



#### Quotes

“Good judgment comes from experience, and experience comes from bad judgment.”

— Rita Mae Brown, *Alma Mater*

“It's weird not to be weird.”

— John Lennon

“I am the wisest man alive, for I know one thing, and that is that I know nothing.”

— Plato, *The Republic*

“You are never too old to become younger!”

— Mae West

The paradox of simplicity is that making things simpler is hard work

—Bill Jensen

To live fully, one must be free, but to be free one must give up security.

Therefore, to live one must be ready to die. How's that for a paradox?

—Tom Robbins

Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.

—Lao Tzu

If you don't risk anything, you risk even more.

—Erica Jong

In love the paradox occurs that two beings become one and yet remain two.

—Erich Fromm

There are two tragedies in life. One is to lose your heart's desire. The other is to gain it.

—George Bernard Shaw

There is an ecstasy that marks the summit of life, and beyond which life cannot rise. And such is the paradox of living, this ecstasy comes when one is most alive, and it comes as a complete forgetfulness that one is alive.

—Jack London

Life is a paradox, you're damned if you do and damned if you don't.

—Nancy Cartwright

“Is man merely a mistake of God's? Or God merely a mistake of man?”

— Friedrich Nietzsche

“Nowadays most people die of a sort of creeping common sense, and discover when it is too late that the only things one never regrets are one's mistakes.”

— Oscar Wilde, *The Picture of Dorian Gray*

“Whatever you do will be insignificant, but it is very important that you do it.”

— Mahatma Gandhi

“Procrastinate now, don't put it off.”

— Ellen DeGeneres

“The curious paradox is that when I accept myself just as I am, then I can change.”

— Carl R. Rogers, *On Becoming a Person: A Therapist's View of Psychotherapy*

“Don't believe anything you read on the net. Except this. Well, including this, I suppose.”

— Douglas Adams

“Life is a preparation for the future; and the best preparation for the future is to live as if there were none.”

— Albert Einstein

“Once you learn to quit, it becomes a habit.”

— Vince Lombardi

“Nobody comes here anymore, it’s too crowded”

— Yogi Berra

“Music was a chain forged half of silences and half of sound, love was nothing without longing and loss, and were time not to have at its end the absence of time, and the absence of time not to have been preceded by time, neither would be of any consequence.”

— Mark Helprin, *A Soldier of the Great War*

“It's not easy having a paradox at the core of one's own being.”

— Laini Taylor, *Strange the Dreamer*

“He smiled, “Why, you will go home and then you will find that home is not home anymore. Then you will really be in trouble. As long as you stay here, you can always think: One day I will go home.” He played with my thumb and grinned.

“N'est-ce pas?”

“Beautiful logic,” I said. “You mean I have a home to go to as long as I don't go there?”

He laughed. “Well, isn't it true? You don't have a home until you leave it and then, when you have left it, you never can go back.”

— James Baldwin, *Giovanni's Room*

“Embrace contradictions  
for they make up  
all of life:  
You will eternally be  
looking for yourself and  
seeking ways to lose yourself.”  
— Kamand Kojouri

It’s good to remember that in crises, natural crises, human beings forget for  
awhile their ignorances, their biases, their prejudices. For a little while, neighbors  
help neighbors and strangers help strangers.  
—Maya Angelou

“Sometimes I think I've figured out some order in the universe, but then I find  
myself in Florida, swamped by incongruity and paradox, and I have to start all  
over again.”  
— Susan Orlean, *The Orchid Thief: A True Story of Beauty and Obsession*

“They're sharing a drink called loneliness, but at least its better than drinking  
alone.”  
— Billy Joel

“What is life without incompatible realities?”  
— Ursula K. Le Guin

“Don't I always tell you to never listen to me?”  
— Sean Kennedy, *Tigerland*

“Life is indeed precious and I believe the death penalty helps to affirm that fact.”  
— Edward I. Koch

## THE PARADOX OF OUR TIMES

Is that we have taller buildings, but shorter tempers  
Wider freeways, but narrower viewpoints  
We spend more, but we have less  
We have bigger houses, but smaller families  
More conveniences, but less time  
We have more degrees, but less sense  
More knowledge, but less judgment  
More experts, but more problems  
More medicines, but less wellness  
We have multiplied our possessions, but reduced our values  
We talk too much, love too seldom, and hate too often  
We have learnt how to make a living, but not a life  
We have added years to life, but not life to years  
We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor  
We have conquered outer space, but not inner space  
We've cleaned up the air, but polluted our soul  
We've split the atom, but not our prejudice  
We've higher incomes, but lower morals  
We've become long on quantity but short on quality  
These are the times of tall men, and short character Steep profits, and shallow relationships  
These are the times of world peace, but domestic warfare  
More leisure, but less fun; more kinds of food, but less nutrition  
These are the days of two incomes, but more divorces  
Of fancier houses, but broken homes  
It is a time when there is much in the show window And nothing in the stockroom  
— His Holiness the Dalai Lama

### The Three Oddest Words

When I pronounce the word Future,  
the first syllable already belongs to the past.

When I pronounce the word Silence,  
I destroy it.

When I pronounce the word Nothing,  
I make something no non-being can hold.  
— Wislawa Szymborska

### SOMETIMES

Sometimes  
if you move carefully  
through the forest  
breathing  
like the ones  
in the old stories  
who could cross  
a shimmering bed of dry leaves  
without a sound,  
you come  
to a place  
whose only task  
is to trouble you  
with tiny  
but frightening requests  
conceived out of nowhere  
but in this place  
beginning to lead everywhere.  
Requests to stop what  
you are doing right now,

and to stop what you  
are becoming  
while you do it,  
questions  
that can make  
or unmake  
a life,  
questions  
that have patiently  
waited for you,  
questions  
that have no right  
to go away.  
by David Whyte

## Choices

if I can't do  
what I want to do  
then my job is to not  
do what I don't want  
to do

it's not the same thing  
but it's the best I can  
do

if I can't have  
what I want then  
my job is to want  
what I've got  
and be satisfied  
that at least there

is something more  
to want

since I can't go  
where I need  
to go then I must go  
where the signs point  
though always understanding  
parallel movement  
isn't lateral

when I can't express  
what I really feel  
I practice feeling  
what I can express  
and none of it is equal  
I know  
but that's why mankind  
alone among the mammals  
learns to cry  
— Nikki Giovanni