
Dedication

To:

From:

Michael E. Ruge

“Man's main task in life is to give birth to himself.”

Erich Fromm

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Happiness
By Michael E. Ruge

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To your Success: Health, Wealth & Happiness

By Michael E. Ruge

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Quote-A-Quote

To your Success: Health, Wealth & Happiness

...written to inspire you to undertake challenges in new and powerful ways. If you'd like to attract and inject positive energy into your daily life, this book belongs in your purse, pocket and desk!

"Keep my words positive: Words become my behaviors.
Keep my behaviors positive: Behaviors become my habits.
Keep my habits positive: Habits become my values.
Keep my values positive: Values become my destiny.

There is no dress rehearsal: This is one day in YOUR life".
Mahatma Gandhi

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Attitude is a little thing that makes a big difference.

Sir *Winston Churchill*

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Exceptional thanks to my family - my wife, Elspeth, my son Christopher, my daughter Jessalyn, and my amazing grandchildren Evelyn , Sarah and Coady who together remind me that each day matters. To both my dads whose very different types of wisdom and character I still draw from daily.

To Team Paradise, I offer my humblest thanks. You offered support, time and laughter--your energy was the fuel that kept us going when our tanks were running dry. This book reflects your spirit.

It's also dedicated to great teachers like Tony Robbins, Mark Victor Hanson, Jim Rohn, Brian Tracy, T. Harv Eker and so many others--people who have lived the experience and taught the lessons so that we may never stop learning. Knowledge can be the most precious gift.

Michael E. Ruge

**Quote-A-Quote To Your Success:
Health, Wealth & Happiness**

I often quote myself. It adds spice to my conversation.

George Bernard Shaw

**Quote-A-Quote To Your Success:
Health, Wealth & Happiness**

Foreword

Time can come knocking on your door as Friend or Foe. Your perception of Time is the key. Depending on circumstances, you use it well, kill it, waste it or run out of it! Time challenges us daily as we prioritize, maximize and optimize!

We're all striving for keys to Health, Wealth and Happiness. How do you fast-track your career? How do you speed up your kids' development? How do you quickly learn to meditate? Accelerate your love life? How do you tune up your health? Gain ground financially? How can you hurry up happiness? Time plays a role in all of these.

We grasp at cues and clues in the ether. Like an Olympic sprinter racing for the gold, we speed along the path of self improvement--only to get bumped off by a feather. Are we really that fragile that we do not trust our own inner compass? We seek the elusive "it" factor. When asked to define "it" we create an image in our mind of "should." I *should* have a bigger house, better job, more hair, longer legs, less weight, nicer kids, excess cash and the perfect car.

Quote-A-Quote To Your Success: Health, Wealth & Happiness

What we *should* do is re-define our attitudes to health, wealth and happiness. It's time to make a pact – you and I. We're going to take a leap of faith together. Get ready to fly! Time is of the essence.

Sometimes the biggest lessons come from the quietest teacher. Trust that out there in the universe *IS* the answer you need. Don't expect to always get the answer you want, but do expect to get the answer that is right for you. Surrender to the universe and you will find that the universe is rigged with compasses and road maps for your journey – and success. That's your leap of faith. Growth and change will follow. That's a promise.

Let these quotations, hand-picked from thousands; provide quick insight into your current mindset. You'll find that they slice through old and tired ideas and attitudes. In an instant, you'll perceive seemingly insurmountable challenges in a different light.

Spend a moment of your precious time in the minds of these wonderful tutors—you will be richly rewarded. Gallop down the path of your own life and, when challenges and

Quote-A-Quote To Your Success: Health, Wealth & Happiness

obstacles seek you out, learn from these masters. These teachers ran the race AND charged through the finish line – with impeccable timing. They are handing the baton to you now. All you have to do is pick it up....and run with it.

Whatever you want--be it a harmonious family life, a courageous mindset, a joyous and carefree existence, loving relationships, a life blessed with growth– whatever incredible and richly imagined goal you have fashioned for yourself is yours for the keeping. There are only two ways to go – learn on your own or learn from others. Great men and women rest one hand on the shoulder of another for support, with the other stretched out behind to help a straggler.

I am reaching my hand out to you. Take it and I'll lead you on a journey of self-discovery and growth through your health, wealth and happiness. Ready to kick start your mind and ramp up into positive gear? Great! Then, let's begin the journey. Remember our pact--trust in the universe.

Contemplate a particular problem or issue you are confronting--then open the book and read the quote that leaps out at you. There's your answer. Maybe not the answer

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you expected, but the answer that is right for you, right now at this moment in time.

Your partner-in-inspiration,

Michael E. Ruge

Quote-A-Quote To Your Health

*To Your
Health*

A decorative flourish consisting of two symmetrical, ornate scrollwork designs that curve upwards and outwards from the base of the word "Health".

ParadisePublishers.com

Quote-A-Quote To Your Health

On October 29, 1941, Winston Churchill electrified the world by giving the most rousing speech of his political life. He fortified an entire nation - the entire world - with his words “Never give in. Never give in. Never, never, never, never--in nothing, great or small, large or petty--never give in.”

Reach out. Share *your* stories. Celebrate *your* alive-ness – even in the wake of seemingly interminable odds.

When a member of my family was recently diagnosed with a life-threatening illness, our family initially felt helpless and bereft. As we progressed through the phases of her illness and healing, we found ourselves energized with gratitude and happiness. We thought bright thoughts. We lived each moment, not worrying about the next. We set aside time to spend with one another. We did things together, as a family, even more than we had done before.

We found that the infectious energy of our positive

Quote-A-Quote To Your Health

thoughts really promoted healing. We experienced a breakthrough and our family became closer and tighter knit than ever before. We laughed a lot and shared funny stories and anecdotes about our lives and memories.

With an injection of mirth, sometimes one can experience a rebirth. Optimism is a learned habit. Overcome the handicaps in your thinking. Change your outlook and you can change your health. Never give in.

Quote-A-Quote To Your Health

Quotes

Never eat more than you can lift.

Miss Piggy

It takes a long time to become young.

Pablo Picasso

If you are going through hell, keep going.

Sir Winston Churchill

The higher your energy level, the more efficient your body.
The more efficient your body, the better you feel and the
more you will use your talent to produce outstanding results.

Anthony Robbins

Imagination is not a talent of some men, but is the health of
every man.

Ralph Waldo Emerson

We are suffering from truth decay.

Dr. Lance Secretan

Quote-A-Quote To Your Health

Those who love deeply never grow old; they may die of old age, but they die young.

Benjamin Franklin

Joyfulness is half your health.

Czech Proverb

Take care of your body. It's the only place you have to live.

Jim Rohn

It's not that some people have willpower and some don't. It's that some people are ready to change and others are not.

James Gordon

The poor, the unsuccessful, the unhappy, the unhealthy are the ones who use the word tomorrow the most.

Robert Kiyosaki

Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound.

James Allen

Quote-A-Quote To Your Health

A man's health can be judged by which he takes two at a time--pills or stairs.

Joan Welsh

Don't brood. Get on with living and loving. You don't have forever.

Leo Buscaglia

When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy. When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.

Kahlil Gibran

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I know for sure that what we dwell on is who we become...Become the change you want to see - those are words I live by.

Oprah Winfrey

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You don't get ulcers from what you eat. You get them from what's eating you.

Vicki Baum

A healthy old fellow, who is not a fool, is the happiest creature living.

Richard Steele

We grow because we struggle, we learn and overcome.

Robert Allen

As long as you keep a person down, some part of you has to be down there to hold him down, so it means you cannot soar as you otherwise might.

Marian Anderson

Be careful about reading health books. You may die of a misprint.

Mark Twain

Catch the right one, go for a run, have a lot of fun!

Michael Ruge

Quote-A-Quote To Your Health

He who sings frightens away his ills.

Cervantes

It is never too late to be what you might have been.

George Eliot

The groundwork of all happiness is health.

Leigh Hunt

Today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.

Og Mandino

It is what it is. It takes time for people to not be emotional about things.

Michael Milken

May you live every day of your life.

Jonathan Swift

Quote-A-Quote To Your Health

Champions aren't made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision.

Muhammad Ali

Good friends are good for your health.

Irwin Sarason

Health is not a condition of matter, but of mind.

Mary Baker Eddy

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Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

Buddha

If pleasures are greatest in anticipation, just remember that this is also true of trouble.

Elbert Hubbard

Quote-A-Quote To Your Health

If taking vitamins doesn't keep you healthy enough, try more laughter: The most wasted of all days is that on which one has not laughed.

Nicolas-Sebastien Chamfort

The greatest glory in living lies not in never falling. But in rising every time we fall.

Nelson Mandela

Let us eat and drink, for tomorrow we die.

Wendy Morgan

It is health that is real wealth.

Mahatma Gandhi

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It is no measure of health to be well adjusted to a profoundly sick society.

Krishnamurti

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One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do.

Henry Ford

Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.

Bruce Lee

Too much of a good thing can be wonderful.

Mae West

It is not work that kills men; it is worry. Work is healthy; you can hardly put more upon a man than he can bear. Worry is rust upon the blade. It is not the revolution that destroys the machinery, but the friction. Fear secretes acids, but love and trust are sweet juices.

Henry Ward Beecher

Laughter is the most healthful exertion.

Christoph Wilhelm Hufeland

Quote-A-Quote To Your Health

The important thing is this: to be able at any moment to sacrifice what we are for what we could become.

Charles Du Bos

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It may be possible to incorporate laughter into daily activities, just as is done with other heart-healthy activities, such as taking the stairs instead of the elevator. The recommendation for a healthy heart may one day be exercise, eat right and laugh a few times a day.

Michael Miller

The only way for a rich man to be healthy is by exercise and abstinence, to live as if he were poor.

Paul Dudley White

No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, what have you really accomplished?

Lee Iacocca

Quote-A-Quote To Your Health

Nothing focuses the mind like the sight of the gallows.

Sir Winston Churchill

I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive.

Joseph Campbell

One's philosophy is not best expressed in words; it is expressed in the choices one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And, the choices we make are ultimately our own responsibility.

Eleanor Roosevelt

Share the spirit – a great book for a great occasion!

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

Arnold Schwarzenegger

Quote-A-Quote To Your Health

The most beautiful words in the English language are not 'I love you,' but 'It's benign.'

Woody Allen

When management isn't too high-falutin' to get their hands dirty, it breaks down communication barriers.

Clive Beddoe

The soul is dyed the color of its thoughts. Think only on those things that are in line with your principles and can bear the light of day. The content of your character is your choice. Day by day, what you do is who you become.

Heraclitus

Time and health are two precious assets that we don't recognize and appreciate until they have been depleted.

Denis Waitley

True friendship is like sound health: the value of it is seldom known until it is lost.

Charles Caleb Colton

Quote-A-Quote To Your Health

When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost.

Billy Graham

You do not need to know how things work; you need to know that they work.

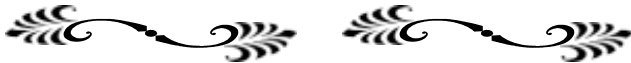
Author Unknown

A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

Spanish proverb

Quote-A-Quote To Your Wealth

To Your Wealth



Quote-A-Quote To Your Wealth

Money is in some respects life's fire: it is a very excellent servant, but a terrible master.

P.T. Barnum

In the western world, most of us view wealth as a commodity based upon material assets or possessions. I challenge you to consider how wealth is more than financial--embrace the commodity of a wealthy mindset.

Whether we realize it or not, wealth weaves its way into and out of our lives on a daily basis. Certainly, wealth doesn't always come dressed as a dollar bill. The concept of wealth materially differs from one person to another, from one culture to another, from one gender to another, from one generation to another. The currency of wealth is as varied as the people it affects. Wealth visits all of us in various guises.

I recently viewed a gallery of photos that constituted the life of a highly successful businessman. His yacht was presented in several of the photos. He asked me how big I thought his yacht was, so I began to conjure up the waterline length. Before I could respond, he said "It's seven bathrooms

Quote-A-Quote To Your Wealth

big”. Without question, this was a measure of his *financial* wealth. It took deep commitment and applied intelligence for him to build such a vessel. For some, such a superficial barometer might seem paltry rather than wealthy; for others, estimable.

However, I remember being newly in love, rowing a *leaking* boat down a stream in the brilliant light of a summer’s day. The perfect picnic lunch, lovingly prepared and packed, was tucked under the seat. All was right with our world. The conversation was animated; the laughter was robust. Anticipation gently rocked the boat. That tiny craft positively bulged with abundance. And there wasn’t a bathroom in sight!

It’s wealth in relation to this *state of abundance* that warrants closer inspection and contemplation. Can a newborn child be wealthy? Of course.

- Wealth to a newborn child might present itself in the form of ten fingers, ten toes, healthy organs and strong lungs.

Quote-A-Quote To Your Wealth

- Wealth to a landscaper could constitute a field of weeds; to a gardener, a weedless garden.
- Wealth may fall as rain when plagued with drought; where lack of rain may spell wealth to an East Indian marooned by monsoons.
- To a homeless person, wealth may reside in the warmth of a soup kitchen; to a desert tribesman in the cool of an oasis.
- For an astronomer, wealth may be that cloudless sky on the night of a lunar eclipse; for a fighter pilot, cloud cover.
- To a mother, the health and wellbeing of her kids might be her greatest wealth; for her kids, the latest trend.
- An eco-tourist will discover wealth in the natural wilderness; an urban architect in the core of a city.
- To a political prisoner, wealth is freedom of movement; to a person afflicted with arthritis, the same.

Quote-A-Quote To Your Wealth

Wealth presents itself in different forms and packages – the deposits in our lives that add up to a big balance.

Some say that in order to appreciate wealth, you had to have had it and then lost it all. I agree. At one time, while building my vision of wealth I had accumulated \$900,000 of debt, had no assets, and \$7 in my pocket.

The following quotes helped us overcome our financial adversity. Ultimately, we triumphed and recouped our losses, but not without abiding commitment and faith.

Remember to consider the *other* riches inherent in our world--the wealth of freedom, the wealth of expression, the wealth of experience, the wealth of awareness, the wealth of wonder. These are untold riches.

Quote-A-Quote To Your Wealth

Quotes

Every liability is just an asset in hiding.

Mark Victor Hansen

Live as if you were to die tomorrow. Learn as if you were to live forever.

Mahatma Gandhi

Destiny is not a matter of chance... it is a thing to be achieved.

William Jennings Bryan

Always be smarter than the people who hire you.

Lena Horne

Begin at the beginning and go on till you come to the end;
then stop.

Lewis Carroll

After all is said and done, more is said than done.

Aesop

Quote-A-Quote To Your Wealth

Please understand my friend, that where you find yourself tomorrow is a function of the positive decisions and actions you take today.

Akin A. Awolaja

I'm not funny. What I am is brave.

Lucille Ball

Anyone who has never made a mistake has never tried anything new.

Albert Einstein

You've got to think about big things while you're doing small things, so that all the small things go in the right direction.

Alvin Toffler

We see things not as they are, but as we are.

H.M. Tomlinson

Participate in your own rescue.

Jim Rohn

Quote-A-Quote To Your Wealth

Nobody knows what I am trying to do, but I do and I know when I succeed.

Gloria Steinem

To be a great champion you must believe you are the best. If you're not, pretend you are.

Muhammad Ali

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If we did all the things we are capable of, we would literally astound ourselves.

Thomas Edison

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

Eleanor Roosevelt

Success usually comes to those who are too busy to be looking for it.

Henry David Thoreau

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If everything seems under control, you're just not going fast enough.

Mario Andretti

To have more, you must first become more.

Jim Rohn

A person's true wealth is the good he or she does in the world.

Mohammed

The opportunity of a lifetime must be seized in the lifetime of the opportunity.

Anonymous

A pessimist sees the difficulty in every opportunity, an optimist sees the opportunity in every difficulty.

Sir Winston Churchill

Achievement seems to be connected with action. Successful men and women keep moving. They make mistakes, but they don't quit.

Conrad Hilton

Quote-A-Quote To Your Wealth

A smooth sea never made a skilled mariner.

English Proverb

Bring him to me. He'll be a millionaire in no time.

Jim Pattison

All the great things are simple and many can be expressed in a single word: freedom, justice, honour, duty, mercy, hope.

Sir Winston Churchill

All wealth begins in mind.

Anonymous

Choose a job you like and you will never work a day in your life.

Confucius

Better to remain silent and thought to be a fool, than to open your mouth and remove all doubt.

Mark Twain

As is our confidence, so is our capacity.

William Hazlitt

Quote-A-Quote To Your Wealth

Develop interest in life as you see it; in people, things, literature, music - the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself.

Henry Miller

An investment in knowledge always pays the best interest.

Benjamin Franklin

Know what you do best. Do what you know. Hire the rest.
The money will flow.

Shawn Moore

Choose well. Your choice is brief, and yet endless.

Goethe

Men love quotes too – Fun gift for Dad!

At the age of six I wanted to be a cook. At seven I wanted to be Napoleon. And my ambition has been growing steadily ever since.

Salvador Dali

Quote-A-Quote To Your Wealth

B.U.T. = Beware Underlying Truth

Author Unknown

Go where people will be.

Mark Twain

Do what you love, love what you do, and deliver more than you promise.

Harvey Mackay

Conditions are never just right. People who delay action until all factors are favorable do nothing.

William Feather

Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything.

Napoleon Hill

It takes vision and courage to create — it takes faith and courage to prove.

Owen D. Young

Quote-A-Quote To Your Wealth

Confidence... is the directness and courage in meeting the facts of life.

John Dewey

Difficulty is the excuse history never accepts.

Edward R. Murrow

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Don't Go through life, Grow through life.

Eric Butterworth

Don't be afraid of the space between your dreams and reality.
If you can dream it, you can make it so.

Belva Davis

Don't wait. The time will never be just right.

Napoleon Hill

Example is not the main thing in influencing others. It is the only thing.

Albert Schweitzer

Quote-A-Quote To Your Wealth

Failure is the opportunity to begin again more intelligently.

Henry Ford

Fantasies are more than substitutes for unpleasant reality; they are also dress rehearsals, plans. All acts performed in the world begin in the imagination.

Barbara Grizzuti Harrison

I am still learning.

Michelangelo

I do not seek. I find.

Pablo Picasso

Quote-A-Quote. com – Super gift for co-workers!

For every difficulty that supposedly stops a person from succeeding there are thousands who have had it a lot worse and have succeeded anyway. So can you.

Brian Tracy

He that can have patience can have what he will.

Benjamin Franklin

Quote-A-Quote To Your Wealth

How you do anything is how you do everything.

T. Harv Eker

I am more afraid of an army of one hundred sheep led by a lion than an army of one hundred lions led by a sheep.

Charles Maurice

I never did a day's work in my life. It was all fun.

Thomas Edison

I make the most of all that comes and the least of all that goes.

Sara Teasdale

Ignorance is not bliss, it is oblivion.

Philip Wylie

Whoever renders service to many puts himself in line for greatness -- great wealth, great return, great satisfaction, great reputation, and great joy.

Jim Rohn

Quote-A-Quote To Your Wealth

Key to success is to make it easy for customers to do business with you.

Author Unknown

I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time.

Charles Dickens

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If a man must move the world, he must first move himself.

Socrates

If ambition doesn't hurt you, you haven't got it.

Kathleen Norris

If you don't have a vision for the future, then your future is threatened to be a repeat of the past.

A.R. Bernard

Quote-A-Quote To Your Wealth

If you have much, give of your wealth; If you have little, give of your heart.

Arab Proverb

Money Flows to Passion.

Anthony Robbins

If you have no anxiety, the risk you face is probably not worthy of you. Only risks you have outgrown don't frighten you.

David Viscott

If you know what to do to reach your goal, it's not a big enough goal.

Bob Proctor

I'm a millionaire, I'm a multi-millionaire. I'm rich. You know why I'm a multi-millionaire? 'Cause multi-millions like what I do.

Michael Moore

Quote-A-Quote To Your Wealth

It is a lesson which all history teaches wise men, to put trust in ideas, and not incircumstances.

Ralph Waldo Emerson

It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you'll do things differently.

Warren Buffett

I've missed over 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game-winning shot...and missed. I've failed over and over and over again in my life. And that is why I succeed.

Michael Jordan

Know the difference between success and fame. Success is Mother Teresa. Fame is Madonna.

Erma Bombeck

Knowing is not enough; we must apply. Willing is not enough; we must do.

Johann von Goethe

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Let us watch well our beginnings, and results will manage themselves.

Alexander Clark

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Life is not easy for any of us. But what of that? We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this something, at whatever cost, must be attained.

Marie Curie

Like any art, the creation of self is both natural and seemingly impossible. It requires training as well as magic.

Holly Near

Obstacles are those frightful things you see when you take your eyes off your goal.

Henry Ford

Quote-A-Quote To Your Wealth

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do, and you've done it.

Margaret Thatcher

Lack of money is the root of all evil.

George Bernard Shaw

Out of the strain of the doing, into the peace of the done.

Julia Louise Woodruff

Most people give up just when they're about to achieve success. They quit on the one yard line. They give up at the last minute of the game one foot from a winning touchdown.

H. Ross Perot

Most successful men have not achieved distinction by having some new talent or opportunity presented to them. They have developed the opportunity that was at hand.

Bruce Barton

Motivation is when your dreams put on work clothes.

Benjamin Franklin

Quote-A-Quote To Your Wealth

Obstacles cannot crush me, every obstacle yields to stern resolve. He who is fixed to a star does not change his mind.

Leonardo da Vinci

One may not reach the dawn save by the path of the night.

Germaine Greer

One today is worth two tomorrows; never leave that till tomorrow which you can do today.

Benjamin Franklin

Only those who will risk going too far can possibly find out how far one can go.

T.S. Eliot

Quote-A-Quote. com – the perfect gift!

Other people see things and say, ‘why?’ But I dream things that never were—and I say, ‘why not?’

George Bernard Shaw

Quote-A-Quote To Your Wealth

Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish.

Sam Walton

People are defeated by easy, victorious and cheap successes more than by adversity.

Benjamin Disraeli

If you are going to think, think big.

Donald Trump

People of mediocre ability sometimes achieve outstanding success because they don't know when to quit. Most people succeed because they are determined to.

George E. Allen

Without integrity, no company can have positive word of mouth.

Jay Abraham

Risk comes from not knowing what you're doing.

Warren Buffett

Quote-A-Quote To Your Wealth

The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it.

Theodore Roosevelt

The best way to predict the future is to create it.

Peter Drucker

The competition stops working at 5:01pm.

Raymond Aaron

There is no wealth but life.

John Ruskin

Unlimited Inspiration– Quote-A-Quote. com

The critical ingredient is getting off your butt and doing something. It's as simple as that. A lot of people have ideas, but there are few who decide to do something about them now. Not tomorrow. Not next week. But today. The true entrepreneur is a doer.

Nolan Bushnell

Quote-A-Quote To Your Wealth

The difference between the impossible and the possible lies in a person's determination.

Tommy Lasorda

The first great gift we can bestow on others is a good example.

Thomas Morell

The greatest possession is self-possession.

Ethel Watts Mumford

The first requisite for success is the ability to apply your physical and mental energies to one problem incessantly without growing weary.

Thomas Edison

The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself.

Mark Caine

The greatest test of courage on the earth is to bear defeat without losing heart.

R.G. Ingersoll

Quote-A-Quote To Your Wealth

The hardest struggle of all is to be something different from what the average person is.

Charles M. Schwab

The real measure of your wealth is how much you would be worth if you lost all your money.

Anonymous

The real moment of success is not the moment apparent to the crowd.

George Bernard Shaw

You have to have a dream so you can get up in the morning.

Billy Wilder

The young do not know enough to be prudent, and therefore they attempt the impossible - and achieve it, generation after generation.

Pearl S. Buck

There are no shortcuts to any place worth going.

Beverly Sills

Quote-A-Quote To Your Wealth

Time will take your money, but money won't buy time.

James Taylor

To lead people, walk behind them.

Lao-Tzu

Tough times never last, but tough people do.

Robert Schuller

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

Aristotle

What you appreciate, appreciates.

Lynne Twist

We find what we search for – or, if we don't find it, we become it.

Jessamyn West

Quote-A-Quote To Your Wealth

Wealth, like happiness, is never attained when sought after directly. It comes as a by-product of providing a useful service.

Henry Ford

When we accept tough jobs as a challenge and wade into them with joy and enthusiasm, miracles can happen.

Arland Gilbert

Whomever wants to win the most does.

Unknown Author

You never know what events are going to transpire to get you home.

Og Mandino

You are not here merely to make a living. You are here to enable the world to live more amply, with greater vision, and with a finer spirit of hope and achievement. You are here to enrich the world. You impoverish yourself if you forget this errand.

Woodrow Wilson

Quote-A-Quote To Your Wealth

Before you build a better mouse trap, it helps to know if there are any mice out there.

Yogi Berra

You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan, and the will to see that plan through to the end.

Sidney A. Friedman

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Quote-A-Quote To Your Happiness

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Quote-A-Quote To Your Happiness

“The purpose of life is to be happy.”

The Dalai Lama

In recent studies, brain scans show that the areas of the brain linked to positive emotions light up in Buddhists. All that universal love, kindness and compassion really seems to work! Generally speaking, if you are a happy camper, you will show revved up activity in the left prefrontal cortex. This area of the brain is associated with happiness, joy and enthusiasm.

Many people have quashed the benefits of positive thinking, but you really can attain genuine and lasting happiness by setting your mind's compass on a happy course. Buddhists believe that “one finds happiness by seeking the happiness of others”.

See what happens when you reach out and draw others into your fold. Practice inclusivity; not exclusivity.

Quote-A-Quote To Your Happiness

Baba Amte, founder of the "Sanctuary of Love" in Anandwan, India says "Happiness is a continuous creative activity." So, dear reader, let's get creative!

It's my belief that most people want to GET happy. You can't get happy; you have to BE happy. I spent many years trying to get happy by being materialistic--I can tell you, flat out, that it does not work. Take a gander at celebrities--many of them have the adoration of fans and monetary success, but happiness doesn't seem to be a Hollywood hit.

Sometimes, the harder you strive to be happy, the more elusive it becomes. It creates somewhat of a negative spiral that just becomes worse. I have been generally happy throughout my life, but the times that I have not been happy have been times that I have been trying to live up to other people's expectations...or I've set my own expectations of what it means to be happy. Sometimes they were attainable, but not sustainable.

Just as wealth is a *state of abundance*, happiness is a *state of mind*.

We supported Rotary International in their initiative to eradicate polio worldwide. One of the most overwhelmingly

Quote-A-Quote To Your Happiness

happy moments of my life was in India, while administering polio drops to the children. I experienced pure, unbridled joy. You can, too.

Resolve to *be happy now*, wherever you are, no matter what is going on in your life.

These quotes will help you create a happy mindset, one in which you will simply “be happy”. Enjoy and smile!

Quote-A-Quote To Your Happiness

Quotes

Shoot for the moon; even if you miss you will land among the stars.

Les Brown

It's a helluva start, being able to recognize what makes you happy.

Lucille Ball

Always seek out the seed of triumph in every adversity.

Og Mandino

Happiness makes up in height for what it lacks in length.

Robert Frost

If you never did, you should. These things are fun, and fun is good.

Dr. Seuss

Dream as if you'll live forever, live as if you'll die today.

James Dean

Quote-A-Quote To Your Happiness

As long as you live, keep learning how to live.

Lucius Seneca

I still get wildly enthusiastic about little things... I play with leaves. I skip down the street and run against the wind.

Leo Buscaglia

I haven't failed; I just found 100,000 ways that don't work.

Albert Einstein

Action may not always bring happiness, but there is no happiness without action.

Benjamin Disraeli

Shift into positive gear- Quote- A-Quote. com

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

Helen Keller

How very little can be done under the spirit of fear.

Florence Nightingale

Quote-A-Quote To Your Happiness

Always laugh when you can. It is cheap medicine.

Lord Byron

Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!

Anne Frank

Nurture your mind with great thoughts, for you will never go any higher than you think.

Benjamin Disraeli

A string of excited, fugitive, miscellaneous pleasures is not happiness; happiness resides in imaginative reflection and judgment, when the picture of one's life, or of human life, as it truly has been or is, satisfies the will, and is gladly accepted.

George Santayana

Adopt the pace of nature.

Ralph Waldo Emerson

Quote-A-Quote To Your Happiness

As we cultivate peace and happiness in ourselves, we also nourish peace and happiness in those we love.

Thich Nhat Hanh

Share the spirit – a great book for a great occasion

Belief is a truth held in the mind. Faith is a fire in the heart.

Joseph Fort Newton

Between stimulus and response is a space. In this space lies our freedom to choose our response. In these choices lie our growth and our happiness.

Millie Elstad

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.

Albert Schweitzer

Happiness depends upon ourselves.

Aristotle

Quote-A-Quote To Your Happiness

Don't give any time to your past; you can't change what happened 5 minutes ago.

Jan Ruhe

Every man dies; not every man truly lives.

Mel Gibson (Braveheart)

Follow your bliss and doors will open where there were no doors before.

Joseph Campbell

Happiness is a habit - cultivate it.

Elbert Hubbard

Every moment of every day brings new possibilities into your world if you choose to be open and let them in. Live life to the fullest and choose new possibilities each and every day.

Shawn Moore

Joy comes from using your potential.

Will Schultz

Quote-A-Quote To Your Happiness

Happiness sneaks in through a door you didn't know you left open.

John Barrymore

How we spend our days is of course how we spend our lives.

Anne Dillard

Humor is the affectionate communication of insight.

Leo Rosten

I know and I don't care; don't let yesterday take up today.

Michael Ruge

I have had dreams, and I have had nightmares. I overcame the nightmares because of my dreams.

Dr. Jonas Salk

I have sometimes been wildly, despairingly, acutely miserable ... but through it all I still know quite certainly that just to be alive is a grand thing.

Agatha Christie

Quote-A-Quote To Your Happiness

Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it.

Jack Canfield

It was the right decision, regardless of the outcome.

NuNu

I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.

Groucho Marx

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How beautiful it is to do nothing, and then rest afterward.

Spanish proverb

I skate to where the puck is going. Not to where it's at.

Wayne Gretzky

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Quote-A-Quote To Your Happiness

Joy is what happens when we allow ourselves to recognize how good things really are.

Marianne Williamson

If all our happiness is bound up entirely in our personal circumstances, it is difficult not to demand of life more than it has to give.

Bertrand Russell

If the only prayer you said in your whole life was, 'thank you,' that would suffice.

Meister Eckhart

Quotes to lift the Mind and Spirit – Quote- A-Quote.com

If there is to be any peace it will come through being, not having.

Henry Miller

If you want to be happy for a year, plant a garden; if you want to be happy for life, plant a tree.

English Proverb

Quote-A-Quote To Your Happiness

Let your hopes, not your hurts, shape your future.

Robert H. Schuller

It is essential to our well-being, and to our lives, that we play and enjoy life. Every single day, do something that makes your heart sing.

Marcia Wieder

It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere.

Agnes Repplier

Keep away from small people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

Mark Twain

No man can be happy without a friend, nor be sure of his friend till he is unhappy.

Thomas Fuller

Patience is the key to paradise.

Turkish proverb

Quote-A-Quote To Your Happiness

Satisfaction isn't so much getting what you want as wanting what you have.

David Myers

Life is either a daring adventure or nothing.

Helen Keller

Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family.

Earl Nightingale

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.

Marcel Proust

Life is not a matter of milestones, but of moments.

Rose Kennedy

One cannot collect all the beautiful shells on the beach.

Anne Morrow Lindbergh

Quote-A-Quote To Your Happiness

You can do very little with faith, but you can do nothing without it.

Samuel Butler

Look, I don't want to wax philosophic, but I will say that if you're alive you've got to flap your arms and legs, you've got to jump around a lot, for life is the very opposite of death, and therefore you must at very least think noisy and colorfully, or you're not alive.

Mel Brooks

Make it a rule of life never to regret and never to look back. Regret is an appalling waste of energy; you can't build on it, it's only good for wallowing in.

Katherine Mansfield

Remember that happiness is a way of travel, not a destination.

Roy Goodman

Sanity and happiness are an impossible combination.

Mark Twain

Quote-A-Quote To Your Happiness

Some pursue happiness - others create it.

Anonymous

Self-pity in its early stages is as snug as a feather mattress.

Only when it hardens does it become uncomfortable.

Maya Angelou

Money may be the husk of many things but not the kernel. It brings you food, but not appetite; medicine, but not health; acquaintance, but not friends; servants, but not loyalty; days of joy, but not peace or happiness.

Henrik Ibsen

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

Anne Frank

Never does a man portray his character more vividly than his proclaiming the character of another.

Sir Winston Churchill

Only put off until tomorrow what you are willing to die having left undone.

Pablo Picasso

Quote-A-Quote To Your Happiness

Go hard or go home.

Steve Sullivan

Three grand essentials to happiness in this life: something to do, something to love, and something to hope for.

Joseph Addison

There is no way to happiness. Happiness is the way.

Wayne Dyer

Let the good quotes flow!
Next edition coming soon!

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon - instead of enjoying the roses that are blooming outside our windows today.

Dale Carnegie

Resolve to see the world on the sunny side, and you have almost won the battle of life at the outset.

Roger L'Estrange

Quote-A-Quote To Your Happiness

There is no revenge so complete as forgiveness.

Josh Billings

Smile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other - it doesn't matter who it is - and that will help you to grow up in greater love for each other.

Mother Teresa

The more you praise and celebrate your life, the more there is in life to celebrate.

Oprah Winfrey

We all live with the objective of being happy; our lives are all different and yet the same.

Anne Frank

Spring passes and one remembers one's innocence. Summer passes and one remembers one's exuberance. Autumn passes and one remembers one's reverence. Winter passes and one remembers one's perseverance.

Yoko Ono

Quote-A-Quote To Your Happiness

We are never so happy or unhappy as we think.

Francois duc la Rochefoucauld

The future you shall know when it has come; before then forget it.

Aeschylus

There is an applause superior to that of the multitude – one's own.

Elizabeth Elton Smith

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The sages do not consider that making no mistakes is a blessing. They believe, rather, that the great virtue of man lies in his ability to correct his mistakes and continually make a new man of himself.

Wang Yang-Ming

Quote-A-Quote To Your Happiness

The trick is not how much pain you feel - but how much joy you feel.

Erica Jong

We are built to conquer environment, solve problems, achieve goals, and we find no real satisfaction or happiness in life without obstacles to conquer and goals to achieve.

Maxwell Maltz

We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us.

Joseph Campbell

Too many people overvalue what they are not and undervalue what they are.

Malcolm S. Forbes

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

Helen Keller

Quote-A-Quote To Your Happiness

The greater part of happiness or misery depends on our dispositions, not our circumstances.

Martha Washington

Why worry over things more than once unless you really like thinking about them?

Michael Ruge

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Painful as it may be, a significant emotional event can be the catalyst for choosing a direction that serves us--and those around us -- more effectively. Look for the learning.

Eric Allenbaugh

You can't change the past, and you can ruin a perfectly good present, by worrying about the future.

Anonymous

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Dear Reader....

I trust that you gained inspiration, so lace and entertainment from this collection of quotes.

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About Michael E. Ruge

Michael E. Ruge is a successful entrepreneur, author, expert negotiator and dynamic leader. As founder of several enterprises, his strong interpersonal leadership style has positively influenced the bottom line of many companies. Michael facilitates the development and growth of corporations worldwide through his vision, support and mentor management. An inveterate traveler, Michael jaunts around the world for fun, business and to benefit various charitable causes. Based from his home on Vancouver Island, BC, Canada. Here his wife Elly offer business brainstorming meetings and educational seminars (www.SmallSeminars.com). Michael has been collecting quotes for several lifetimes (well, at least one!) and finally decided to share his collection with the world.

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Parting thoughts.... who else in your life deserves a pick-me-up today?

Notes

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About the Author



Michael E. Ruge is a bestselling author and a deal maker who get things done. Michael lives life by his own standards – attacking challenges as they come up. He is an adventurer, a world traveler, a seeker of new limits, good-natured, full of energy, always willing to help, the guiding light for his family and loved ones, friends and clients.

Frequently travelling with his wife Elly, he spends most of his time on Southern Vancouver Island having fun times with his 3 grandchildren.

As an entrepreneur, Michael created several successful enterprises and lends consulting expertise to a variety of corporations, resulting in multiplying the triple bottom line (people, planet, & profits).

The son of a goldsmith, Michael dedicates a portion of his time to educating people about the value of gold in today's economy. Learn what gold can do for you at

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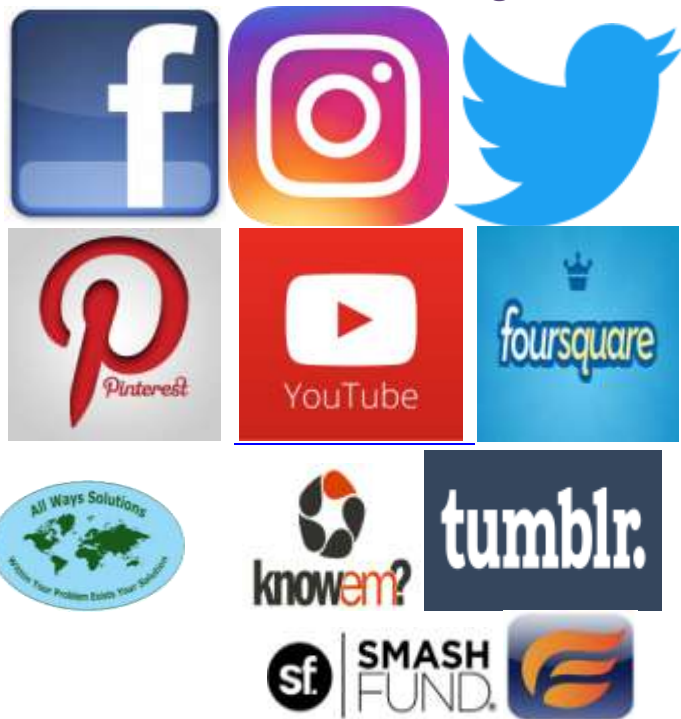
We repair Hybrids and EV's etc, build and race cars all over the world at my wife's garage.

And Michael's Bio on:

www.MichaelRuge.ca

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