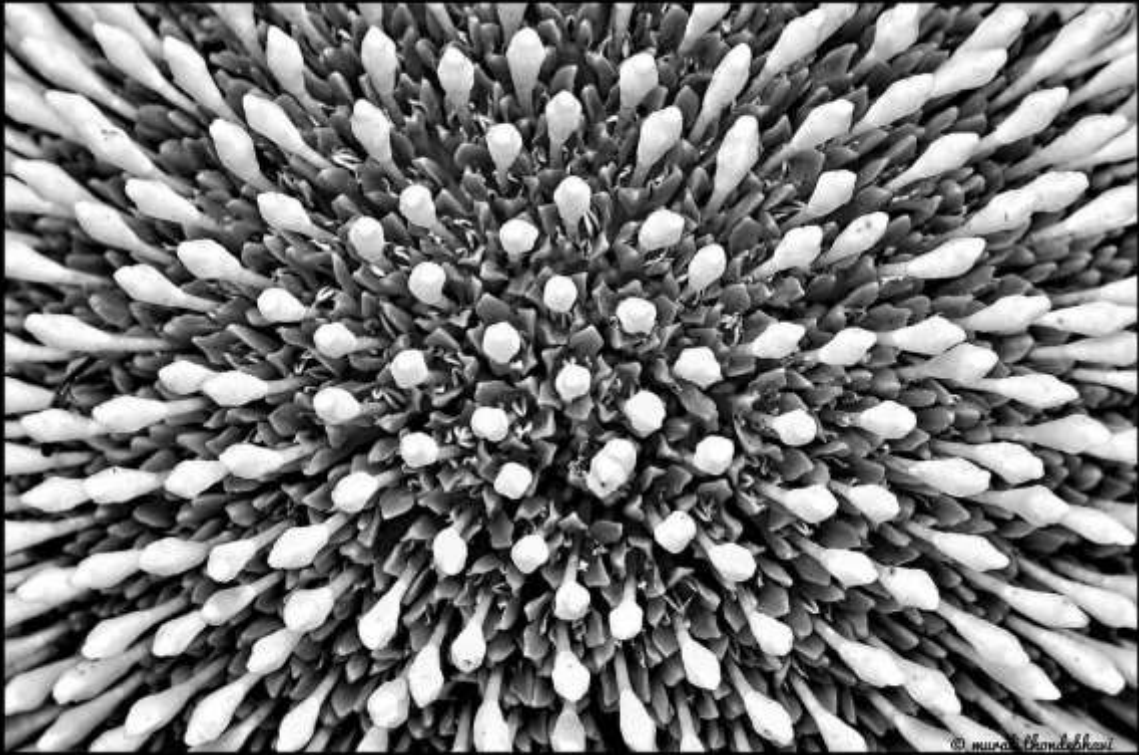
“To become a true master of your days and nights you need to master your dusks and dawns at the same time.”

Stan Jacobs



“There is a hidden message in every waterfall.
It says, if you are flexible, falling will not hurt
you!”

Mehmet Murat ildan



“Spend more time doing things that make you
forget about the time.”

Charlotte Eriksson



“Rather than resist rest and gravitate toward constant motion, let’s experiment with letting go.”

Gina Greenlee



“It was fine and good to be defiant to the end, but it was better not to get caught in the first place.”

Julie Kagawa



“The eye sees only what the
mind is prepared to
comprehend.”

Robertson Davies



“Comfort is a stance of avoidance rather than the pursuit of excellence.”

Craig D. Lounsbrough



“You know you are on the right track when you become uninterested in looking back.”

Anonymous



"It's okay to play turtle for a while, as long as you don't get too fond of your shell."

Eileen Wilks



“Life is something like innumerable layers, leaving us wrongly assuming that the first or even the second layer is the essence of the thing.”

Craig D. Lounsbrough



“In the land of the ostriches, the blind are king.
When politicians bury their head in the sand,
ignorance rules the country.”

Erik Pevernagie



*“I will not let anyone walk through my mind
with their dirty feet.”*

Mahatma Gandhi



“Man is not what he thinks he is, he is what he
hides.”

André Malraux



“A fit body, a calm mind, a house full of love. These things cannot be bought — they must be earned.”

Naval Ravikant



“Loneliness is the poverty of self; solitude is richness of self.”

May Sarton



“The world is full of magic things, patiently
waiting for our senses to grow sharper.”

W.B. Yeats



“Remember, today is the tomorrow you
worried about yesterday.”

Dale Carnegie



“The struggles we endure today will be the ‘good old days’ we laugh about tomorrow.”

Aaron Lauritsen



“Truth—or, more precisely, an accurate understanding of reality—is the essential foundation for any good outcome.”

Ray Dalio



One of the most moral acts is to
create a space in which life can
move forward.

Robert Pirsig



“Reflect upon your present blessings -- of which every man has many -- not on your past misfortunes, of which all men have some.”

Charles Dickens



You are life having a human experience, not a
human having a life experience.

Enjoy and respect life around you.



Make it a regular part of your day to take a
pause from everything in life.

It is worth on the long run.



"If you don't get what you want, it's a sign either that you did not seriously want it, or that you tried to bargain over the price."

Rudyard Kipling



“Instructions for living a life: Pay attention. Be
astonished. Tell about it.”

Mary Oliver



“Desire is a contract that you make with yourself to be unhappy until you get what you want.”

Naval Ravikant



“As long as we build walls around our cities,
we make desperate people who want to come
in more resolute to bring them down.”

Bangambiki Habyarimana



“The eye should learn to listen before
it looks.”

Robert Frank



“The only reason time seems to be moving rather fast is that sometimes we’re too busy living in the past.”

Dominic Riccitello



“A lot of problems happen because of your internal state. When you’re calm, happy, and fulfilled you don’t pick fights, create drama, or keep score.”

Shane Parrish



“The best way out is always through.”

Robert Frost



“Thoughts you feed become
thoughts you heed.”

Richie Norton



“Life isn't about waiting for the storm to pass...It's about learning to dance in the rain.”

Vivian Greene



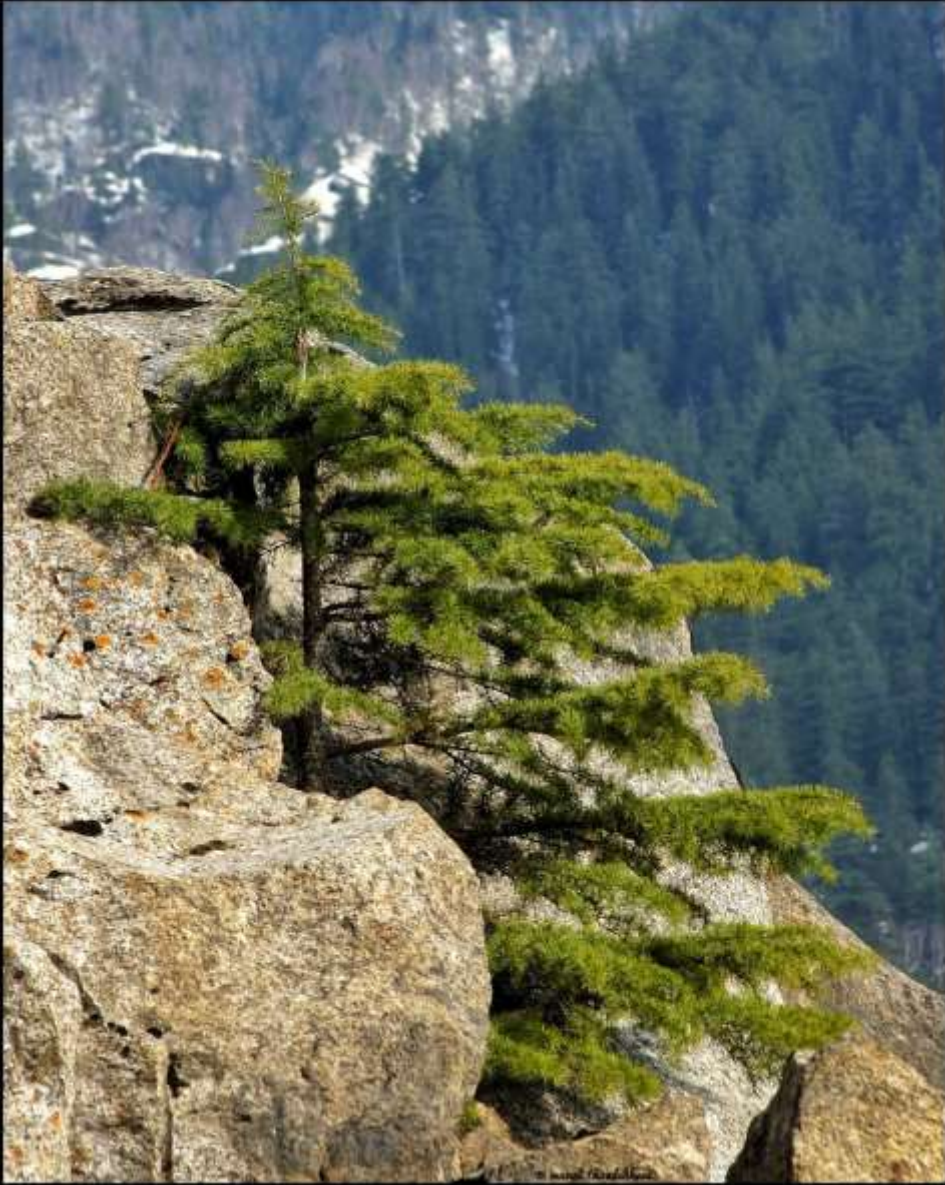
“Hard work beats talent when talent fails to work hard.”

Kevin Durant



“You can sometimes camouflage the hand, but you cannot camouflage the man behind it.”

Alan Bradley



“Enthusiasm is common. Endurance is rare.”

Angela Duckworth



“Painting is so poetic, while sculpture is more logical and scientific and makes you worry about gravity.”

Damien Hirst



“It’s not what you look at that matters, it’s
what you see.”

Henry David Thoreau



“It takes a special kind of personality to enjoy watching the grass grow.”

Forrest Pritchard



“Life has no meaning. Each of us has meaning and we bring it to life. It is a waste to be asking the question when you are the answer.”

Joseph Campbell



“The best work is the work you’d do for free.”

Naval Ravikant



“We cannot always build the future for our youth, but we can build our youth for the future.”

Franklin D. Roosevelt



“You must look within for value, but
must look beyond for perspective.”

Denis Waitley



We're all basically building castles in
the sand.

Whether the surf comes in
tomorrow, next year or next decade,
don't kid yourself of its permanence.

Anonymous



“If you look back at your life on your deathbed at all the interesting things you’ve done, they’re all going to be centered around the sacrifices you’ve made and the hard things that you did.”

Naval Ravikant



“To measure the quality of your life, simply do
nothing,
and see how it feels.”

Naval Ravikant



“All that exists is this moment; it’s all there is. There is no future. That’s a fiction in your head that... nobody can predict the future. There is no past; nobody’s gone back even an inch in their past, not even a second, so that doesn’t exist.”

Naval Ravikant



“You must understand the whole of life,
not just one part of it. That is why you
must read, that is why you must look at
the skies, why you must sing, dance and
write poems, and suffer, and understand,
for all that is life.”

~ J Krishnamurti



“It is very simple to be happy, but it is very difficult to be simple.”

Rabindranath Tagore



“There are so many people who don’t know what they want. And I think that, in this world, that’s the only thing you have to know — exactly what you want.”

Agnes Martin



“If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him... We need not wait to see what others do.”

MK Gandhi



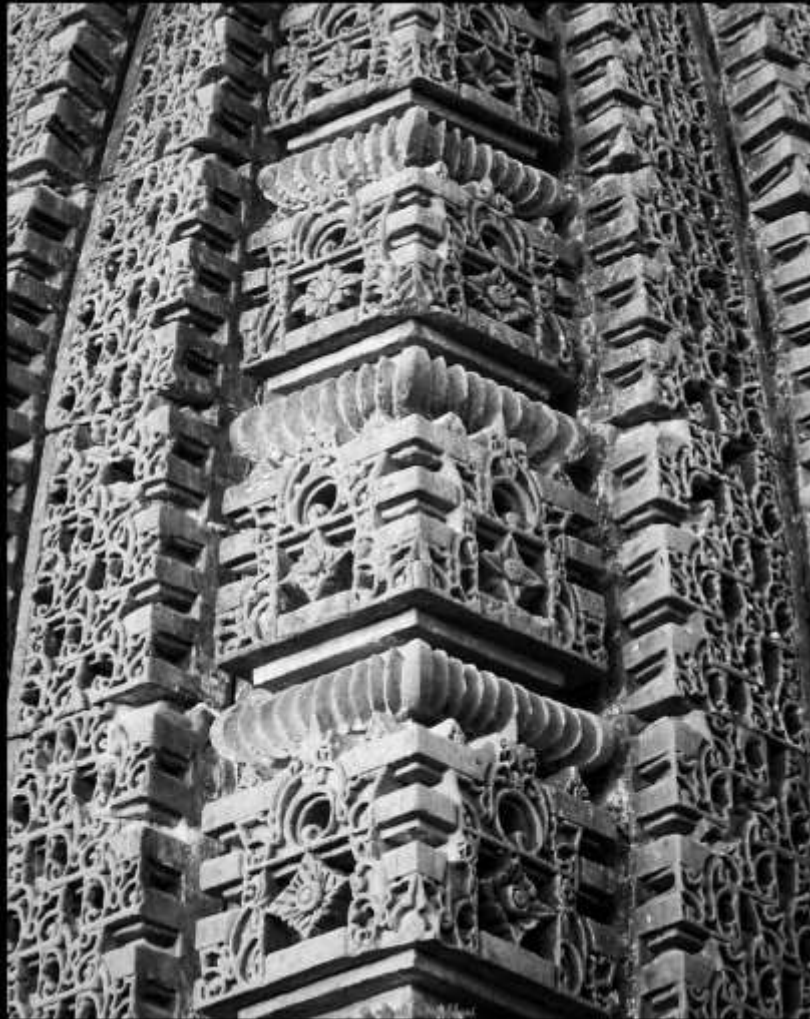
“The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

Alan Wilson Watts



“People say that what we’re all seeking is a meaning for life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive.”

Joseph Campbell



Speed is everything! Right? Frank
Partnoy says . . . NO!

The ability to pause and reflect
separates us from the rest of the
animal kingdom.

Given the acceleration frenzy,
“slow down” is no less than
profound advice.



“Dreaming permits each and every one of us to
be quietly and safely insane every night.”

Charles Fisher



“Waiting for ‘real life’ to begin when you’re ‘ready’ means you’ll never be ready for real life because real life never happens when you’re ready.”

Richie Norton



“Most people don't grow up. Most people age. They find parking spaces, honor their credit cards, get married, have children, and call that maturity. What that is, is aging.”

Maya Angelou



"Relax.
You'll live longer and perform better."

Naval Ravikant



“Don't give in to your fears. If you do, you won't be able to talk to your heart.”

Paulo Coelho, *The Alchemist*



“Time you enjoy wasting is not
wasted time.”

Marthe Trolly-Curtin



“Part 1. First time you saw a sunset, it was amazing. It was jaw-dropping. You forgot yourself.

Part 2. The second time you saw it, it was cool. The hundredth time you see it, it’s nothing.

Part 3. The thousandth time you’re seeing it, and someone shows you a sunset, you’re like,

“Well, actually, I saw this one sunset in Mexico at this time that was really cool.”

You’re not even there.”

Naval Ravikant



“We don’t always get what we want, but sometimes what is happening is for the best. The sooner you can accept it as a reality, the sooner you can adapt to it.”

Naval Ravikant



“The intriguing placidity from the slothful pace of a snail is truly very peaceful. Our world is in need of this calmness to pacify itself.”

Munia Khan



“The only real battle in life is between hanging on and letting go.”

Shannon L. Alder



“To have wisdom whilst young, to have strength whilst old, therein lies the secret to life on earth.”

Paddick Va Zyl



“Advice from an owl: stay focused, be whoo you are, trust in a wise friend, live off the land, glide through the dark times, be observant, because life’s a hoot!”

Ilan Shamir



“Spend your money on the things
money can buy. Spend your time on
the things money can't buy.”

Haruki Murakami



"Never be so busy comparing what you have that you forget how fortunate you are to have it."

James Clear



“A gentleman goes in search of flattery as keenly as a bee hunts for pollen.”

Kevin Ansbro



“Charity along with sweet words, knowledge with humility, courage with patience, wealth with renunciation: these four auspicious things are hard to attain.”

Adi Shankara



“It is impossible to live in the past,
difficult to live in the present and a
waste to live in the future.”

Frank Herbert, *Dune*



murali thondelhar
Photography

“The mountain veiled in mist is not a hill; an oak tree in the rain is not a weeping willow.”

Khalil Gibran



“You act like mortals in all that you fear, and
like immortals in all that you desire.”

Lucius Annaeus Seneca



“Live a life that makes time your friend, and not your enemy.”



“Whatever it is you're seeking won't
come in the form you're expecting.”

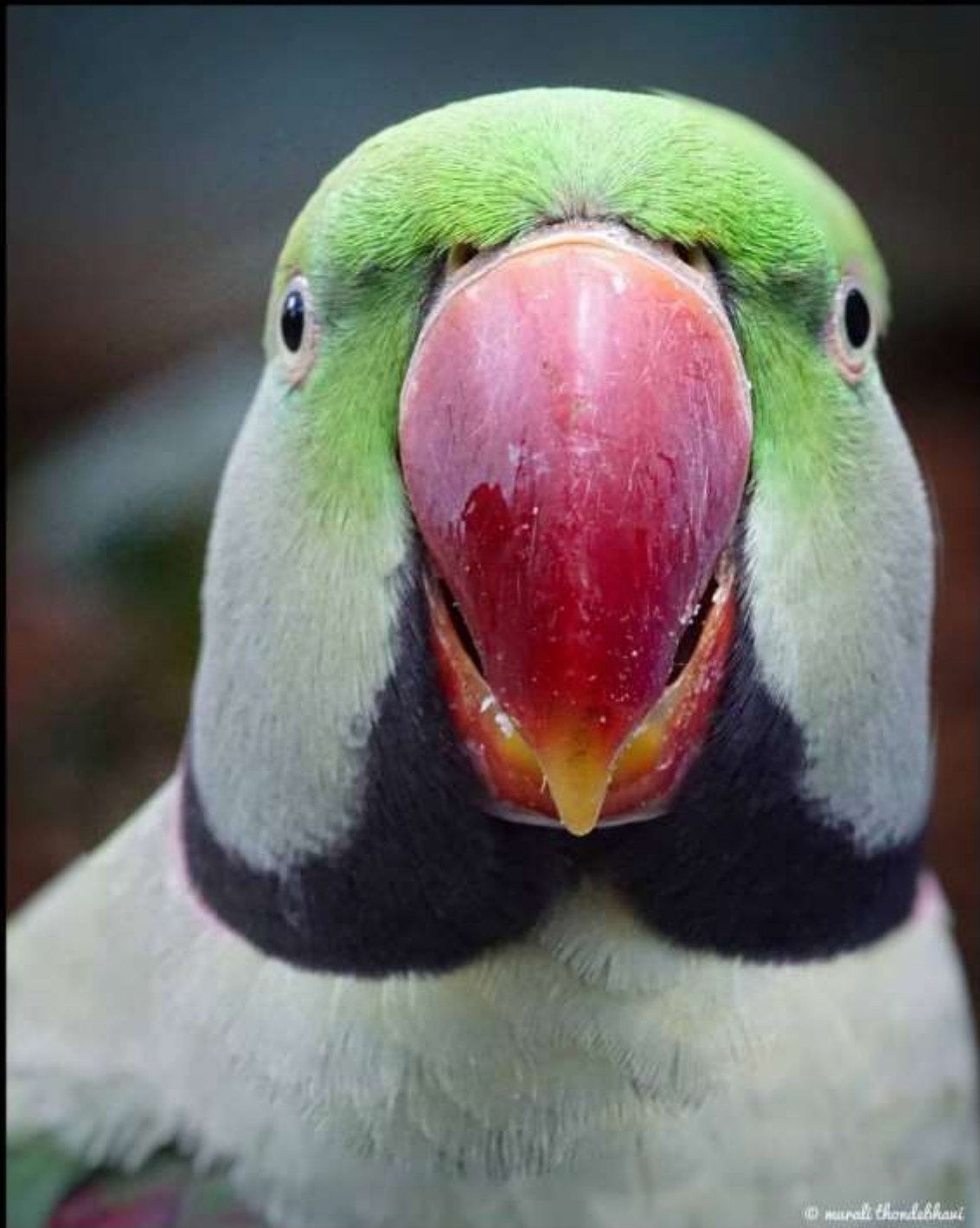
Haruki Marukami



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“Perhaps there could be no joy on this planet without an equal weight of pain to balance it out on some unknown scale.”

Stephenie Meyer



"We've aged a generation in the past three weeks.

What matters has sharply come into focus. Family matters. Love matters. Kindness matters. Health matters. Generosity matters. People matter. Community matters. The rest is just noise.

Aside from physical distancing, the biggest thing you can right now is choose to see the best in each other. Be kind. Be patient. Be tolerant. Be quick to help out in anyway you can. Be forgiving when you would otherwise be upset. See things through the eyes of others and try understand where they are coming from. Seek out opportunities for generosity. Reconnect with your community. Reconnect with yourself. Reconnect with your priorities. Live them.

We're all in this together."

Shane Parrish during Lockdown 2020



“Guard well your thoughts when alone and
your words when accompanied.”

Roy T. Bennett



“One is random, twice is coincidence, and
three times is a pattern.”

Peter F. DiSilvio



“The world is the great gymnasium where we
come to make ourselves strong.”

Swami Vivekananda



“Some jump down off the bridges,
some sail towards the horizon...

Meaning is always under construction.”

Talismanist Giebra



“In life, courage is sometimes to enter
through the door and sometimes it is
to walk out the door!”

Mehmet Murat ildan



“Pointing to another world will never stop
vice among us; shedding light over this world
can alone help us.”

Walt Whitman



“The past is a foreign country; they do things differently there.”

L.P. Hartley



“If you want to do a good deed, do it now.
The time will pass, and you will not have the
chance again.”

Leo Tolstoy



“Life is not primarily a quest for pleasure, as Freud believed, or a quest for power, as Alfred Adler taught, but a quest for meaning.”

Viktor Frankl



“We may learn to know the world as we please: it will always retain a bright and a dark side.”

Goethe



“The act of steering one’s boat down
the river of time is a source of
pleasure, regardless of one’s port of
call.”

Daniel Gilbert



“Men do not quit playing because they grow old; they grow old because they quit playing.”

Oliver Wendell Holmes Sr.



One's values are reflected in not just about what you do, but also the way you do things.



“It is life, I think, to watch the water. A man can learn so many things.”

Nicholas Sparks



“Pursue what catches your heart, not what catches your eyes.”

Roy T. Bennett



“There is strange comfort in knowing that no matter what happens today, the Sun will rise again tomorrow.”

Aaron Lauritsen



“Those who live by the sea can hardly form a single thought of which the sea would not be part.”

Hermann Broch



“The smallest act of kindness is worth more
than the greatest intention.”

Khalil Gibran



“Humans by necessity must have a midway point between their desires and their pride. Just as all objects must have a center of gravity.”

Haruki Murakami



“We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.”

Plato



“To live is the rarest thing in the world.
Most people exist, that is all.”

Oscar Wilde



Try to be like the turtle at ease in
your own shell.

Bill Copeland



“Reminding yourself you will die one day is useless if it doesn't change how you live.”

Anonymous



“Let go of the heavy pains of yesterday and you will feel lighter to float on top with your values. Arise and float!”

Israelmore Ayivor



“It is only during a storm that a tree
knows how strong it is.”

Matshona Dhliwayo



“Truth—or, more precisely, an accurate understanding of reality—is the essential foundation for any good outcome.”

Ray Dalio



“Sometimes, the most productive thing that you can do is to step outside and do nothing... relax and enjoy nature.”

Melanie Charlene



“Keep a cool head and a warm heart.”

Mike Love



“There's no point in saving the world if it
means losing the moon.”

Tom Robbins, *Still Life with Woodpecker*



“The world is changeable, and its ability to change is so fragile that a single person can be responsible for it.”

A.J. Darkholme



“There are a dozen views about everything until you know the answer. Then there's never more than one.”

C.S. Lewis



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“If you must play, decide on three things at the start: the rules of the game, the stakes, and the quitting time.”

Chinese Proverb



“People say that what we’re all seeking is a meaning for life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive.”

Joseph Campbell



“In a forest of a hundred thousand trees, no two leaves are alike. And no two journeys along the same path are alike.”

Paulo Coelho, *Aleph*



“The implicit assumption behind any goal is this: “Once I reach my goal, then I’ll be happy.” The problem with a goals-first mentality is that you’re continually putting happiness off until the next milestone.”

James Clear



“We all came in on different ships, but we're
all in the same boat now”

Martin Luther King Jr.



“Everything seems simpler from a distance.”

Gail Tsukiyama, *The Street of a Thousand Blossoms*



“The oak fought the wind and was broken, the willow bent when it must and survived.”

Robert Jordan, *The Fires of Heaven*



“When a big ship and a small boat come together, you will see that the latter is happier than the former because it has much less problems!”

Mehmet Murat ildan



“...dusk is the time when men whisper
of matters about which they remain
silent in the full light of the sun.”

Simon Raven



“Think of all the beauty still left around you
and be happy.”

Anne Frank



“There are connoisseurs of blue just as there
are connoisseurs of wine.”

Sidonie Gabrielle Colette



“Simplicity is the ultimate
sophistication.”

Clare Boothe Luce

**LOVE AND
RELATIONSHIPS
QUOTES**



"A mother is she who can take the place of all others but whose place no one else can take."

Swami Vivekananda



“The place you suffer, in other words, is the same place you care profoundly — care enough to act.”

Susan Cain, *Bittersweet:
How Sorrow and Longing Make Us Whole*



“Let your home be your mast and not your anchor.”

Khalil Gibran



"Love rests on two pillars: surrender and autonomy. Our need for togetherness exists alongside our need for separateness."

Esther Perel



"For a while" is a phrase whose length can't be
measured.

At least by the person who's waiting.

Haruki Murakami,
South of the Border, West of the Sun



“Success isn’t about how much money you make; it’s about the difference you make in people’s lives.”

Michelle Obama



“Gratitude is the fairest blossom which springs
from the soul.”

Henry Ward Beecher



“Never be afraid to be what you want to be...
People don't have to like you but they have to
respect you.”

Mouloud Benzadi



Be the reason someone smiles. Be the reason
someone feels loved and believes in the goodness
in people.

Roy T. Bennett, *The Light in the Heart*



“People in a cluster are bound to each other automatically, and can see each other automatically.”

J. Michael Straczynski



“The secret that our poets and philosophers have been trying to tell us for centuries, is that our longing is the great gateway to belonging.”

Susan Cain, *Bittersweet: How Sorrow and Longing Make Us Whole*



"Let the beauty of what you love be what you do. There are a thousand ways to kneel and kiss the earth."

Rumi



“If you truly love someone, your love sees past their humanness.”

Michael A. Singer, *The Untethered Soul: The Journey Beyond Yourself*



“We have no practice, he thinks, of seeing our real selves. Even before a mirror we compose our faces to meet our own expectations.”

Abraham Verghese, *The Covenant of Water*



“In the vastness of space and the immensity of time, it is my joy to share a planet and an epoch with Annie.”

[Dedication to Sagan's wife, Ann Druyan, in
Cosmos]



“True beauty lies not upon gilded veneers,
But found in the soul within.”

E. A. Bucchianeri



“Sometimes people are beautiful.
Not in looks.
Not in what they say.
Just in what they are.”

Markus Zusak, *I Am the Messenger*



“You are the sky. Everything else – it’s just the weather.”

Pema Chödrön



“Food is symbolic of love when words are inadequate.”

Alan D. Wolfelt



“In a large townhouse, a family is spread out across its rooms, each living in their own state but under one flag”

Libby Page, *The Lido*



“The only rock I know that stays steady,
the only institution I know that works, is
the family.”

Lee Iacocca



“There can be no keener revelation of a society's soul than the way in which it treats its children.”

Nelson Mandela



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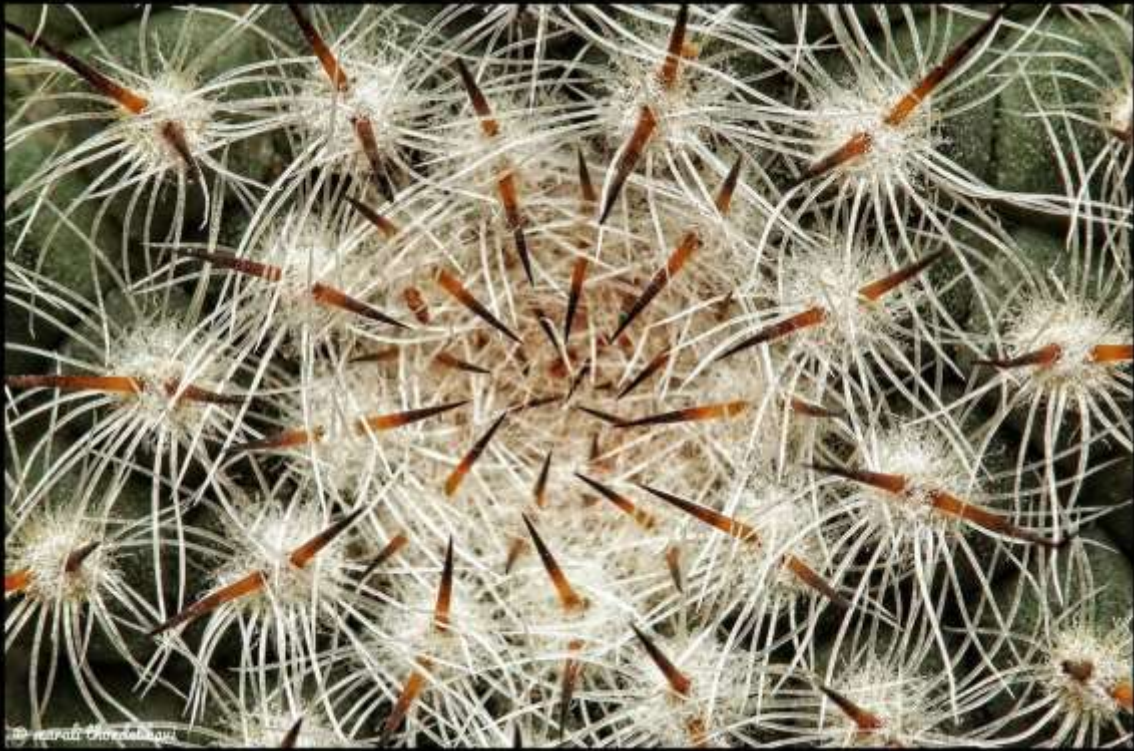
“Love your haters. People shed layers when they
feel warmth.”

Richie Norton



“Loving someone who doesn't love you back is like hugging a cactus. The tighter you hold on, the more it's going to hurt.”

Unknown



“Love speaks in flowers. Truth requires thorns.”

Leigh Bardugo



“Gratitude is not a limited resource, nor is it costly. It is abundant as air. We breathe it in but forget to exhale.”

Marshall Goldsmith



Peter Drucker, who said, "Our mission in life should be to make a positive difference, not to prove how smart or right we are."

Marshall Goldsmith, *Triggers: Sparking positive change and making it last*



“Jealousy makes people act dumb sometimes”

Joseph Perry Grassi



“When you are content to be simply yourself
and don't compare or compete, everyone
will respect you.”

Lao Tzu, Tao Te Ching



“True beauty is what you see with the eyes
of love”

Ted Chiang, *Stories of Your Life and Others*



“Learning how to detach, in a healthy manner,
will save you from a lot of things that don’t
even align with your journey.”

Robin S. Baker



“I hope that real love and truth are stronger in
the end than any evil or misfortune in the
world.”

Charles Dickens



“To ask why we fall in love is to ask why the leaves fall. And to ask how we stay in love is to ask how the trees stay.”

Jimvirle/Jinvirle



“The people in your life are like the pillars on
your porch.
Sometimes they hold you up, and sometimes
they lean on you.
Sometimes it's enough to know they are
standing by.”

Merle Shain



“If you can do nothing else, do whatever is in your power to make the people in your life feel completely unashamed of who they are.”

Sam Killermann



“Sometimes we don’t need advice. Sometimes we just need to hear we’re not the only one.”

Matthew McConaughey, *Greenlights*



“If you truly want to be respected by people you love, you must prove to them that you can survive without them.”

Michael Bassey Johnson, *The Infinity Sign*



“If you think too much heaven within your mind,
you may have no time for simple things in this
life.201D

Toba Beta, Master of Stupidity



“Nobody sees a flower - really - it is so small it takes time - we haven't time - and to see takes time, like to have a friend takes time.”

Georgia O'Keeffe



“Everything we care about lies somewhere in the middle, where pattern and randomness interlace.”

James Gleick,
The Information: A History, a Theory, a Flood



“There is no greater source of joy and meaning in our lives than our relationships with others.”

Esther Perel



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"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down."

Oprah Winfrey



"I always worried someone would notice me, and then when no one did, I felt lonely."

Curtis Sittenfeld



“I feel that in the heavens above, the angels
whispering to one another can find among their
burning terms of love, none so devotional as that
of ‘mother.’”

Edgar Allan Poe



“It is the small things, everyday deeds of ordinary folk that keeps the darkness at bay. Simple acts of love and kindness.”

The Hobbit: An Unexpected Journey



“Nothing is a greater impediment to being on good terms with others than being ill at ease with yourself.”

Honoré de Balzac



“Ego is false confidence; self-respect is true confidence.”

Naval Ravikant



“In an age of synthetic images and synthetic emotions, the chances of an accidental encounter with reality are remote indeed.”

Serge Daney



“The bond of our common humanity is stronger
than the divisiveness of our fears and
prejudices.”

Jimmy Carter



“Humility is by definition a starting point—and it sends you off on a journey from there. The arrogance of certainty is both a starting point and an ending point—no journeys needed.”

Tim Urban



“Be happy for those who are happy, have compassion towards the unhappy, and maintain equanimity towards the wicked.”

Patanjali



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It's okay to disagree with each other, what's not okay is to hate each other because we disagree.

Abhijit Naskar, All For Acceptance



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“Time, as far as my father was concerned, was a gift you gave to other people.”

Michelle Obama



“Never pretend to a love which you do not actually feel, for love is not ours to command.”

Alan Watts



“Sometimes you stop seeing what the person is to the world. You only see what the person is to you.”

Jennifer Gilmore, *We Were Never Here*



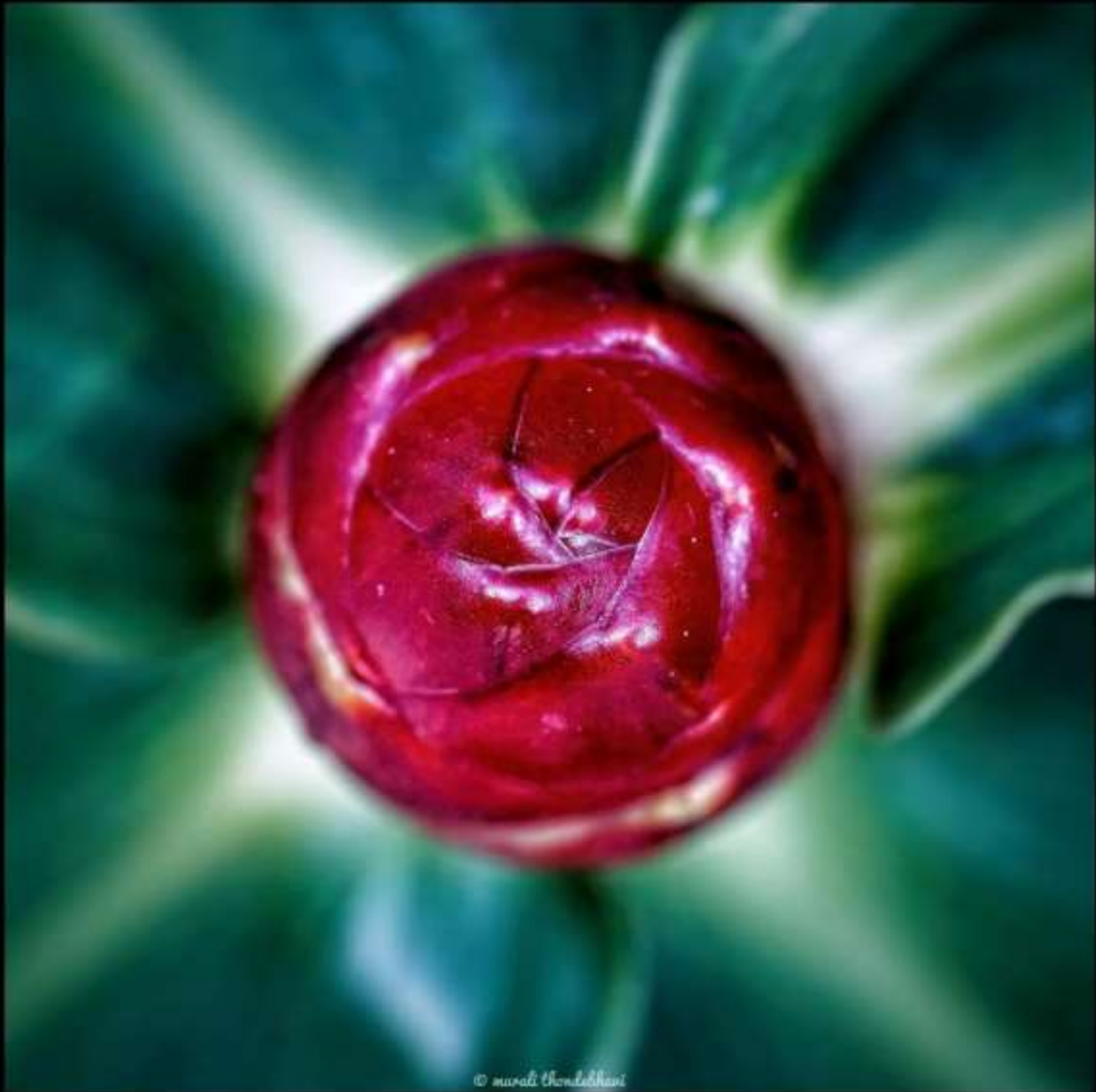
“Human kindness has never weakened the stamina
or softened the figure of a free people. A nation
does not have to be cruel to be tough.”

Franklin D. Roosevelt



"Remember there's no such thing as a small
act of kindness.
Every act creates a ripple effect with
no logical end."

Scott Adams



“When I was young, I admired clever people. Now that I am old, I admire kind people.”

Abraham Joshua Heschel



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“But then, as she knew too well, the more fondly we imagine something will last forever, the more ephemeral it often proves to be.”

Iain M. Banks, *Excession*



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“The good I do is not a matter of the direct benefits I cause. Rather, it is the difference I make.”

William MacAskill



“Relationships are a two-way street. Not a highway and a bike path. “

Vince Vaughn



“One needs to think not What will this person give me? but, rather, what can I give to this person? That is commitment to the community.”

Ichiro Kishimi, *The Courage to Be Disliked*



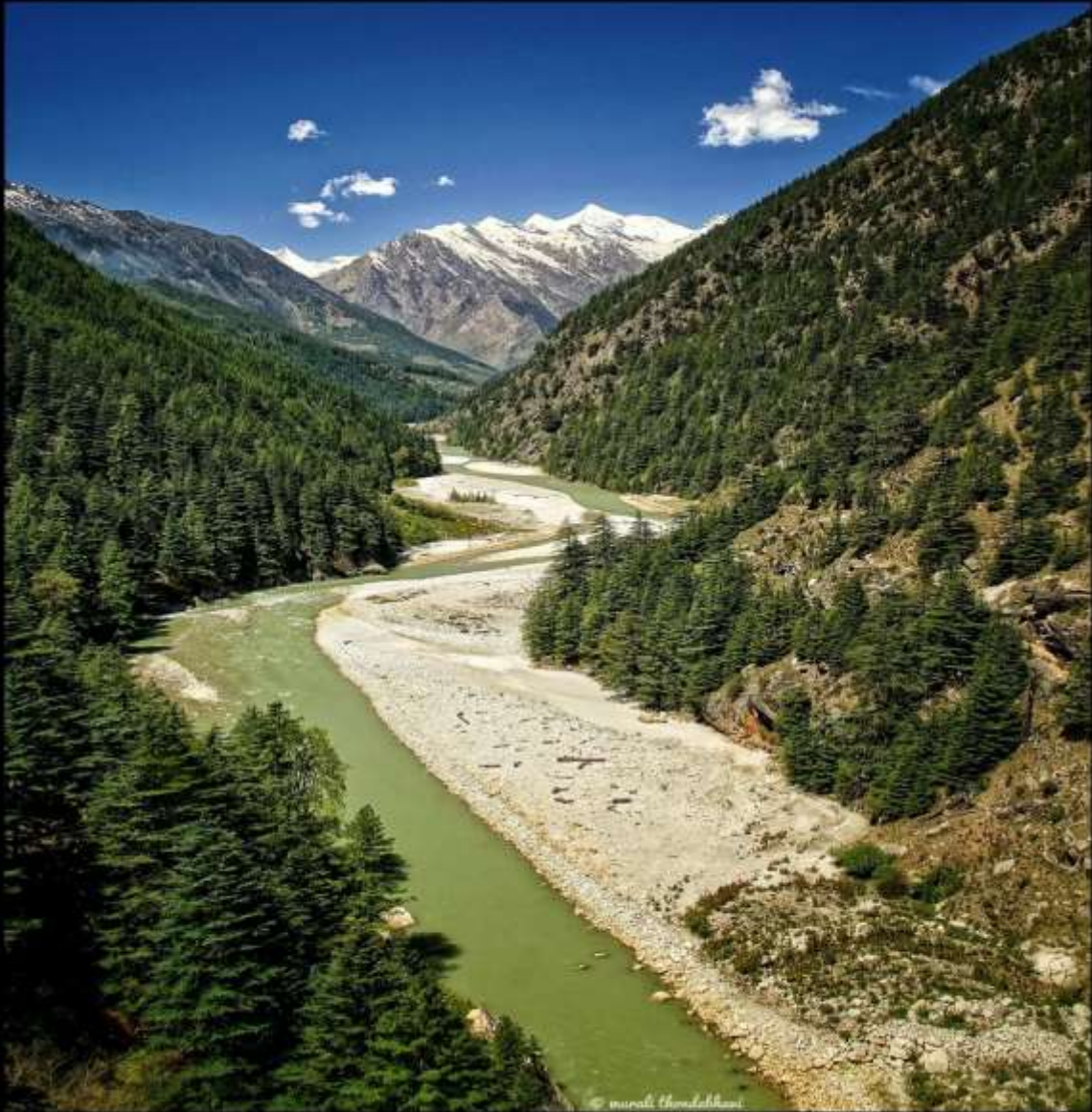
“The way to love anything is to realize that it
might be lost.”

Robert B. Cialdini, *Influence: The Psychology of
Persuasion*



“The ache for home lives in all of us. The safe place where we can go as we are and not be questioned.”

Maya Angelou, *All God's Children Need Traveling Shoes*



“The task is to learn how to enjoy everyday life without diminishing other people's chances to enjoy theirs.”

Csikszentmihaly



“The only way we can change is to be real
with ourselves.”

David Goggins



“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”

Lao Tzu



“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.”

Voltaire



“You've gotta dance like there's nobody watching, Love like you'll never be hurt, sing like there's nobody listening, and live like its heaven on earth.”

William W. Purkey



“Let there always be a bright spot in your heart for the people around you. They might need a bit of sunshine.”

Ron Baratono



“We must begin thinking like a river if we are to leave a legacy of beauty and life for future generations.”

David Brower



“The happiest people discover their own nature and match their life to it.”

Ray Dalio, *Principles: Life and Work*



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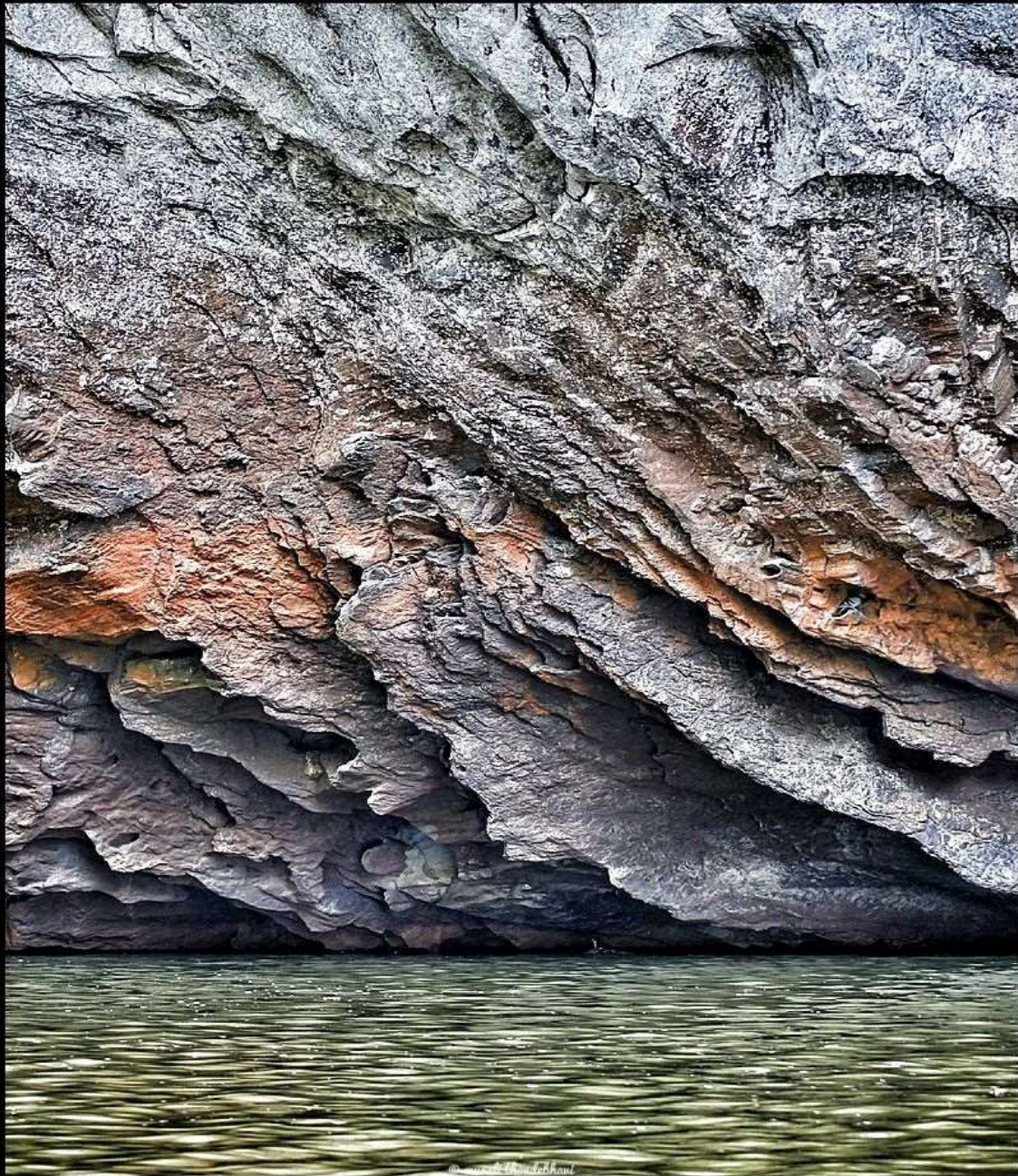
“Forgive others for who they are and
forgive yourself for wishing they were
somebody else.”

Marshall Goldsmith



“You can love a person dear to you with a human love, but an enemy can only be loved with divine love.”

Leo Tolstoy, *War and Peace*



“Stand up like a mountain; have faith like a
rock; love like an avalanche”

Bob Goff



“Using another as a means of satisfaction and security is not love. Love is never security; love is a state in which there is no desire to be secure; it is a state of vulnerability.”

Jiddu Krishnamurthi



“In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted.”

Bertrand Russell



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“In all affairs it's a healthy thing now and then to hang a question mark on the things you have long taken for granted.”

Bertrand Russell



“Cancer is a sign that looks to the future, but who always brings the past along to slot into that future in a way that creates consistency and a sense of continuity.”

Lisa Lazuli



"Let's build bridges, not walls."

Martin Luther King, Jr.



© marali thunderblast

“You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one.”

John Lennon



"It is easy to hate and it is difficult to love.
This is how the whole scheme of things
works. All good things are difficult to
achieve, and bad things are very easy to get."

Confucius



"In moments of quiet reflection our minds
embrace the sea that we have crossed."

Holmes.



*“As delicate as flower, as tender as rose petals,
choosing to be tender and kind in a harsh
environment is not weakness, it's courage.”*

Luffina Lourduraj



“By judging others we blind ourselves to our own evil and to the grace which others are just as entitled to as we are.”

Dietrich Bonhoeffer



"The reason for every misunderstanding is that we see the people as we are but not as they are."

Swami Vivekananda.



“Anyone can love a rose, but it takes a lot to love a leaf. It’s ordinary to love the beautiful, but it’s beautiful to love the ordinary.”

MJ Korvan



“Tenderness is not weakness. Rather, it is a decision to face the scathing brutality of life, but to refuse to allow brutality to set the terms of the engagement.”

Craig D. Lounsbrough



"Modesty and dew love the shade."

Alphonse de Lamartine



“The reason why we struggle with insecurity is because we compare our behind the scenes with everyone else's highlight reel.”

Steven Furtick



“If I love myself despite my infinite faults, how can I hate anyone at the glimpse of a few faults.”

Swami Vivekananda.



“When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love.”

Marcus Aurelius



"Forgiveness is the only way to reverse the
irreversible flow of history."

Hannah Arendt



“Our lives become beautiful not because of what we do, our lives becomes beautiful simply because we have included everybody around us as a part of our dream of well being.”

Jaggi Vasudev



“Ask nothing; want nothing in return. Give what you have to give; it will come back to you, but do not think of that now.”

Swami Vivekananda



“Where can we go to find God if we cannot see Him in our own hearts and in every living being.”

Swami Vivekananda



“No marriage stays in the same pattern forever.
It is both the best feature of marriage and the
worst, that it inevitably changes.”

Lisa Kleypas



“We carry with us, as human beings, not just the capacity to be kind, but the very choice of kindness.”

RJ Palacio, *Wonder*



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That is why a house is not something that
you passively 'have', it is something that you
'do', something that you 'work on',

Kate Fox



"If you want a perfect relationship, then
go with the flow because nothing is
perfect in the world."

Unknown



“The truest form of love is how you behave toward someone, not how you feel about them.”

Steve Hall



“All young relationships are alike; each committed relationship is deep in its own way.”

David Perell



“To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength.”

Criss Jami



“When you touch a life, strive to leave it the
better for the change you make”

J Benson



"You are the sky. The clouds are what happens, what comes and goes."

Eckhart Tolle



“You couldn't have strength without weakness, you couldn't have light without dark, you couldn't have love without loss.”

Jodi Picoult, *The Tenth Circle*



"Most people are loved for who they are not!
People hide their true colors. They are afraid to
show them. They don't find their true colors
beautiful. They find them ugly."

Thomas Stark.



“It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.”

Audre Lorde



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"For most people, love means, 'You must do what I want.' No, love means they can do what they want, and we still love them."

Sadhguru



“We are what we pretend to be, so
we must be careful about what we
pretend to be.”

Kurt Vonnegut, *Mother Night*



“The bird a nest, the spider a web, man
friendship.”

William Blake



“Learning to let go should be learned before learning to get. Life should be touched, not strangled. You’ve got to relax, let it happen at times, and at others move forward with it.”

Ray Bradbury



“The task is to learn how to enjoy
everyday life without diminishing
other people's chances to enjoy
theirs.”

Csikszentmihaly



“I used to think that the worst thing in life was to end up alone. It's not. The worst thing in life is to end up with people who make you feel alone.”

Robin Williams



“The power of finding beauty in the
humblest things makes home happy and life
lovely.”

Louisa May Alcott



"Be less curious about people and more curious about ideas."

Marie Curie



“A seed has a few friends, but a
tree has many enemies.”

Matshona Dhliwayo



“Some expect everything. Some expect nothing. And at the end of the day we all look at the same world - just with different colours in mind.”

Laura Chouette



Jealousy says, "Compete with each other."

Envy says, "Destroy each other."

Empathy says, "Help each other."

Love says, "Empower each other."

Matshona Dhliwayo



“It is through the strength of what is genuine that meaningful connections build into relationships.”

Michelle Tillis Lederman



“The only difference between you and the person
you admire is their perspective on life.”

Shannon L. Alder



“I shall look at you out of the corner of my eye, and you will say nothing. Words are the source of misunderstandings.”

Antoine de Saint-Exupéry



© murad chomelchani

“Everyone smiles in the same language.
Happiness knows no frontiers, no age. No
difference that makes us feel apart if a smile
can win even a broken heart.”

Ana Claudia Antunes



“Youth ends when egotism does; maturity begins
when one lives for others.”

Hermann Hesse



“Human beings connect so easily,
it's as if we share the same brains.”

Douglas Rushkoff, *Team Human*



“You can create a lot of meaning in your own life by helping someone else do something that is meaningful to them.”

James Clear



"Self-esteem is just the reputation that you have
with yourself. You'll always know."

Naval Ravikant



“Once you embrace your value, talents and strengths, it neutralizes when others think less of you.”

Rob Liano



“Sometimes, the best way to help someone is just to be near them.”

Veronica Roth, *Divergent*



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Sex, one of the most complex of human traits, is unlikely to be encoded by multiple genes. Rather, a single gene, buried rather precariously in the Y chromosome, must be the master regulator of maleness. Male readers of that last paragraph should take notice: we barely made it."

Siddhartha Mukherjee, *The Gene: An Intimate History*



“Beauty is not who you are on the outside, it is the wisdom and time you gave away to save another struggling soul like you.”

Shannon L. Alder



“Always remember that to argue, and win, is to break down the reality of the person you are arguing against. It is painful to lose your reality, so be kind, even if you are right.”

Haruki Murakami



“To assess the quality of thoughts of people,
don't listen to their words, but watch their
actions.”

Amit Kalantri



“To speak of home in relation to a building is simply to recognize its harmony with our own prized internal song.”

Alain de Botton



“Let there always be a bright spot in
your heart for the people around you.
They might need a bit of sunshine.”

Ron Baratono



“For a while” is a phrase whose length can't be measured. At least by the person who's waiting.

Haruki Murakami

A red whiskered Bulbul waits for his mate as the day comes to an end.



“Life is a lot more fragile than we think. So you should treat others in a way that leaves no regrets. Fairly, and if possible, sincerely.”

Haruki Murakami



“Earth is our only citadel in the universe; but
we have illogically built many more
fortresses within this beautiful castle! ”

Mehmet Murat Ildan



“...do you ever know a moment is important as it's happening, or is it only when you look back that you can see your life is changed?”

Chelsea Sedoti



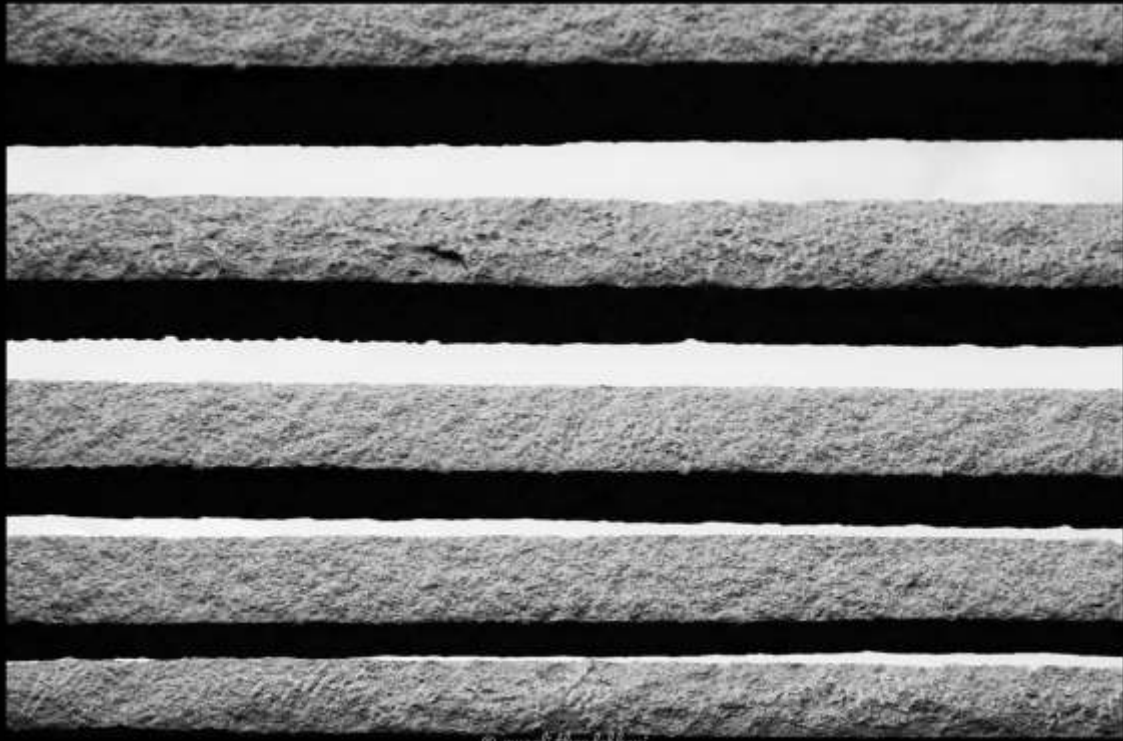
“You are the ocean; everything else is
just waves and wind.”

Steve Maraboli



“Friendship is unnecessary, like philosophy, like art.... It has no survival value; rather it is one of those things which give value to survival.”

C.S. Lewis, *The Four Loves*



“The most basic way to get someone's attention is this: Break a pattern.”

Chip Heath and Dan Heath



“In all our searching, the only thing we've found that makes the emptiness bearable is each other.”

Carl Sagan



"From one bell all the bells toll."

Dejan Stojanovic



“Isolation offered its own form of
companionship.”

Jhumpa Lahiri



“Always remember that to argue, and win, is to break down the reality of the person you are arguing against. It is painful to lose your reality, so be kind, even if you are right.”

Haruki Murakami



“Don't compare her to sunshine and roses when she's clearly orchids and moonlight.”

Melody Lee



“The desire to reach for the stars is ambitious.
The desire to reach hearts is wise.”

Maya Angelou



“A city is a right place to build a business
but not a right place to build a home.”

Amit Kalantri



“Tell me the story.. About how the sun loved
the moon so much.. That she died every
night.. Just to let him breathe... “

Hanako Ishii



"Love is like a friendship caught on fire. In the beginning a flame, very pretty, often hot and fierce, but still only light and flickering. As love grows older, our hearts mature and our love becomes as coals, deep-burning and unquenchable."

Bruce Lee



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“You’ll never know who you are unless you
shed who you pretend to be.”

Vironika Tugaleva,



© murali thondebhavi

“One of the things that we admire about porcelain is its delicate fragility. We should learn to appreciate the same in people.”

Andrew Davenport



“Maybe a mother wasn't what she seemed to
be on the surface. “

Jodi Picoult, *Handle with Care*



“You know yourself mostly by your thoughts. Everyone else in the world knows you only by your actions. Remember this when you feel misunderstood.”

James Clear



“Your face is marked with lines of life, put there by love and laughter, suffering and tears. It's beautiful.”

Lynsay Sands



“Kindness is a passport that opens doors and fashions friends. It softens hearts and molds relationships that can last lifetimes.”

Joseph B. Wirthlin



“If the other person injures you, you may forget the injury; but if you injure him you will always remember.”

Khalil Gibran



“To make one, there must be two.”

W.H. Auden



“Love one another, but make not a bond of love: Let it rather be a moving sea between the shores of your souls.”

Khalil Gibran, *The Prophet*



“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. “

Thich Nhat Hanh



“Everyone was a rose but even more complex than a mere flower. Everyone was made up of infinitely layered petals. And everyone had something indescribably precious at the heart of their being. No one was shallow. Not really.”

Mary Balogh



“You do not have to earn love. You simply
have to exist.”

Sharon Salzberg



“The logic is simple: if you do the right things, the right things will happen to you even without your intent.”

Sadhguru, Adiyogi: The Source of Yoga



“Love and work are to people what water and
sunshine are to plants.”

Jonathan Haidt, *The Happiness Hypothesis*



“Laughter is day, and sobriety is night; a smile is the twilight that hovers gently between both, more bewitching than either.”

Henry Ward Beecher



“What an unrequited love it is, this thirst! But is it love, when it is unrequited?”

Eleanor Catton

FUNNY and WITTY QUOTES



"Rainy days should be spent at home with a cup of tea and a good book."

Bill Watterson



"Carpe Diem" does not mean 'fish of the day.'"

Unknown



“The humble Cumulus humilis - never hurt
a soul.”

Gavin Pretor-Pinney



"When the tide goes out, you can see who was swimming naked."

Warren Buffett



"The early bird gets the worm, but the second mouse gets the cheese."

Willie Nelson



"All the world is made of faith, and trust, and
pixie dust."

J.M. Barrie, *Peter Pan*



"Architects and engineers are among the most fortunate of men since they build their own monuments with public consent, public approval and often public money."

John Prebble



"Life is like a box of crayons. Most people are the 8-color boxes, but what you're really looking for are the 64-color boxes with the sharpeners on the back. I fancy myself to be a 64-color box, though I've got a few missing."

- John Mayer"



“A century ago, people laughed at the notion that we were descended from monkeys. Today, the individuals most offended by that claim are the monkeys.”

Jacob Appel



"...as the old saying goes: if you teach a man to fish, he will feed himself for a lifetime. But if you just give him a fishing pole, he'll have to teach himself."

Zechariah Barrett



"Never be afraid to try. The only angle through which you can approach success is by the "try-angle".

Israelmore Ayivor



"We must keep in mind the story of the statistician who drowned while trying to wade across a river with an average depth of four feet."

Neil Postman, *Technopoly: The Surrender of Culture to Technology*



“I am neither an economist nor a
photographer of monuments, and I am not
much of a journalist either. What I am trying
to do more than anything else is to observe
life.”

Henri Cartier-Bresson



"The creator of the universe works in mysterious ways. But he uses a base ten counting system and likes round numbers."

Scott Adams



“So you're a little weird? Work it!
A little different? OWN it! Better
to be a nerd than one of the
herd!”

Mandy Hale



"Be yourself; everyone else is already taken."

Oscar Wilde



"Are we not wasps who spend all day in a fruitless attempt to traverse a window-pane - while the other half of the window is wide open?"

Wei Wu Wei



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"Those who are always fishing for compliments
will soon run out of bait."

Christine E. Szymanski



"Ignorance might be bliss, but it also has teeth."

Craig D. Lounsbrough



"Insanity is relative. It depends on who
has who locked in what cage."

Ray Bradbury



"Learn to look up now and then, just in case
a piano is falling from overhead."

Richelle E. Goodrich



"Even a brick wants to be something."

Louis Kahn



"Geologists are never at a loss for paperweights."

Bill Bryson, *A Short History of Nearly Everything*



"Give a man a fish, and you'll feed him for a day.
Teach a man to fish, and he'll buy a funny hat. Talk
to a hungry man about fish, and you're a
consultant."

Scott Adams



"It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone."

Andy Rooney



"There are few glitches and bugs in the Matrix."

Deyth Banger



"I'm not interested in whether the glass is half empty or half full. I'm interested in figuring out how to fill the glass."

Donal Kaberuka



"These days you are considered a weirdo if you live without a phone. Yet nobody cares if you live without a purpose. Anything wrong with that picture?"

Ray N. Kuili, *Awakening*



"Anyone can smile for a photo, but who is still smiling after the selfie?"

Ken Poirot



"Adventures are all very well in their place, but there's a lot to be said for regular meals and freedom from pain."

Neil Gaiman, *Stardust*



"If it takes a million years for a fish to become a reptile, has Man, in our few hundred, altered out of recognition?"

T. H. White



"We're in a giant car heading towards a brick wall and everyone is arguing over where they're going to sit."

David Suzuki



"Waves are not measured in feet and inches,
they are measured in increments of fear."

Buzzy Trent



"Sometimes, the world looks different
when you turn it upside down."

J.K. Rowling



"If snow melts down to water, does
it still remember being snow?"

Jennifer McMahon, *The Winter
People*



“The job of feet is walking, but their
hobby is dancing.”

Amit Kalantri



“It’s all right to have butterflies in your stomach. Just get them to fly in formation.”

Rob Gilbert



"Go outside, life in storage fades..."

Nanette L. Avery



“The night is the hardest time to be alive and
4am knows all my secrets.”

Poppy Z. Brite



"Farming looks mighty easy when your plow is
a pencil and you're a thousand miles from the
corn field."

Dwight D. Eisenhower



“The beaver told the rabbit as they stared at the Hoover Dam: No, I didn't build it myself, but it's based on an idea of mine”

Charles Hard Townes



“When you dance, you can enjoy the luxury of
being you.”

Paulo Coelho



"We're wired to see patterns
like pictures in grilled cheese.
On Mars, in stars, in cliffsides -
Oh, the things we once believed!"

Joseph Raphael Becker



"Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in."

Isaac Asimov



“Be like a duck. Calm on the surface, but always paddling like the dickens underneath.”

Michael Caine.



"Caught in your youniverse again? Try reaching out to the one besides you!"

Stefan Emunds



“Ocean, n. A body of water occupying about two-thirds of a world made for man — who has no gills.”

Ambrose Bierce, *The Unabridged Devil's Dictionary*



"If it weren't for electricity, we'd all be watching television by candlelight."

George Gobel



"An ant on the move does more than a dozing
ox."

Lao Tzu



“All Fungi are edible.
Some fungi are only edible once.”

Terry Pratchett



"Take it moment by moment, and
you will find that we are all, as
I've said before, bugs in amber."

Kurt Vonnegut



"A grownup is a child with layers on."

Woody Harrelson



"They say, timing is everything. But then they say, there is never a perfect time for anything."

Anthony Liccione



"You cannot teach a crab to walk straight."

Aristophanes



"We admit that we are like apes, but we seldom realize that we are apes."

Richard Dawkins



"Everything comes to him who waits, except
a loaned book."

Kin Hubbard



"If you're going to say what you want to say,
you're going to hear what you don't want to
hear."

Roberto Bolaño



"I wonder how much it would take to buy a soap bubble, if there were only one in the world."

Mark Twain



"To all the fish, big or small. May a wave carry you to the top of a tree someday. And from that summit, may you contemplate the immensity of the ocean."

Zidrou & Aimée de Jongh



"I don't have to understand the reasons for the colours of a rainbow to appreciate its beauty."

Wayne Gerard Trotman



"Never judge an eagle by the opinion of turkeys."

Matshona Dhliwayo



“One of the keys to happiness is a bad memory.”

Rita Mae Brown



“When the world changes faster than species can adapt, many fall out. This is the case whether the agent drops from the sky in a fiery streak or drives to work in a Honda.”

Elizabeth Kolbert, *The Sixth Extinction: An Unnatural History*



"I must be a mermaid, Rango. I have no fear of depths and a great fear of shallow living."

Anais Nin



"The knack of flying is learning how to throw yourself at the ground and miss."

Douglas Adams



“To be or not to be. That's not really a question”

Jean-Luc Godard



“I have never been one to fall when I can
jump.”

Ally Carter



“Voiceless it cries,
Wingless flutters,
Toothless bites,
Mouthless mutters.”

J.R.R. Tolkien



“Sometimes you're the windshield. Sometimes
you're the bug.”

Mark Knopfler



“Depth must be hidden.
Where?
On the surface.”

Hugo von Hofmannsthal



“The current state of knowledge can be summarized thus: in the beginning there was nothing, which exploded.”

Terry Pratchett



"Just have one good day. Then repeat."

James Clear



If you want to be a different fish, jump out of school.

Don Van Vliet



“Are windmills always this beautiful? I asked me. Me replied, ‘Not if it is grey and windy, and you are tied to one of it’s blades!’”

Prachi Blue



“Before, you are wise; after, you are wise. In
between you are otherwise.”

David Zindell



“I think I'm a tiny bit like Harry 'cos I'd like to have an owl. Yeah, that's the tiny bit, actually.”

Daniel Radcliffe



“Stay true to yourself. An original is worth more than a copy.”

Suzy Kassem



“Even in my revenge fantasy where all I do is exercise; I can still do only twenty-five pull-ups.

Pull-ups are tough, no joke.”

Mindy Kaling



“Aim high. You may still miss the target, but
at least you won't shoot your foot off.”

Lois McMaster Bujold



“Nearly everyone wants at least one outstanding meal a day.”

Duncan Hines



“If you're having a bad day, catch a wave.”

Frosty Hesson



If it looks real and feels real, do
you think it matters if it's real?

Daniel Nayeri



“Don’t wait to be hunted to hide, that was
always my motto.”

Samuel Beckett



“Be a pineapple: Stand tall, wear a crown, and be sweet on the inside.”

Katherine Gaskin



"If I be waspish, best beware my sting."

William Shakespeare



"If there's only one nation in the sky, shouldn't
all passports be valid for it?"

Yann Martel



“He who cannot put his thoughts on ice
should not enter into the heat of dispute.”

Friedrich Nietzsche



“Nothing in the world is ever completely wrong. Even a stopped clock is right twice a day.”

Paulo Coelho, *Brida*



“A snake and millipede can both crawl on their bellies but this doesn't make them brothers.”

African proverb



“When whales want to make a wish, they
wish upon a starfish.”

Anthony T.Hincks



“Don't knock the weather. If it didn't change once in a while, nine out of ten people couldn't start a conversation.”

Kim Hubbard



“Electricity is really just organized lightning.”

George Carlin



“The fact that we live at the bottom of a deep gravity well, on the surface of a gas covered planet going around a nuclear fireball 90 million miles away and think this to be normal is obviously some indication of how skewed our perspective tends to be.”

Douglas Adams



“Don’t live the same year 75
times and call it a life.”

Robin Sharma



“A simple cup of tea is far from a simple matter.”

Mary Lou Heiss



“A man walks into a pet shop and says: "Give me a wasp." The shopkeeper replies: "We don't sell wasps." He says: "There's one in the window." “

Frank Carson



“I mean that it is possible to be unselfish without a moral code, sophisticated without an education, and beautiful wearing a skeleton on the outside.”

Marlene Zuk



“Snails were built for comfort. Not for speed!”

Anthony T. Hincks



“Every beetle is a gazelle in the eyes of its mother.”

Anonymous



“London is a riddle.
Paris is an explanation.”

G. K. Chesterson



“If I paint a wild horse, you might not see the horse... but surely you will see the wildness!”

Pablo Picasso



A hornet's nest might be a
thing of beauty, but is best left
alone.



“Give a man a fish, and you'll feed him for a day.
Teach a man to fish, and he'll buy a funny hat.
Talk to a hungry man about fish, and you're a
consultant.”

Scott Adams



“God in His wisdom made the fly
And then forgot to tell us why.”

Ogden Nash, "The Fly"



“Never stay up on the barren heights of
cleverness, but come down into the green valleys
of silliness.”

Ludwig Wittgenstein



"There are no rules of architecture for a castle in the clouds."

Gilbert K. Chesterton



“Do not be angry with the rain; it simply does not know how to fall upwards.”

Vladimir Nabokov



“And those who were seen dancing were
thought to be insane by those who could
not hear the music.”

Friedrich Nietzsche



“Those who drink whiskey with the owls at night, cannot soar with the eagles the next day.”

Brian D. Ratty



“Too many people miss the silver lining
because they're expecting gold.”

Maurice Setter



“What's your angle?” I asked, trying
to sound more playful than
demanding.
“Isosceles,” Jack quipped.”

Amanda Hocking, *My Blood Approves*



If you have time to chatter,
Read books.

If you have time to read,
Walk into mountain, desert and ocean.

If you have time to walk,
Sing songs and dance.

If you have time to dance,
Sit quietly, you happy, lucky idiot.

Nanao Sakaki



“If you think adventure is dangerous, try routine; it is lethal.”

Paulo Coelho

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About the Author

Dr Murali Thondebhavi is a consultant anaesthetist and pain physician in Bangalore. He has over two decades of experience in these fields and has trained in India and the UK. Teaching is his passion. He is an invited speaker at national and international scientific meetings. An ardent reader with photography as a serious hobby, he loves cooking and on a similar note believes that a happy life can be achieved with the right balance.

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