

From Victim To Victor: What You Become Is Up To You

Everything considered, a determined soul will always manage. – Albert Camus

Strength does not come from physical capacity. It comes from an indomitable will. – Mohandis Gandhi

The world is what we make of it. We create our happiness and our sorrows. -- Lieh Tse

Whether the neurotic dominates by bullying or by whining will depend on his training: he will choose the device which he has tested best and found most effective for his purposes. Sometimes, if he is dissatisfied with one method, he will try the other. In either case the goal is the same--to gain a feeling of superiority without working to improve the situation...Meanings are not determined by situations, but we determine ourselves by the meanings we give to situations. – Alfred Adler

Remember too on every occasion which leads thee to vexation to apply this principle: not that this is a misfortune, but that to bear it nobly is good fortune. – Marcus Aurelius

Since we have defined the situation of man as one of free choice, without excuse and without help, any man who takes refuge behind the excuse of his passions, or by inventing some deterministic doctrine, is a self-deceiver. – Jean-Paul Sartre

I learn from what happens to me by my attitude toward it. – Karl Jaspers

That which does not kill me makes me stronger. – Friedrich Nietzsche

If anyone on the verge of action should judge himself according to the outcome, he would never begin. – Soren Kierkegaard

I say to you, you must save yourself, black or white, man or woman. – Ralph Waldo Emerson

"He insulted me, he hurt me, he defeated me, he robbed me." Those who do not think such thoughts will be free from hate. – the Buddha

Everyone starts his day and is a vendor of his soul, either freeing it or bringing about its ruin. – Muhammad

You could say that those feelings of chaos within life are actually calls from areas of unfinished initiation. – Michael Meade

Your spirit is the true shield. – Morehei Ueyshiba

Fierceness is an expression of inner strength; violence is an expression of frustrated, unconscious impotence...Good men and good women have fire in the belly. – Sam Keen

Man's vitality is as great as his intentionality; they are interdependent. This makes man the most vital of all beings. He can transcend any given situation in any direction and this possibility drives him to create beyond himself. – Paul Tillich

Through his power to survey his life, man can transcend the immediate events which determine him. Whether he has tuberculosis or is a slave like the Roman philosopher Epictetus or a prisoner condemned to death, he can still in his freedom choose how he will relate to these facts. And how he relates to a merciless realistic fact like death can be more important for him than the fact of death itself. – Rollo May

You may fetter my leg, but my will not even Zeus himself can overpower. -- Epictetus