

<p>“You have power over your mind - not outside events. Realize this, and you will find strength.” — Marcus Aurelius</p>	<p>“The only true wisdom is in knowing you know nothing.” — Socrates</p>	<p>“All cruelty springs from weakness.” — Seneca</p>	<p>“The man who makes everything that leads to happiness depends upon himself, and not upon other men, has adopted the very best plan for living happily. This is the man of moderation, the man of manly character and of wisdom.” — Plato</p>	<p>“Happiness depends upon ourselves.” — Aristotle</p>
<p>“Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.” — Marcus Aurelius</p>	<p>“If anyone tells you that a certain person speaks ill of you, do not make excuses about what is said of you but answer, "He was ignorant of my other faults, else he would not have mentioned these alone.” — Epictetus</p>	<p>“Be kind, for everyone you meet is fighting a hard battle.” — Socrates</p>	<p>“No man was ever wise by chance” — Seneca</p>	<p>“Be as you wish to seem.” — Socrates</p>
<p>“The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less.” — Socrates</p>	<p>“To avoid criticism say nothing, do nothing, be nothing.” — Aristotle</p>	<p>“If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.” — Marcus Aurelius</p>	<p>“Educating the mind without educating the heart is no education at all.” — Aristotle</p>	<p>“Begin each day by telling yourself: Today I shall be meeting with interference, ingratitude, insolence, disloyalty, ill-will, and selfishness – all of them due to the offenders' ignorance of what is good or evil.” — Marcus Aurelius</p>
<p>“When any person harms you, or speaks badly of you, remember that he acts or speaks from a supposition of its being his duty. Now, it is not possible that he should follow what appears right to you, but what appears so to himself. Therefore, if he judges from a wrong appearance, he is the person hurt, since he too is the person deceived. For if anyone should suppose a true proposition to be false, the proposition is not hurt, but he who is deceived about it. Setting out, then, from these principles, you will meekly bear a person who reviles you, for you will say upon every occasion, "It seemed so to him."” — Epictetus</p>	<p>“We suffer more often in imagination than in reality” — Seneca</p>	<p>“There is only one way to happiness and that is to cease worrying about things which are beyond the power or our will.” — Epictetus</p>	<p>“Know thyself.” — Socrates</p>	<p>“One should never do wrong in return, nor mistreat any man, no matter how one has been mistreated by him.” — Socrates</p>
<p>“It is not the man who has too little, but the man who craves more, that is poor.” — Seneca</p>	<p>“No human thing is of serious importance.” — Plato</p>	<p>“No man is happy who does not think himself so.” — Marcus Aurelius</p>	<p>“Wealth is the slave of a wise man. The master of a fool” — Seneca</p>	<p>“Any person capable of angering you becomes your master; he can anger you only when you permit yourself to be disturbed by him.” — Epictetus</p>
<p>“When any person harms you, or speaks badly of you, remember that he acts or speaks from a supposition of its being his duty. Now, it is not possible that he should follow what appears right to you, but what appears so to himself. Therefore, if he judges from a wrong appearance, he is the person hurt, since he too is the person deceived. For if anyone should suppose a true proposition to be false, the proposition is not hurt, but he who is deceived about it. Setting out, then, from these principles, you will meekly bear a person who reviles you, for you will say upon every occasion, "It seemed so to him."” — Epictetus</p>	<p>“The educated differ from the uneducated as much as the living differ from the dead.” — Aristotle</p>	<p>“If anyone says that the best life of all is to sail the sea, and then adds that I must not sail upon a sea where shipwrecks are a common occurrence and there are often sudden storms that sweep the helmsman in an adverse direction, I conclude that this man, although he lauds navigation, really forbids me to launch my ship.” — Seneca</p>	<p>“The object of life is not to be on the side of the majority, but to escape finding oneself in the ranks of the insane.” — Marcus Aurelius</p>	<p>“You always own the option of having no opinion. There is never any need to get worked up or to trouble your soul about things you can't control. These things are not asking to be judged by you. Leave them alone.” — Marcus Aurelius</p>
<p>“When you arise in the morning think of what a privilege it is to be alive, to think, to enjoy, to love ...” — Marcus Aurelius</p>	<p>“Wonder is the beginning of wisdom.” — Socrates</p>	<p>“The happiness of your life depends upon the quality of your thoughts.” — Marcus Aurelius</p>	<p>“He who cannot be a good follower cannot be a good leader.” — Aristotle</p>	<p>“The sun also shines on the wicked.” — Seneca</p>
<p>“He was a wise man who invented God.” — Plato</p>	<p>“Begin at once to live, and count each separate day as a separate life.” — Seneca</p>	<p>“The highest realms of thought are impossible to reach without first attaining an understanding of compassion.” — Socrates</p>	<p>“Contentment is natural wealth, luxury is artificial poverty.” — Socrates</p>	<p>“Do not afflict others with anything that you yourself would not wish to suffer. If you would not like to be a slave, make sure no one is your slave. If you have slaves, you yourself are the greatest slave, for just as freedom is incompatible with slavery, so goodness is incompatible with hypocrisy.” — Epictetus</p>
<p>“Putting things off is the biggest waste of life: it snatches away each day as it comes, and denies us the present by promising the future. The greatest obstacle to living is expectancy, which hangs upon tomorrow, and loses today. You are arranging what lies in Fortune's control, and abandoning what lies in yours. What are you looking at? To what goal are you straining? The whole future lies in uncertainty: live immediately.” — Seneca</p>	<p>“He who is not contented with what he has, would not be contented with what he would like to have.” — Socrates</p>	<p>“If a man knows not to which port he sails, no wind is favorable.” — Seneca</p>	<p>“Man is not worried by real problems so much as by his imagined anxieties about real problems” — Epictetus</p>	<p>“Employ your time in improving yourself by other men's writings so that you shall come easily by what others have labored hard for.” — Socrates</p>
<p>“We are not disturbed by what happens to us, but by our thoughts about what happens to us.” — Epictetus</p>	<p>“I know you won't believe me, but the highest form of Human Excellence is to question oneself and others.” — Socrates</p>	<p>“Virtue does not come from wealth, but . . . wealth, and every other good thing which men have. . . comes from virtue.” — Socrates</p>	<p>“Small-minded people blame others. Average people blame themselves. The wise see all blame as foolishness” — Epictetus</p>	<p>“Fate leads the willing and drags along the reluctant.” — Seneca</p>
<p>“And this, too, affords no small occasion for anxieties - if you are bent on assuming a pose and never reveal yourself to anyone frankly, in the fashion of many who live a false life that is all made up for show; for it is torturous to be constantly watching oneself and be fearful of being caught out of our usual role. And we are never free from concern if we think that every time anyone looks at us he is always taking-our measure; for many things happen that strip off our pretence against our will, and, though all this attention to self is successful, yet the life of those who live under a mask cannot be happy and without anxiety. But how much pleasure there is in simplicity that is pure, in itself unadorned, and veils no part of its character! Yet even such a life as this does run some risk of scorn, if everything lies open to everybody; for there are those who disdain whatever has become too familiar. But neither does virtue run any risk of being despised when she is brought close to the eyes, and it is better to be scorned by reason of simplicity than tortured by perpetual pretence.” — Seneca</p>	<p>“Envy is the ulcer of the soul.” — Socrates</p>	<p>“Is it true; is it kind, or is it necessary?” — Socrates</p>	<p>“Most powerful is he who has himself in his own power.” — Seneca</p>	<p>“The greatest wealth is to live content with little.” — Plato</p>
<p>“The greatest way to live with honor in this world is to be what we pretend to be.” — Socrates</p>	<p>“If you want to improve, be content to be thought foolish and stupid.” — Epictetus</p>	<p>“He is richest who is content with the least, for content is the wealth of nature.” — Socrates</p>	<p>“It is the power of the mind to be unconquerable.” — Seneca</p>	<p>“Here is a rule to remember in future, when anything tempts you to feel bitter: not "This is misfortune," but "To bear this worthily is good fortune.” — Marcus Aurelius</p>
<p>“Circumstances don't make the man, they only reveal him to himself.” — Epictetus</p>	<p>“I laugh at those who think they can damage me. They do not know who I am, they do not know what I think, they cannot even touch the things which are really mine and with which I live.” — Epictetus</p>	<p>“What screws us up the most in life is the picture in our head of what it's supposed to be.” — Socrates</p>	<p>“Be nicer than necessary to everyone you meet. Everyone is fighting some kind of battle.” — Socrates</p>	<p>“It is a denial of justice not to stretch out a helping hand to the fallen; that is the common right of humanity.” — Seneca</p>
<p>“True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us.” — Socrates</p>	<p>“Knowing yourself is the beginning of all wisdom.” — Aristotle</p>	<p>“He who is brave is free” — Seneca</p>	<p>“Never discourage anyone...who continually makes progress, no matter how slow.” — Plato</p>	<p>“Do not do to others what angers you if done to you by others.” — Socrates</p>
<p>“It's not because things are difficult that we don't dare; It's because we don't dare that things are difficult.” — Seneca</p>	<p>“Envy is the ulcer of the soul.” — Socrates</p>	<p>“Is it true; is it kind, or is it necessary?” — Socrates</p>	<p>“Wise men speak because they have something to say; fools because they have to say something.” — Plato</p>	<p>“For many men, the acquisition of wealth does not end their troubles, it only changes them” — Seneca</p>
<p>“May the inward and outward man be as one.” — Socrates</p>	<p>“Ideas are the source of all things” — Plato</p>	<p>“No great thing is created suddenly.” — Epictetus</p>	<p>“Without friends, no one would want to live, even if he had all other goods.” — Aristotle</p>	<p>“Those who are hardest to love need it the most.” — Socrates</p>
<p>“Difficulty shows what men are. Therefore when a difficulty falls upon you, remember that God, like a trainer of wrestlers, has matched you with a rough young man. Why? So that you may become an Olympic conqueror; but it is not accomplished without sweat.” — Epictetus</p>	<p>“I have learned to be a friend to myself Great improvement this indeed Such a one can never be said to be alone for know that he who is a friend to himself is a friend to all mankind” — Seneca</p>	<p>“The beginning is the most important part of the work.” — Plato</p>	<p>“As long as you live, keep learning how to live.” — Seneca</p>	<p>“The mind is everything; what you think, you become” — Socrates</p>
<p>“I am not an Athenian or a Greek, but a citizen of the world.” — Socrates</p>	<p>“I am not born for one corner; the whole world is my native land.” — Seneca</p>	<p>“Each day acquire something that will fortify you against poverty, against death, indeed against other misfortunes as well; and after you have run over many thoughts, select one to be thoroughly digested that day” — Seneca</p>	<p>“Without friends, no one would want to live, even if he had all other goods.” — Aristotle</p>	<p>“If you really want to escape the things that harass you, what you're needing is not to be in a different place but to be a different person.” — Seneca</p>
<p>“Preach not to others what they should eat, but eat as becomes you and be silent.” — Epictetus</p>	<p>“The mind that is anxious about future events is miserable.” — Seneca</p>	<p>“Don't explain your philosophy. Embody it.” — Epictetus</p>	<p>“You are a little soul carrying around a corpse” — Epictetus</p>	<p>“First say to yourself what you would be; and then do what you have to do.” — Epictetus</p>
<p>“All religions must be tolerated... for every man must get to heaven in his own way.” — Epictetus</p>	<p>“Don't seek to have events happen as you wish, but wish them to happen as they do happen, and all will be well with you.” — Epictetus</p>	<p>“The heaviest penalty for declining to rule is to be ruled by someone inferior to yourself.” — Plato</p>	<p>“Love is a single soul inhabiting two bodies.” -Aristotle</p>	<p>“No man is free who is not master of himself.” — Epictetus</p>
<p>“There is no enjoying the possession of anything valuable unless one has someone to share it with” — Seneca</p>	<p>“You should ... live in such a way that there is nothing which you could not as easily tell your enemy as keep to yourself.” — Seneca</p>	<p>“Expecting is the greatest impediment to living. In anticipation of tomorrow, it loses today.” — Seneca</p>	<p>“Hurry up and live.” — Seneca</p>	<p>“I cannot teach anybody anything. I can only make them think.” — Socrates & Bob Judge</p>