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OFFICIAL

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# C O N T E N T

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WHERE WISDOM MEETS AESTHETICS - A COFFEE TABLE BOOK THAT BRINGS TOGETHER 182 POWERFUL QUOTES FROM MORE THAN 80 PEOPLE FROM ACROSS THE WORLD, INCLUDING BESTSELLING AUTHORS, TOP ATHLETES, PHILOSOPHERS, AND SELF-MADE ENTREPRENEURS. ALL THESE QUOTES HAVE ONE THING IN COMMON: THEY CHANGE THE WAY WE PERCEIVE OURSELVES AND ENCOURAGE US TO GROW. THE QUOTES COVER THE TOPICS BELOW BUT ARE NOT GROUPED ACCORDINGLY.

SELF-CONFIDENCE

MATURITY

FEAR

TAKING ACTION

DESIGN YOUR OWN LIFE

ACCOUNTABILITY

SETTING GOALS

PERSEVERANCE

HEALING

CHANGE & GROWTH

MINDSET

MANIFESTING

SELF-LOVE

HAPPINESS

JUDGMENT

FAILURE

FORGIVENESS

COMFORT ZONE

INTUITION

ACCEPTANCE

LETTING GO

CRITICISM

HABITS

GRATITUDE



# NOT IF, WHEN

QUOTE FROM  
"RALPH WALDO EMERSON"

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Self-trust is the first secret to success.

QUOTE FROM  
"JOHANN WOLFGANG VON GOETHE"

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Magic is believing in yourself, if you can do that, you can make anything happen.





# SELF-PROTECTION

PERFECTIONISM CAN BE A TRAUMA RESPONSE DEEPLY  
ROOTED IN THE EXPERIENCE THAT TAUGHT US THAT GETTING  
IT WRONG MEANT WE WOULD BE HARMED, SHAMED, OR  
DENIED LOVE. WE LEARNED THAT GETTING IT RIGHT WAS  
NECESSARY FOR SURVIVAL, PROTECTION, OR SECURITY.  
— TAYLOR GRISMORE, WILD HEART MOVEMENT.







# DESTINATION ADDICTION

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*BEWARE OF DESTINATION ADDICTION – "DESTINATION ADDICTION IS A PREOCCUPATION WITH THE IDEA THAT HAPPINESS IS SOMEWHERE ELSE." – ROBERT HOLDEN*

"IN THE MANIC SOCIETY, PEOPLE EXHIBIT A FRANTIC, NEUROTIC BEHAVIOR I CALL "DESTINATION ADDICTION", THIS ADDICTION IS A MAJOR BLOCK TO SUCCESS. PEOPLE WHO SUFFER FROM DESTINATION ADDICTION BELIEVE THAT SUCCESS IS A DESTINATION. THEY ARE ADDICTED TO THE IDEA THAT THE FUTURE IS WHERE SUCCESS IS, HAPPINESS IS, AND HEAVEN IS. EACH PASSING MOMENT IS MERELY A TICKET TO GET TO THE FUTURE. THEY LIVE IN THE "NOT NOW", THEY ARE PSYCHOLOGICALLY ABSENT, AND THEY DISREGARD EVERYTHING THEY HAVE. DESTINATION ADDICTION IS A PREOCCUPATION WITH THE IDEA THAT HAPPINESS IS SOMEWHERE ELSE. WE SUFFER, LITERALLY, FROM THE PURSUIT OF HAPPINESS. WE ARE ALWAYS ON THE RUN, ON THE MOVE, AND ON THE GO. OUR GOAL IS NOT TO ENJOY THE DAY, IT IS TO GET THROUGH THE DAY. WE HAVE ALWAYS TO GET TO SOMEWHERE ELSE FIRST BEFORE WE CAN RELAX AND BEFORE WE CAN SAVOR THE MOMENT, BUT WE NEVER GET THERE. THERE IS NO POINT OF ARRIVAL. ... WE LIVE IN HOT PURSUIT OF SOME EXTRAORDINARY BLISS WE HAVE NO IDEA HOW TO FIND. DESTINATION ADDICTION IS A NONSTOP APPROACH TO INNER PEACE. WE ARE LIKE RUNAWAY TRAINS BOUND FOR A STATION CALLED NEXT. WE EMBARK ON FAST-TRACK CAREERS THAT ARE ALL ABOUT THE NEXT POSITION, THE NEXT RAISE, AND THE NEXT STOP. OUR CURRENT WORK IS JUST A STEPPING-STONE OR A PARKING LOT, WHERE WE HANG OUT WAITING FOR THE NEXT GOOD OPPORTUNITY. IN THE MEANTIME WE CELEBRATE THE END OF THE DAY, WE SAY "THANK GOD IT'S FRIDAY", AND WE RECOVER ON THE WEEKENDS. EVERYTHING WILL BE BETTER SOON. THE LIFE WE DREAM OF IS IN THE FUTURE SOMEWHERE, AND WE HOPE TO CATCH UP WITH IT ANY DAY NOW." – ROBERT HOLDEN





“DON’T BELIEVE EVERYTHING  
YOU THINK.” – JOSEPH NGUYEN

QUOTE FROM  
“ROY T. BENNETT, THE LIGHT IN THE HEART”

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The biggest wall you have to climb is the one you build in your mind: Never let your mind talk you out of your dreams, trick you into giving up. Never let your mind become the greatest obstacle to success. To get your mind on the right track, the rest will follow.





DARE TO LIVE THE LIFE YOU HAVE DREAMED  
FOR YOURSELF. GO FORWARD AND MAKE YOUR  
DREAMS COME TRUE. – RALPH WALDO EMERSON