

Chapter 3 Quotes

"Whoever wants to reach a distant goal must take small steps."

SAUL BELLOW, NOVELIST

"Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals."

ARISTOTLE, PHILOSOPHER

"Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important. Just lie down."

NATALIE GOLDBERG
WRITER, PAINTER, AND TEACHER

"A journey of a thousand miles begins with a single step."

CHINESE PROVERB

"Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible."

ST. FRANCIS OF ASSISI, MONK

"I cannot give you the formula for success, but I can give you the formula for failure which is: Try to please everybody."

HERBERT BAYARD SWOPE, JOURNALIST

"There are two ways of meeting difficulties: You alter the difficulties or you alter yourself to meet them."

PHYLLIS BOTTOME, NOVELIST

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

MICHAEL JORDAN, ATHLETE