

**DAILY INSPIRATION
WISDOM - MUSIC**

SEIZE THE DAY



HARRY S. L. MAXIMILLIAN

SEIZE THE DAY

Daily

Inspiration - Wisdom - Music

Compiled and written by Harry S.L. Maximillian

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Selection of quotations and music were at the discretion of the compiler. Some of the music does contain potentially offensive language.

Dedication

To the wonderful people who stood by me. The last few years have been challenging. Prison brings out the best and the worst in people. Most of you have been greater than great. I will never forget the love you showed me and the fact you never judged me for the crimes I committed. To my children, you are the best gift I could have ever wished for. You make my life worth living. To my parents, you have always been there for me - I love you. To my friends and family and the other key people - you know who you are!

To my victims, I am deeply sorry for my damage I have caused. You haven't heard the last of me, I shall be repaying you, that is a promise. To my enemies and the ones who shunned me when I most needed your support, God bless you. No hard feelings

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Introduction

'People often say that motivation doesn't last. Well, neither does bathing, that's why we recommend it daily.' Zig Ziglar

The purpose of this book is to provide you with daily inspiration and wisdom, with the ultimate goal of improving the quality of your life. Every little bit helps! These thoughts or quotations are from some of the wisest and inspirational individuals who ever lived. From Plato to Steve Jobs, from Winston Churchill to William Shakespeare and from Warren Buffett to Oprah Winfrey I have compiled quotations that will not only inspire but will also provide words of wisdom which you can easily digest and use in your daily lives.

A short personal story - the inspiration for this book

When I was in prison I used to write motivational quotations on my prison wall so that they were in my line of vision as I went to bed and woke up every day. It used to drive the jailers crazy. 'Stop defiling my fucking wall!' they would shout. Those words filled me with the motivation to bound out of bed every morning excited to start my day. This was the inspiration for this book. There is always

something good in any situation; it doesn't matter how bleak it appears.

The importance of inspiration

Inspiration comes in many forms. Our favorite music which helps us push harder in the gym; affirmations that can transform our moods making us feel resourceful and sharp, reading biographies of people we admire which can inspire us and fill us with wisdom.

Inspiration is a powerful starting point but it doesn't necessarily lead to action and more important effective action. There are a multitude of different distractions between being inspired and taking action. The ultimate goal is to generate significant inspiration to lead us to do whatever it takes to achieve our goals. Our goals are usually a stretch, or they should be, they must be beyond our immediate reach and that leads to discomfort. This is healthy. A goal which isn't a stretch is not a worthwhile challenge. Inspiration helps us take the necessary action to achieve that goal and makes the challenge more pleasurable.

The most successful people are motivated by the work they do or the sport they participate in, or both. They are committed to constant improvement and this burning desire for self development motivates and inspires them in every aspect of their lives, from getting up at the crack of dawn raring to go, to following a

challenging exercise routine to eating healthily to constantly improving their knowledge and skill.

Most of us have good days and bad days. Days when we are not feeling it. Maybe we had a setback at work or in our personal relationship and feel demoralized. Maybe we haven't found that perfect job or career yet and feel every day is a drudge. We must however view setbacks as opportunities, opportunities to learn, to improve, to take a different route. All things happen for a reason. A set back or a failure is an opportunity in disguise. Most people don't recognize what is behind this disguise which is where you have the advantage. As Steve Jobs says, 'You need to have faith that the dots connect.' That mind numbing job or that boss who you can't stand are all temporary, It is part of your learning and a microcosm of your journey. So set your goals and be inspired.

Of course being inspired and taking action is only part of the success equation. 'Knowledge is power,' said Francis Bacon the philosopher. And with knowledge comes wisdom. Wisdom helps to make better decisions for better relationships and lead to a quality life. Wisdom is the difference between ineffective action and impactful action. Impactful action leads to a transformed life, the type of life you deserve

The importance of wisdom as explained by the wise...

'Wisdom outweighs any wealth.'

'It takes a wise man to recognize a wise man.'

'It is impossible to live pleasantly without living wisely, well and justly and impossible to live wisely, well and justly without living pleasurably.'

When faced with a dilemma or a problem ask yourself; 'What would a wise person do?'

I am a highly motivated person. I am currently serving time in a maximum security prison in New York for fraud. I have chosen to write this book as many of the contents have helped me thrive in the most challenging conditions a man can be faced with. Maintaining a positive, resourceful attitude has driven me to be productive allowing me to write a number of books including this one. If I can thrive in these oppressive conditions using the wisdom and inspiration I have set out in this book I am sure you can achieve great things by following a few words of advice from the most successful people to have walked the face of the earth.

Quotations, proverbs and fables are major influencers on our lives. Many of these have been repeated to us when we were young by our parents and other key influencers.

Here are a few quotes from my past that have influenced me over the years - good and bad...

Bad influence

'Ruthless pursuit of cash.' - Author

This was an affirmation I invented to motivate myself and act as my New Year's resolution for the year ahead. My wife at the time was unimpressed. I did manage to accumulate a vast amount of cash but at the expense of my family. The end result was not a pleasant one - prison.

Good and earliest influence

The North wind and the sun - Aesop Tale

The wind and the sun bet on which can force a man to remove a coat.

The North wind and the sun had a quarrel about which of them was stronger. While they were disputing with much heat and bluster a traveller passed along the road wrapped in a cloak.

‘Let us agree,’ said the sun, ‘that he is stronger who can strip that traveller of his cloak.’

‘Very well,’ growled the North wind, and at once sent a cold howling blast against the traveller. With the first gust of the wind the ends of the cloak whipped about the travellers body. But he immediately wrapped it closely around him, and the harder the wind blew the tighter he held it to him. The North wind tore angrily at the cloak, but all efforts were in vain.

Then the sun began to shine. At first his beams were gentle, and in the pleasant warmth after the bitter cold of the North wind, the traveller unfastened his coat and let it hang loosely from his shoulders. The sun's rays grew warmer and warmer. The man took off his cap and mopped his head. At last he became so heated that

he pulled off his cloak and to escape the blazing sunshine, threw himself down in the welcome shade of a tree by the roadside.

Moral of the story: Gentleness and kind persuasion win where force and bluster fail.

This was an early lesson taught to me by my father. All he had to say to me was, 'Remember the sun and the wind' and my first thought was 'Not the bloody sun and the wind again!' followed by 'There could be something in this...'

One I wished I had listened to

There were two bulls standing on top of a grassy knoll. The younger says to the older one, 'Hey pop. Lets say we run down there and fuck one of them cows.' The older one replies 'No son, let's walk down and fuck em all.'

One I did listen to

The importance of asking...

'Ask and it will be given to you; search, and you will find; knock and the door will be opened for you!'

The importance of quotations

Many successful people are influenced by quotations. These are usually wise words from someone they hold in high regard. Steve Jobs is an excellent example:

'When I was 17 I read a quote that went something like; 'If you live each day as if it was your last, someday you'll most certainly be right.' It made an impression on me, and since then for the past 33 years, I have looked in the mirror every morning and asked myself: 'If today was my last day of my life, would I want to do what I am about to do today? And whenever the answer has been 'no' for too many days in a row, I know I need to change something.'

A few of my favorite quotations:

- *Fortune favors the brave*
- *Seize the day - Carpe Diem*
- *Character is destiny*
- *Resistance equals persistence*
- *I have eyes everywhere [authors note: my son's favorite]*
- *Don't mistake kindness for weakness*
- *I came, I saw, I conquered - Veni, vidi, vici*
- *Anyone can hold the helm when the sea is calm*
- *Love conquers all*
- *Hustle until you no longer have to introduce yourself*
- *Never give up, great things take time, be patient [authors note: my son's other favorite]*
- *People who are crazy enough to think they can change the world are the ones that do.*
- *Every morning you have two choices: Continue to sleep with your dreams, or wake up and chase them and finally...*

- *'Anyone who thinks my story is near over is sadly mistaken' - Donald Trump*

Not all of these quotations will motivate, inspire or fill you with wisdom - some will be more relevant to your situation than others. Some, you may need to read multiple times to find the hidden meaning, others will have an everlasting impact on your life. I have in some rare situations added an 'author's notes' to some of the quotations where I feel further comment is warranted. I hope you find these useful rather than annoying...

Maximizing the potential of this book

A few comments about using this book to its full potential...

- Take a note of the quotation that is most relevant to you by ticking the box against each quote that inspires you. Add these to your phone so you can see these daily and read and digest them.
- Take a note of the person behind the quotation and if he or she inspires you check that person out in the appendix and follow up with more research, buy their biography - learn what made them successful.
- Many of these quotations were written many many years ago so unfortunately they refer in some instances to 'man' or 'men'. These statements are just as applicable to men and women so don't let that turn you off.

- Perhaps you don't like some of the quotations or some of the music. No problem. Replace them with your own. Keep this book as something to treasure. Use it every year. There are few things that are really valuable, that we would not want to lose in a house fire (a bit extreme I know, but you get my point!). Make this one of those items.
- Finally, if you want to send some of your favourite music or quotations to me for the next edition please do so to: seizethedaybook@gmail.com. If I include your quotation or song I'll send you a book with my compliments.
- Follow us on Twitter and receive your daily inspiration **@SeizetheDayTV**

Other forms of inspiration and motivation

There are other ways to inspire, motivate and infuse yourself with wisdom.

Here are a few other examples I recommend you research.

Meditation:

An effective way to gain focus, improve creativity and reduce stress among a huge number of other benefits.

Reading:

Biographies, particularly about people who have overcome adversity, self improvement books, news.

TV:

Documentaries, TED talks, Shark Tank, Dragons' Den

Podcasts:

There are so many inspirational people who have their own podcasts, including Tim Ferris, Tony Robbins, Dave Ramsey, Jordan Belfort.

Exercise:

Helps you to destress, boosts your energy and improves your health and focus. These days you don't even have to join a gym. Watch a YouTube video, I can guarantee you a five minute work out is enough!

Quiet time:

Set aside thirty minutes a day to contemplate. No phones, no music. Go for a walk in the park. This is where you will solve problems and generate ideas. Take something to write your ideas down.

Seize the Day with Music

A big part of this book is music. I have selected a track for each day. Some of these tracks you will love, others maybe not. I can't cater to all tastes but I think I have done a pretty good job if I say so myself.

Why have I included music? For a number of reasons...

A few words from the wise to explain my reasoning...

'Music has charms to soothe a savage beast, to soften rocks or bend knotted oaks.' William Congrove.

'Music is the universal language of mankind.' Henry Wordsworth Longfellow

'All, all will perish... only one thing will not perish but last forever: the Ninth Symphony.' Ludwig Van Beethoven

And here is some medical blurb on the benefits of music...

'The chill you feel at a musical crescendo is a sign you are producing dopamine, a reward neurotransmitter closely linked to serotonin. A study showed that dopamine rose by up to 9 percent in people listening to spine tingling music and that is what I have tried to find you here to improve your mood and mobilize you into a resourceful state to take massive action.' Men's Health edited by the author.

I have tried to make the selection of songs as diverse as possible, with one overriding consideration - It has to be spine tingling! Below are my own favorite songs, however don't take these as representative of the songs that appear in this book.

Rockstar - Nickelback

I Gotta Feeling - Black Eyed Peas

Escape (The Pinacolada Song) - Rupert Holmes

American Pie - Don Mclean

Sweet Caroline - Neil Diamond

7 Years - Lukas Graham

The Boys Are Back In Town - Thin Lizzy

Summer - Calvin Harris

Diamonds - Rihanna

We Didn't Start The Fire - Billy Joel

My Sharona - The Knack

Similar to the quotations - note your favorite tracks and add these to your own 'inspirational' playlist.

Remember...

When reading this book remember success isn't all about hard currency or the accumulation of vast amounts of cryptocurrency! It has a number of elements including family, career, relationships, health, self development and finance. To be successful you must be balanced in all these areas. True success equals all pervading ingrained happiness.

Finally...

May the road rise with you

And the wind be ever at your back

May the sun shine warm on you, and

The rain fall softly on your fields, and

Until we meet again,

May the Lord hold you in the palm of His hand.

- Gaelic Blessing

So without further ado let's...

SEIZE THE DAY!

Part 1

Daily inspiration, wisdom and music

*'Every morning you have two choices:
Continue to sleep with your dreams or wake
up and chase them'.*



day 1

inspiration:

'Success is going from failure to failure without loss of enthusiasm.' - Winston Churchill

wisdom:

'In questions of science, the authority of a thousand is not worth the humble reasoning of a single individual.' - Galileo Galilei

music:

[Happy - Pharrell William](#)

day 2

inspiration:

'No man is happy who does not think himself so.' -
Publilius Syrus

wisdom:

*'Few men are born brave, many become so through
training and force of discipline.'* - Vegetius

music:

[Human - The Killers](#)





day 3

inspiration:

'People often say that motivation doesn't last. Well neither does bathing. That's why we recommend it daily.' - Zig Ziglar

wisdom:

'Whenever you see a successful business, someone once made a courageous decision.' - Peter Drucker

music:

[The Magic Flute – Mozart](#)

day 4

inspiration:

'The greatest revolution of our generation is the discovery that human beings by changing the inner attitudes of their mind, can change the outer aspects of their lives.' - William

James

wisdom:

'Man - a being in search of meaning.' - Plato

music:

[Safe And Sound - Capital Cities](#)





day 5

inspiration:

'Success is how high you bounce when you hit bottom.' -
George S. Patton Jr

wisdom:

'One ought, every day at least, to hear a little song, read a good poem, see a fine picture and, if it were possible, to speak a few reasonable words.' - Johann Wolfgang von Goethe

music:

[Stayin Alive - Bee Gees](#)

day 6

inspiration:

'I cannot help it that my paintings do not sell. The time will come when people will see that they are worth more than the price of the paint.' - Vincent van Gogh

wisdom:

'Every now and then go away, have a little relaxation, for when you come back to your work your judgement will be surer. Since to remain constantly at work will cause you to lose power of judgement.' - Leonardo Da Vinci

music:

[Not Afraid – Eminem](#)





day 7

inspiration:

'Push yourself because no one else is going to.' – Unknown

wisdom:

'A prince must imitate the fox and the lion, for the lion cannot protect himself from traps, and the fox cannot defend himself from wolves.' - Niccolo Machiavelli

music:

[Take It On The Run - Reo Speedwagon](#)

day 8

inspiration:

'Success is never found; failure is never fatal; courage is the only thing.' - Winston Churchill

wisdom:

'If you give six lines written by the hand of the most honest of men, I will find something in them which will hang him.' - Richelieu

music:

[California Soul - Marlena Shaw](#)





day 9

inspiration:

'Concentration is my motto - first honesty, then industry, then concentration.' - Andrew Carnegie

wisdom:

'The manner of giving is worth more than the gift.' - Pierre Corneille

music:

[Home - Phillip Phillips](#)

day 10

inspiration:

'When the day of judgement comes, we shall not be asked what we have read, but what we have done.' - Thomas Kempis

wisdom:

'When men do not have a sense of awe, there will be a disaster.' - Lao-Tzu

music:

[Counting Stars – OneRepublic](#)





day 11

inspiration:

'I came, I saw, I conquered (Veni, vidi, vici)' - Julius Caesar

wisdom:

'Slow and steady wins the race.' - Aesop

music:

[Caribbean Blue – Enya](#)

day 12

inspiration:

'I never worry about action, but only inaction.' - Winston Churchill

wisdom:

'There is only one good, namely knowledge; and only one evil, namely ignorance.' - Socrates

music:

[*Rocket Man* - Elton John](#)





day 13

inspiration:

'Once you choose hope, anything is possible.' -
Christopher Reeve

wisdom:

*'Even a thought, even a possibility, can shatter us and
transform us.'* - Friedrich Nietzsche

music:

[American Pie - Don McLean](#)

day 14

inspiration:

'Immense power is acquired by assuring yourself in your secret reveries that you were born to control affairs.' - Andrew Carnegie

wisdom:

'The easiest thing of all is to deceive oneself; for what a man wishes he generally believes is true.' - Demosthenes

music:

[All You Need Is Love - The Beatles](#)





day 15

inspiration:

'Man is what he believes.' - Anton Chekhov

wisdom:

'A dwarf standing on the shoulders of a giant may see further than a giant himself.' - Robert Burton

music:

[Another One Bites The Dust – Queen](#)

day 16

inspiration:

'Two shoe salesmen travelled to a remote island. One called back, 'No market here; no one wears shoes.' The other called back, 'Fantastic market here; no one has shoes'.' -

Unknown

wisdom:

'Blessed is he who expects nothing; for he shall never be disappointed.' - Alexander Pope

music:

[Just Like Fire - P!nk](#)





day 17

inspiration:

'Experience is not what happens to a man; it is what a man does with what happens to him.' - Aldous Huxley

wisdom:

'The worst of all deceptions is self deception.' - Plato

music:

[Money, Money, Money – ABBA](#)

day 18

inspiration:

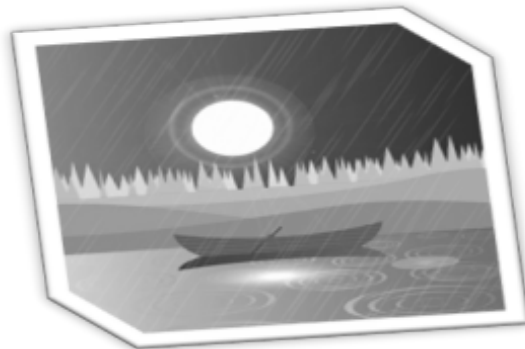
'Today's accomplishments were yesterday's impossibilities.' - Robert H. Schuller

wisdom:

'Neither excited by success nor despairing in misfortune.'
- Thucydides

music:

[*Breakfast At Tiffany's* - Deep Blue Something](#)





day 19

inspiration:

'Sometimes by losing a battle you find a new way to win the war.' - Donald Trump

wisdom:

'If a man is just and resolute, the whole world may break and fall upon him and find him in the ruins undamaged.' -

Horace

music:

[Stand By Me - Ben E. King](#)

day 20

inspiration:

*'Whatever you do, or dream you can do, begin it.
Boldness has genius, power and magic in it.'* - Johann Wolfgang
von Goethe

wisdom:

*'Only intuition can protect you against the most
dangerous individual of all, the articulate incompetent.'* - Robert
Bernstein

music:

[*Fly* - Ludovico Einaudi](#)





day 21

inspiration:

'The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle.' - Steve Jobs
[author's note: the key to growth is learning. If you are not learning you must move on. Be brutally honest with yourself.]

wisdom:

'Winning isn't everything - but the effort to win is.' - Vincent
T. Lombardi

music:

[Better Day - Ocean Colour Scene](#)

day 22

inspiration:

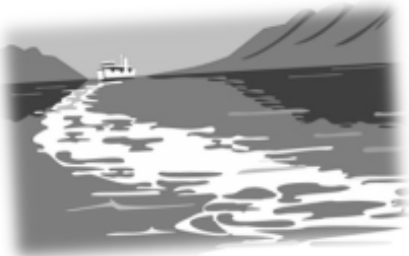
'For of all sad words of tongue or pen, the saddest are these: it might have been!' - John Greenleaf Whittier
[author's note: turn these words into a positive. I am doing it. I did it. It was me!]

wisdom:

'When the best leader's work is done the people say, 'We did it ourselves.'" - Lao-Tzu
[author's note: the most effective leaders give credit to the team. They don't take credit for their own ideas. That creates ownership and passion.]

music:

[*I Believe I Can Fly* - R. Kelly](#)





day 23

inspiration:

'Many of life's failures are men who did not realize how close they were to success when they gave up.' - Thomas Edison

wisdom:

'The supreme happiness of life is the conviction that we are loved.' - Victor Hugo

music:

[Indestructible – Robyn](#)

day 24

inspiration:

'For every reason it's not possible, there are hundreds of people who have faced the same circumstances and succeeded.' - Jack Canfield

wisdom:

'In skating over thin ice our safety is in speed.' - Ralph
Waldo Emerson

[author's note: fail quickly is a Silicon Valley motto, that way you learn from your mistakes and move onto your next opportunity.]

music:

[*Somewhere Over The Rainbow* - Israel 'IZ' Kamakawiwo'ole](#)





day 25

inspiration:

'Let him that would move the world first move himself.' -

Henry Ford

wisdom:

'There is nothing which has been continued by man, by which so much happiness is produced as by a good tavern or inn.' - Dr Samuel Johnson

music:

[Chariots Of Fire - Theme Tune](#)

day 26

inspiration:

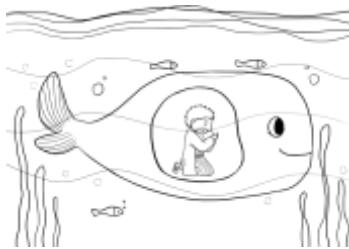
'The reading of good books is like a conversation with the best men of past generations - in fact like a prepared conversation, in which they reveal their best thoughts.' - Rene Descartes

wisdom:

'He who says there is no such thing as an honest man, you may be sure is himself a knave.' - Dr Samuel Johnson
[author's note: a knave is a dishonest scoundrel.]

music:

[Sweet Caroline - Neil Diamond](#)





day 27

inspiration:

*'If you can talk with crowds and keep your virtue,
Or walk with kings - nor lose the common touch...
If you can fill the unforgiving minute
With sixty seconds of distance run,
Yours is the earth and everything that's in it,
And - which is more - you'll be a man, my son!'* - Rudyard
Kipling

[author's note: this is the last verse of a famous poem 'If', which starts, 'if you can keep your head when all about you are losing theirs and blaming it on you...']

wisdom:

'The best is the enemy of the good' - Voltaire

[author's note: this is particularly relevant to business. There are countless good ideas that never get off the ground because the inventor waited to get it perfect, or for his own conditions to be perfect. Start now!]

music:

[Telephone - Lady Gaga](#)

day 28

inspiration:

'Look in the mirror, that is your competition.' - Unknown

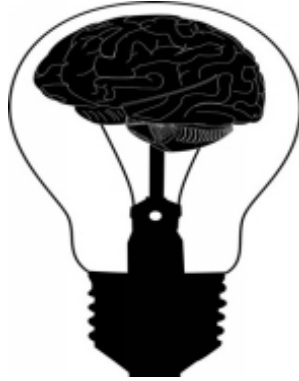
wisdom:

'We shall be unable to turn natural advantage to account unless we make use of local guides.' - Sun Tzu
[author's note: Sun Tzu wrote the Art of War which contains many wise words which are still applicable in life and business.]

music:

[Royal Fireworks - Handel](#)





day 29

inspiration:

'Judge a man by his questions rather than his answers.' -
Voltaire

wisdom:

'It is not usually our ideas that make us optimistic or pessimistic, but it is our optimism or pessimism...that makes our ideas.' - Miguel de Unamuno

music:

[*I Will Survive* - Gloria Gaynor](#)

day 30

inspiration:

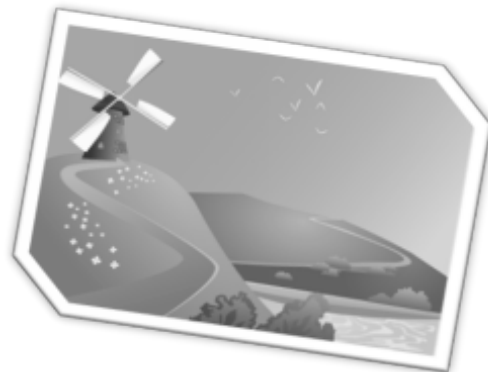
'I have learnt to use the word impossible with the greatest caution.' - Warner von Braun

wisdom:

'Time wears away all things, even memory.' - Virgil
[author's note: the Buddha said that everything passes.]

music:

[Renegades - X Ambassadors](#)





day 31

inspiration:

'A champion is one who gets up when he can't.' - Jack Dempsey

wisdom:

'Knowledge is of two kinds: we know a subject ourselves or we know where we can find information upon it.' - Dr Samuel Johnson

music:

[Etude No.11 Op.25 – Chopin](#)

day 32

inspiration:

‘One hour of life crowded to the full with glorious action and filled with noble risks is worth whole years of those mean observations of paltry decorum...’ - Sir William Scott
[author’s note: make your life a masterpiece!]

wisdom:

‘An invasion of armies can be resisted, but not an idea whose time has come. Nothing is so powerful as an idea whose time has come.’ - Victor Hugo

music:

[Giant - Calvin Harris](#)





day 33

inspiration:

'You don't have to be great to start, but you have to start to be great.' - Zig Ziglar

[author's note: it reminds me of the joke about the guy who asks God why he never wins the lottery and whether God can help. The answer God gave the desperate man was 'Help me out, buy a ticket...']

wisdom:

'Profit is a by-product of work; happiness is its chief product.' - Henry Ford

music:

[You Get What You Give - New Radicals](#)

day 34

inspiration:

'No one reaches a high position without daring.' - Publilius
Syrus

wisdom:

'Those unacquainted with the world take pleasure in intimacy with great men; those who are wiser fear the consequences.' - Horace

music:

[*Bolero de Ravel* - Maurice Ravel](#)





day 35

inspiration:

'Knowledge is power.' - Francis Bacon
[author's note: but only if that knowledge is acted upon or it is useless.]

wisdom:

'The reasonable man adapts himself to the world: the unreasonable one persists in trying to adopt the world to himself. Therefore all progress depends on the unreasonable man.' - George Bernard Shaw

music:

[La Bomba- Ricky Martin](#)

day 36

inspiration:

'A mighty flame followeth a tiny spark.'
- Dante Alighieri

wisdom:

'Beware of little expenses. A small leak will sink a great ship.'
- Benjamin Franklin

music:

[International Love – Pitbull](#)





day 37

inspiration:

'We are all worms. But I do believe I am a glowworm.' -

Winston Churchill

wisdom:

'Happiness in this life rather depends on internals rather than externals...there is such a thing as being of a happy or an unhappy constitution.' - Benjamin Franklin

music:

[Analyse – Cranberries](#)

day 38

inspiration:

'Confront boldness by being still bolder.' - Napoleon Bonaparte

wisdom:

'Why should we be in such desperate haste to succeed...? If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.' - Henry David Thoreau

music:

[*I'd Do Anything For Love - Meat Loaf*](#)





day 39

- inspiration:**
'The best revenge is massive success...' - Frank Sinatra

- wisdom:**
'The heart has reasons which reason knows nothing of.' -
Blaise Pascal

- music:**
[My Way](#) - Frank Sinatra

day 40

inspiration:

'The first and greatest victory is to conquer self.' - Plato

wisdom:

'The wise learn many things from their enemies.' -
Aristophanes

music:

[Fireball - Pitbull](#)





day 41

inspiration:

'If the wind will not serve, take to the oars.' - Latin proverb

wisdom:

'All serious reading should be done pencil in hand, with a book whose ownership allows its being marked up.' - Jacques Barzun

music:

[Ain't No Mountain High Enough - Marvin Gaye & Tammi Terrel](#)

day 42

inspiration:

'A smile is often the key thing. One is paid with a smile. One is rewarded with a smile. One is brightened by a smile. And the quality of a smile can make one die.' - Antoine de Saint-Exupéry

wisdom:

'Reason is immortal, all else mortal.' - Pythagoras

music:

[*I'll Be Waiting* - Adele](#)





day 43

inspiration:

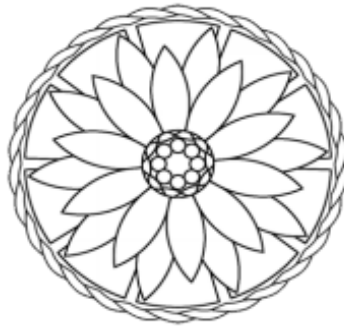
'Do one thing every day that scares you.' - Eleanor Roosevelt

wisdom:

'Don't be afraid to give up the good to go for the great.' - John
D. Rockefeller

music:

[*I Won't Give Up* - Jason Mraz](#)



day 44

inspiration:

'A thing of beauty is a joy forever.' - John Keats

wisdom:

'All progress means war with society.' - George Bernard
Shaw

[author's note: this quote is even more relevant today. Many of the disruptive technologies of our time have been created by people who have been bold and brave and are not afraid of rejection, non-acceptance and in some cases breaking the law in their attempt to change the world.]

music:

[Dancing Queen – ABBA](#)

day 45

inspiration:

'Motivation is what gets us started. Habit is what keeps you going.' - Jim Rohn

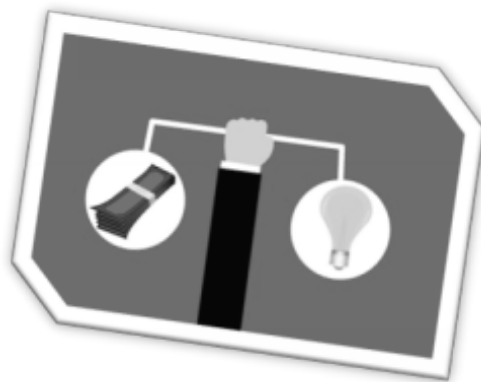
[author's note: check out the best selling book; Seven Habits of Highly Effective People by Stephen R. Covey.]

wisdom:

'The last buggy whip factory was no doubt a model of efficiency.' - Peter Drucker

music:

[Mr Blue Sky - ELO](#)





day 46

inspiration:

'Enter good. Leave better.' - Latin Proverb

wisdom:

'Many times the reading of a book has made the future of a man.' - Ralph Waldo Emerson

music:

[It's Time - Imagine Dragons](#)

day 47

inspiration:

'A smooth sea never made a skilled mariner.' - English proverb

wisdom:

'Life is a romantic business. It is painting a picture not doing a sum, but you have to make romance. And it will come to the question how much fire you have in your belly.' - Oliver Wendell Holmes Jr

music:

[Started From The Bottom - Drake](#)





day 48

inspiration:

'The world belongs to the energetic.' - Ralph Waldo
Emerson

wisdom:

'Pure logic is the ruin of the spirit.' - Antoine de Saint-
Exupéry

music:

[*Children Of The Revolution* - Elton John](#)

day 49

inspiration:

'If a pig could pray it would pray for swill. What do you pray for?' - B.C. Forbes

wisdom:

'Several excuses are always less convincing than one.' -
Aldous Huxley

music:

[*The Boys Are Back In Town* - Thin Lizzy](#)





day 50

inspiration:

'If you're offered a seat on a rocket ship, don't ask which seat!' - Sheryl Sandberg

wisdom:

'Beware the fury of a patient man.' - John Dryden

music:

[Let Her Go - Passenger](#)

day 51

inspiration:

'Live with your head in the lion's mouth. I want you to overcome 'em with yeses, undermine 'em with grins. Agree 'em to death and destruction, let 'em swallow you until they vomit or burst wide open.' - Ralph Waldo Emerson

[author's note: remember these words when your boss is giving you a hard time. It is the best way to make any situation work for you. This attitude is especially effective in prison. Kill them with kindness.]

wisdom:

'Don't sell the steak, sell the sizzle. It is the sizzle that sells the steak and not the cow, although the cow is, of course, mighty important.' - Elmer Wheeler

music:

[*Policeman and Pirates - Ocean Colour Scene*](#)





day 52

inspiration:

'If you're not nervous you're not paying attention.' - Miles Davis

wisdom:

'Never fight fair with a stranger, boy, you'll never get out of the jungle this way.' - Arthur Miller

music:

[Keep On Moving - Bob Marley](#)

day 53

inspiration:

'Whoever is happy will make others happy too. He who has courage and faith will never perish in misery.' - Anne Frank

wisdom:

'Let us never negotiate out of fear, but let us never fear to negotiate.' - John F. Kennedy

music:

[Return of Innocence – Enigma](#)





day 54

inspiration:

'What you don't use you lose.' - Unknown

wisdom:

'Buy stock like you buy groceries, not like you buy your perfume.' - Warren Buffett

music:

[Brave - Sarah Bareilles](#)

day 55

inspiration:

'Church ain't out until the fat lady sings.' - Unknown
[author's note: it is not over until the fat lady sings and even then
it's not over.]

wisdom:

*'The biggest mistake we could ever make in our lives is
to think we work for anybody but ourselves.'* - Brian Tracy

music:

[Heartbreak Song - Kelly Clarkson](#)





day 56

inspiration:

*'Climb high
Climb far
Your goal the sky
Your aim the stars.'*

- Inscription; Williams College Massachusetts

wisdom:

'20% of your activity will account for 80% of your results.'

- Unknown

[author's note: the 80:20 rule. There are numerous books that explore this rule of life.]

music:

[Royals - Lorde](#)

day 57

inspiration:

'It's more fun to be a pirate than to join the navy.' - Steve Jobs

wisdom:

'You only have to get it right once.' - Ray Kroc
[author's note: Kroc had many failures before founding McDonalds at age 52.]

music:

[*Beautiful* - Christine Aguilera](#)





day 58

inspiration:

'Show me the money!' - Cameron Crowe

wisdom:

'The world is what it is.' - V.S. Naipaul
[author's note: a more popular version is, 'It is what it is' - the power of acceptance.]

music:

[*All Stars* - Martin Solveig](#)

day 59

inspiration:

'The two most important requirements for major success are first being in the right place at the right time and secondly, doing something about it.' - Ray Kroc

wisdom:

'Fear begets fear. Power begets power. I willed myself to beget power. And it wasn't long before I actually wasn't afraid.' - Cheryl Strayed

music:

[*I'm A Believer* - Monkees](#)





day 60

inspiration:

'One way to remember who you are is to remember who your heroes are.' - Steve Jobs

wisdom:

'Be fearful when others are greedy, and be greedy when others are fearful.' - Warren Buffett

music:

[Have You Seen The Rain - Creedence Clearwater](#)

day 61

inspiration:

'Don't wish it was easier. Wish you were better.' - Jim Rohn

wisdom:

'Surround yourself with good people.' - Paul Bryant

music:

[*Le Freak - Chic*](#)





day 62

inspiration:

'I'm not telling you it is going to be easy, I'm telling you it's going to be worth it.' - Art Williams

wisdom:

'Reading is to the mind, as exercise is to the body.' - Brian Tracy

music:

[I Can See Clearly Now - Johnny Nash](#)

day 63

inspiration:

'You see things and you say why, but I dream and of things that never were and say why not.' - George Bernard Shaw

wisdom:

'Advice is seldom welcome; and those who want it the most always like it the least.' - 4th Earl of Chesterfield

music:

[*You Gotta Be* - Des'ree](#)





day 64

inspiration:

'Retreat Hell! We're attacking in the other direction!' -
General Oliver P. Smith

wisdom:

*'What is a weed? A plant whose virtues have not been
discovered yet.'* - Ralph Waldo Emerson

music:

[Teenage Dream - Katy Perry](#)

day 65

inspiration:

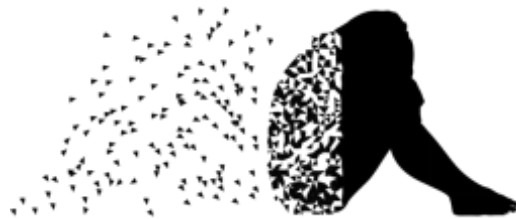
'The world only cares about your accomplishment, not your self esteem. Real life wants to know who was in the top 15 percent.' - Bill Gates - rules of success 1 of 5

wisdom:

'Entrepreneurship is the last refuge of the troublemaking individual.' - James K. Glassman

music:

[There's Nothing Holdin' Me Back - Shawn Mendes](#)





day 66

inspiration:

'In life you don't get summers off, and few employers are interested in helping you find yourself.' - Bill Gates - rules of success 2 of 5

wisdom:

'Do or do not. There is no 'try'.' - George Lucas

music:

[*I Took A Pill In Ibiza* - Mike Posner](#)

day 67

inspiration:

'If you think your teacher is tough, wait until you get a boss who doesn't have tenure.' - Bill Gates - rules of success 3 of 5

wisdom:

'Obsession doesn't guarantee success, but a lack of obsession guarantees failure.' - Tom Peters

music:

[X Gon Give It To Ya - DMX](#)





day 68

inspiration:

'Be nice to nerds. Chances are you will work for one.' -
Bill Gates - rules of success 4 of 5

wisdom:

'Unlike virtues, everyone has lots of values; everyone has as many as he or she chooses. Hitler had values, George Washington had virtues.' - George Will

music:

[Madame Butterfly_- Puccini](#)

day 69

inspiration:

'Eighty percent of success is showing up.' - Woody Allen

wisdom:

'Rich people plan for four generations. Poor people plan for Saturday night.' - Gloria Steinem

music:

[*Best Day Of My Life - American Authors*](#)





day 70

inspiration:

'Flipping burgers is not beneath your dignity. You grandparents called it opportunity.' - Bill Gates - rules for success 5 of 5

[author's note: these are lessons of tough love. We have become too soft. We feel as if we are owed something that we are entitled. We are not, the quicker we realize this the quicker we can succeed.]

wisdom:

'Real poverty is less a state of income then a state of mind.' - George F. Gilder

music:

[*Fight Song - Rachel Platten*](#)

day 71

inspiration:

'Ready fire, aim.' - Ross Perot

wisdom:

'You have reached the pinnacle of success as soon as you become uninterested in money, compliments or publicity.' -

Tom Wolfe

music:

[*Escape \(The Pinacolada Song\)* - Rupert Holmes](#)





day 72

inspiration:

'In spite of everything I still believe that people are really good at heart.' - Anne Frank

wisdom:

'Be willing to make decisions. That's the most important quality in a good leader. Don't fall victim to what I call the 'ready - aim - aim syndrome.' You must be willing to fire. ' - T. Boone Pickens

music:

[Marry You - Bruno Mars](#)

day 73

inspiration:

'To those who wait with baited breath for that favorite media catch phrase, the u-turn, I have only this to say. You turn if you want. The lady's not for turning.' - Margaret Thatcher

wisdom:

'I do not believe that friends are necessarily the people you would like the best, they are merely the people who got there first.' - Peter Ustinov

music:

[*It Was A Good Day* - Ice Cube](#)





day 74

inspiration:

'Keep your friends close, but keep your enemies closer.' -

Mario Puzo

wisdom:

'Women who seek to be equal with men lack ambition.' -

Timothy Leary

music:

[All Night Long - Mary Jane Girls](#)

day 75

inspiration:

'He can run but he can't hide.' - Joe Lewis

wisdom:

'Show me a completely smooth operation and I will show you someone covering mistakes - real boats rock.' - Frank Herb

music:

[Semi Charmed Life - Third Eye Blind](#)





day 76

inspiration:

'Eagles don't flock.' - Ross Perot

wisdom:

'When the joy of the jobs is gone, when it's no fun trying anymore, quit before you are fired.' - Malcolm Forbes

music:

[You Shook Me All Night Long - AC/DC](#)

day 77

inspiration:

'The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.' - Vincent T. Lombardi

wisdom:

'You only have power over people as long as you don't take everything away from them. But when you've robbed a man of everything he's no longer in your power - he's free again.' - Alexander Solzhenitsyn

music:

[Roar - Katy Perry](#)





day 78

inspiration:

'Basic research is what I am doing when I don't know what I am doing.' - Wernher von Braun

wisdom:

'There is no such thing as a free lunch.' - Milton Friedman

music:

[The Winner Takes It All – ABBA](#)

day 79

inspiration:

'Pain is temporary. Quitting lasts forever.' - Lance
Armstrong

wisdom:

*'Buy at the sound of the cannons, sell at the sound of the
trumpets.'* - French proverb

music:

[Rockstar - Nickelback](#)





day 80

inspiration:

'Remember it's just a bad day, not a bad life.' - Unknown

wisdom:

'Power is the great aphrodisiac.' - Henry Kissinger

music:

[Rollover Beethoven – ELO](#)

day 81

inspiration:

'Tough times don't last. Tough people do.' - Robert H. Sculler

wisdom:

'Don't let the noise of other's opinions drown out your inner voice.' - Steve Jobs

music:

[Pompeii – Bastille](#)





day 82

inspiration:

'If you feel like giving up, just look back on how far you are already.' - Unknown

wisdom:

'At least 80% of millionaires are self made. That is they started with nothing but ambition and energy, the same way most of us started.' - Brian Tracy

music:

[Tubthumping - Chumbawamba](#)

day 83

inspiration:

'Always be the best and fight among the champions in the front rows.' - Homer

wisdom:

'The first of all qualities is courage. Without this the others are of little value, since they cannot be used. The second is intelligence which must be strong and fertile in expedients. The third is health.' - Maurice de Saxe

music:

[We Are Young - Janelle Monae](#)





day 84

inspiration:

'The sweetest pleasure arises from difficulties overcome'

- Publilius Syrus

wisdom:

'Gratitude is the fruit of great cultivation; you do not find it among gross people.' - Samuel Johnson

[author's note: gratitude is central to leading a meaningful life. Gratitude is the central theme in the best selling book 'The Secret'.]

music:

[*My Sharona* - The Knack](#)

day 85

inspiration:

'You will succeed because most people are lazy.' - Shahir Zag

wisdom:

'Don't live the same year 75 times and call it a life.' - Robin Sharma

music:

[*I'm Yours* - Jason Mraz](#)





day 86

inspiration:

'Never give up on a dream because of the time it will take to accomplish it. The time will pass anyway.' - Earl Nightingale

wisdom:

'Don't spend time beating on a wall hoping to transform it into a door.' - Coco Chanel

music:

[*Rather Be* - Clean Bandit](#)

day 87

inspiration:

'Sometimes you win, sometimes you learn.' - John Maxwell

wisdom:

'Optimism is the one quality more associated with success and happiness than any other.' - Brian Tracy

music:

[*The Lazy Song* - Bruno Mars](#)





day 88

inspiration:

'Avoiding failure is to avoid progres.' - Unknown

wisdom:

'I destroy my enemies when I make them my friends.' -
Abraham Lincoln

music:

[Pumpin Blood – NONONO](#)

day 89

inspiration:

'If you can't stand the heat, get out of the kitchen.' - Harry
S. Truman

wisdom:

*'I lived in solitude in the country and noticed how the
monotony of a quiet life stimulates the creative mind.'* - Albert
Einstein

music:

[Amazing Grace - Andrea Bocelli](#)





day 90

inspiration:

'Although the world is full of suffering, it is also full of the overcoming of it.' - Helen A. Keller

wisdom:

'A man without a smiling face must not open a shop.' -

Chinese Proverb

[author's note: they should get a job working in a prison!]

music:

[Everybody Talks - Neon Trees](#)

day 91

inspiration:

'Energy is more attractive than beauty in a man.' – Louisa May Alcott

wisdom:

'It is easier to form soldiers and inspire them with proper notions of honor than to reanimate troops who have been once disheartened.' - Vegetius

[author's note: applying that to the modern world; it is often more effective to train someone who has no experience than to employ someone who is experienced but brings with him baggage such as bad habits, cynicism and hangups.]

music:

[*I Love The Sound Of Breaking Glass* - Nick Love](#)





day 92

inspiration:

'There is no greater cause of melancholy than idleness.' -

Robert Burton

wisdom:

'The way of a superior man is threefold. Virtuous, he is free from anxieties; wise, he is free from perplexities; bold, he is free from fear.' - Confucius

music:

[Radars Love - Golden Earing](#)

day 93

inspiration:

'Quality thoughts equal a quality life.' - Anthony Robbins
[author's note: if you are thinking quality thoughts you feel empowered and positive whilst if you are thinking negative thoughts, which may include judging others, you will feel demoralized and apathetic.]

wisdom:

'Put all your eggs in one basket and - WATCH THAT BASKET!' - Andrew Carnegie

music:

[*Don't Stop Me Now - Queen*](#)





day 94

inspiration:

'There ain't no rules around here! We're trying to accomplish something!' - Thomas Edison

wisdom:

'Fools rush in where angels fear to tread.' - Alexander Pope

music:

[Money For Nothing - Dire Straits](#)

day 95

inspiration:

'States you can lose. You carry character with you wherever you go. It allows you to prevail against adversity.' - Dr Jordan Peterson

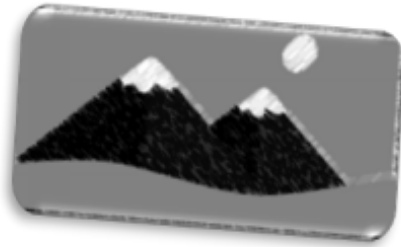
wisdom:

'In order to improve the mind, we ought less to learn than to contemplate.' - Rene Descartes

music:

[Getting Away With It - James](#)





day 96

inspiration:

'When angry count to ten before you speak; if very angry, a hundred.' - Thomas Jefferson

wisdom:

'Knowledge without conscience is but the ruin of the soul.' - François Rochefoucauld

music:

[Walk Of Life - Dire Straits](#)

day 97

inspiration:

'No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit.' - Helen A. Keller

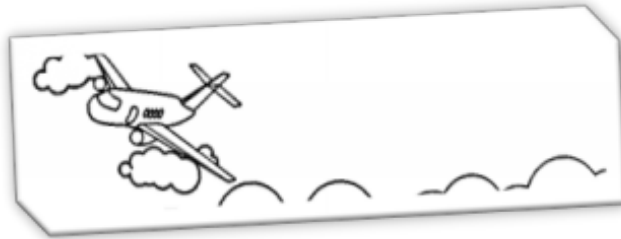
wisdom:

'The artist finds a greater pleasure in painting than in having a completed painting.' - Seneca

music:

[Harder, Better, Faster, Stronger - Daft Punk](#)





day 98

inspiration:

'Keep your face always towards the sunshine - and shadows will fall behind you.' - Walt Whitman

wisdom:

'The superior man acquaints himself with many sayings of antiquity and many deeds of the past in order to strengthen his character.' - I Ching

music:

[Heroes - David Bowie](#)

day 99

inspiration:

'Never give in, never give in, never, never, never, never - in nothing, great or small, large or petty - never give in except to convictions of honour and good sense.' - Winston Churchill

wisdom:

'The louder he talked of his honour, the faster we counted our spoons.' - Ralph Waldo Emerson

music:

[Good Vibrations - Beach Boys](#)





day 100

inspiration:

'To move swiftly, strike aggressively is the secret of a successful war.' - Thomas Jonathan 'StoneWall' Jackson

wisdom:

'If you get tired learn to rest, not to quit.' - Banksy

music:

[New York, New York - Frank Sinatra](#)

day 101

inspiration:

'Ask - never be afraid to ask. Even if you think there is a one percent chance of success - ask. There is a chance. All you need is a chance.' - Renwick Haddow

wisdom:

'This time like all times, is a very good one, if we but know what to do with it.' - Ralph Waldo Emerson

music:

[*I Don't Care* - Fall Out Boy](#)





day 102

inspiration:

'I had ambition not only to go further than any man had ever been before, but as far as it was possible for a man to go.'

- James Cook

wisdom:

'It's not the years in your life that count. It's the life in your years.' - Abraham Lincoln

music:

[Survivor - Destiny's Child](#)

day 103

inspiration:

'Hard in training, easy in battle.' - George S. Patton

wisdom:

'What is hateful to you do not do to your neighbor. That is the whole Torah. The rest is commentary.' - Hillel

music:

[Sweet Nothing - Calvin Harris](#)





day 104

inspiration:

'I trust that everything happens for a reason, even if we are not wise enough to see it.' - Oprah Winfrey

[author's note: probably the most important quote you will read in this book. Have this in the forefront of your mind ready for when the time comes, because the time will come!]

wisdom:

'It is hope that maintains most of mankind.' – Sophocles

music:

[Get Up, Stand Up - Bob Marley](#)

day 105

inspiration:

'The future belongs to those who believe in the beauty of their dreams.' - Franklin D. Roosevelt

wisdom:

'That men do not learn very much from the lessons of history is the most important of all lessons history has to teach.'
- Aldous Huxley

music:

[Born In The USA - Bruce Springsteen](#)





day 106

inspiration:

'If you believe it will work out, you'll see opportunities, If you believe it won't, you will see obstacles.' - Wayne Dyer

wisdom:

'All is flux, nothing is stationary; everything gives way and nothing stays fixed. You can't twice step into the same river.' -
Heraclitus

music:

[Let's Go - Calvin Harris](#)

day 107

inspiration:

'In business: What first? Boldness; what second, and third? Boldness.' - Francis Bacon

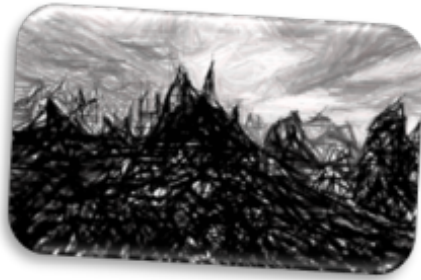
wisdom:

'To lengthen your life lessen your meals.' - Benjamin Franklin

music:

[Tainted Love - Soft Cell](#)





day 108

inspiration:

'Better beans in peace than cakes and ale in fear.' - Aesop

wisdom:

'To conquer without risk is to triumph without glory.' -
Pierre Corneille

music:

[Get The Party Started - P!nk](#)

day 109

inspiration:

'It's a blip not a catastrophe.' - Donald Trump

wisdom:

'He who knows much about others may be learned, but he who understands himself is more intelligent. He who controls others may be powerful, but he who has mastered himself is mightier still.' - Lao-Tzu

music:

[Where Is The Love? - The Black Eyed Peas](#)





day 110

inspiration:

'Down doesn't mean out.' - Unknown

wisdom:

'The world is governed by opinion.' - Thomas Hobbs

[author's note: mistake #1 is listening to opinions, mistake #2 is acting on others' opinions. Only listen to people above your level and remember even then they are probably wrong.]

music:

[We Are The Champions - Queen](#)

day 111

inspiration:

'Why stay on earth except to grow.' - Robert Browning

wisdom:

'But what is success to him that has no one else to enjoy it? Happiness is not found in self contemplation; it is perceived only when it is reflected from another.' - Dr Samuel Johnson

music:

[Blue Suede Shoes - Elvis Presley](#)





day 112

inspiration:

'Surround yourself with only people who are only going to take you higher.' - Oprah Winfrey

wisdom:

'Act so you are not made bitter and corrupt by the tragedy of existence.' - Dr Jordan Peterson

music:

[*Living' La Vida Loca* - Ricky Martin](#)

day 113

☐ **inspiration:**

'The first man gets the oyster, the second man gets the shell.' - Andrew Carnegie

☐ **wisdom:**

'We only see what we aim at.' - Dr. Jordan Peterson
[author's note: when we are focused on something, could be a goal or simply observing something, we automatically filter out everything else. We should be more aware of our surroundings. Be a good listener, be curious.]

☐ **music:**

[Guerilla Radio - Rage Against The Machine](#)





day 114

inspiration:

'Unless the bastards have the courage to give you unqualified praise, I say ignore them.' - John Steinbeck

wisdom:

'The first duty of a man is that of subduing fear. We must get rid of fear, we cannot act until then.' - Thomas Carlyle

music:

[Shiny Happy People - R.E.M](#)

day 115

inspiration:

'You were put on earth to achieve your greatest self, to live out your purpose, and to do it courageously.' - Steve Maraboli

wisdom:

'Creditors have better memory than debtors, and creditors are a superstitious sect, great observers of set days and times.' - Benjamin Franklin

music:

[Bulletproof - La Roux](#)





day 116

inspiration:

'To read without reflecting is like eating without digesting.'

- Edmund Burke

wisdom:

'If a manager is really willing to listen, he or she will find that the average employee is loaded with ideas, most of which the manager can allow the person to try.' - Tom Peters

music:

[Hit Me With Your Best Shot - Pat Benatar](#)

day 117

inspiration:

'Don't downgrade your dream just to fit reality. Upgrade your conviction to match your destiny.' - John Assaraf

wisdom:

'Wear your learning like your watch, in a private pocket, and do not pull it out and strike it merely to show you have one. If you are asked what o'clock it is, tell it, but do not proclaim it hourly unasked like a watchman.' - 4th Earl of Chesterfield

music:

[Hold On - Wilson Philips](#)





day 118

inspiration:

'Fake it until you make it! Act as if you had all the confidence you require until it becomes your reality.' - Brian

Tracy

[author's note: the major proponent of this is Sir Richard Branson.]

wisdom:

'What mean ye, fellow citizens, that ye turn every stone to scrape wealth together, and take so little care of your children, to whom ye must one day relinquish all?' - Socrates

music:

[La Copa De La Vida - Ricky Martin](#)

day 119

inspiration:

*'Saw a thought, and you reap an act;
Saw an act, and you reap a habit;
Saw a habit, and you reap a character;
Saw a character, and you reap a destiny.'*
- Samuel Smiles

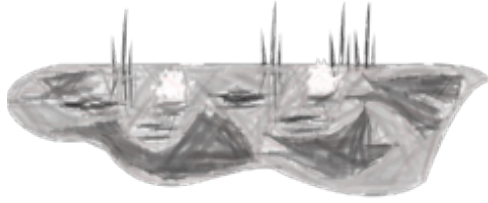
wisdom:

'Never lose your temper, except intentionally.' - Dwight D.
Eisenhower

music:

[Mamma Mia - ABBA](#)





day 120

inspiration:

'He was without arrogance and he lost without alibis.' -

Grantland Rice

wisdom:

'Aggression grows greater if it does not draw retaliation.' -

Robert Ardrey

music:

[*A Sky Full Of Stars - Coldplay.*](#)

day 121

inspiration:

'Men are nothing until they are excited.' - Michel de Montaigne

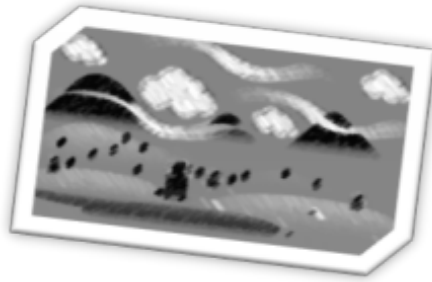
wisdom:

'Knowledge comes, but wisdom lingers.' - Lord Alfred Tennyson

music:

[*The Kids Aren't Alright* - The Offspring](#)





day 122

inspiration:

'There is a way to do it better. Find it.' - Thomas Edison

wisdom:

'One falls to the ground in trying to sit on two stools.' -
Francois Rabelais

music:

[7 Years - Lukas Graham](#)

day 123

inspiration:

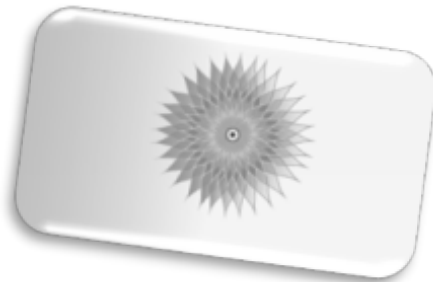
'There are no traffic jams along the extra mile.' - Roger Staubach

wisdom:

'Better to have him inside the tent pissing out, than outside pissing in.' - Lyndon Johnson

music:

[*I'm Shipping Up To Boston* - Dropkick Murphys](#)





day 124

inspiration:

'To earn more you must learn more.' - Brian Tracy

wisdom:

'Let us train our minds to desire what the situation demands.' - Seneca

music:

[Marry The Night - Lady Gaga](#)

day 125

inspiration:

'It was a bold man that first ate an oyster.' - Jonathan Swift

wisdom:

'The best leaders almost without exception at every level are master users of stories and symbols.' - Tom Peters

music:

[So What - P!nk](#)





day 126

inspiration:

'Music has charms to soothe a savage beast, to soften rocks, or bend a knotted wood.' - William Congreve

wisdom:

'Many of the most successful men I have known have never grown up. They have retained bubbling over boyishness. They have relished wit, they have indulged in humor...Resist growing up!' - B.C. Forbes

music:

[Lose Yourself - Eminem](#)

day 127

inspiration:

'Where there is no gain, a loss is guaranteed.' - Filippo Magni

wisdom:

'Less is more.' - Robert Browning
[author's note: another version of this is, 'Quality rather than quantity'.]

music:

[*Ready For The Weekend* - Calvin Harris](#)





day 128

inspiration:

'Cherish your dreams, as they are the children of your soul, the blue prints of your ultimate achievements.' - Napoleon

Hill

[author's note: Hill wrote one of the first self help books, his ideas predate and inspired all the greats who followed in his path.]

wisdom:

'I cannot consent to place in the control of others, one who cannot control himself.' - Robert E. Lee

music:

[*We Didn't Start The Fire* - Billy Joel](#)

day 129

inspiration:

'The bad news is that time flies. The good news is that you are the pilot. What is important is seldom urgent and what is urgent is seldom important.' - Dwight Eisenhower

wisdom:

'Obstacles are these frightful things you see when you take your eyes off your goal.' - Unknown

music:

[Diamonds – Rihanna](#)





day 130

inspiration:

'Do it trembling if you must, but do it.' - Emmet Fox

wisdom:

'Whether you think you can or think you can't, your right.'

- Henry Ford

music:

[Another One Bites The Dust - Queen](#)

day 131

inspiration:

'We may affirm absolutely that nothing great in the world has been accomplished without passion.' - Georg Wilhelm Friedrich Hegel

wisdom:

'Lincoln was not great because he was born in a log cabin, but because he got out of it.' - James Trustlaw Adams

music:

[*Aces High* - Iron Maiden](#)





day 132

inspiration:

'Failure? I never encountered it. All I ever met were temporary setbacks.' - Bill Marriott

wisdom:

'People who say it cannot be done should not interrupt those who are doing it.' - Oliver Wendall Holmes Jnr

music:

[Better Place - Rachel Platten](#)

day 133

inspiration:

'Every morning you have two choices: Continue to sleep with your dreams or wake up and chase them.' - Carmelo Anthony

wisdom:

'All effective innovations are breathtakingly simple. Indeed the greatest praise an innovation can receive is for people to say, 'This is obvious, why didn't I think of it?' - Peter Drucker

music:

[*It's My Life* - Bon Jovi](#)





day 134

inspiration:

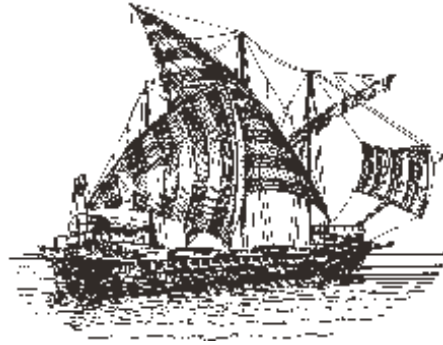
'There is always room at the top.' - Daniel Webster
[author's note: don't be dissuaded if someone says, 'It's too competitive, you don't stand a chance.' Smile at them and continue on your journey. Have faith.]

wisdom:

'Manners are more important than laws. Upon them, the law depends. The law touches us but here and there, and now and then. Manners are what vex or smooth, corrupt or purify, exalt or debase, barbarize or refine us, by a constant steady, uniform, insensible operation, like that of the air we breathe in.'
- Edmund Burke

music:

[*The Logical Song* - Supertramp](#)



day 136

inspiration:

'The real difference between men is energy.' - Thomas Fuller

wisdom:

'Hard times do purify.' - Unknown

music:

[London Calling - The Clash](#)

day 137

inspiration:

'The only really valuable thing is intuition.' - Albert Einstein

wisdom:

'Stand ready to lose all that you have and be attached to nothing because the same way you got that you can get some more.' - Unknown

music:

[Hideaway – Kiesza](#)





day 138

inspiration:

'Success can only be achieved through repeated failure and introspection. In fact success represents the one percent of your work which results only from the 99 percent that is called failure.' - Solchiro Honda

wisdom:

'The only wisdom we can hope to acquire is the wisdom of humility; humility is endless.' - T.S Eliot

music:

[Hotel California – Eagles](#)

day 139

inspiration:

'All life is an experiment. The more experiments you make the better.' - Ralph Waldo Emerson

wisdom:

'Give good advice to the wise and he will love you. Advise the fool and he will hate you.' - Proverb

music:

[Dreams - Cranberries](#)





day 140

inspiration:

'Trust the instinct to the end, though you can render no reason.' - Ralph Waldo Emerson

wisdom:

'When I find any officer that answers me with firmness, intelligence and clearness, I set him down in my list for making use of his services on proper occasions.' - Frederick II 'The Great'

music:

[*I Gotta Feeling* - Black Eyed Peas](#)

day 141

inspiration:

'The best way to get on in the world is to make people believe it's to their advantage to help you.' - Jean de La Bruyere

wisdom:

'Those who attain any excellence, commonly spend life in one pursuit; for excellence is not often gained upon easier terms.' - Dr Samuel Johnson

music:

[What A Wonderful World - Louis Armstrong](#)





day 142

inspiration:

'Whatever does not destroy me makes me stronger.' -
Freidrich Nietzsche

wisdom:

*'It is not death that a man should fear, but he should fear
never beginning to live.'* - Marcus Aurelius

music:

[Hey Dude - Kula Shaker](#)

day 143

inspiration:

'Don't sweat the small stuff.' - Oprah Winfrey

wisdom:

'Life is 10 percent what happens to me and 90 percent of how I react to it.' - Charles Swindoll

music:

[Breakfast In America - Supertramp](#)





day 144

inspiration:

'The art of living is more like wrestling than dancing.' -
Marcus Aurelius

wisdom:

'To be both a speaker of words and a doer of deeds.' -
Homer

music:

[How Sweet It Is - James Taylor](#)

day 145

inspiration:

'When you are not attached to anything, all things are available to you.' - Unknown

[author's note: the best deals I have negotiated are from a position of indifference. Those also turned out to be the ones I wanted the most.]

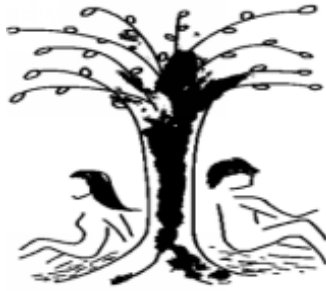
wisdom:

'A work well begun is half ended.' - Plato

music:

[Cups - Anna Kendrick](#)





day 146

inspiration:

*'I am a great believer in luck and I find the harder I work
the more I have of it.'* - Thomas Jefferson

wisdom:

'The torment of defeat is only better when you swallow it.'
- Joe Clark

music:

[Crocodile Rock - Elton John](#)

day 147

inspiration:

'Make your life a masterpiece.' - Brian Tracy
[author's note: this is a great daily mantra.]

wisdom:

'In a crisis, be aware of the danger, but recognize the opportunity.' - John F. Kennedy

music:

[Respect - Aretha Franklin](#)





day 148

inspiration:

'To meet adverse conditions gracefully is more than a simple endurance, it is an act of aggression, a positive triumph.' - Thomas Mann

wisdom:

'Dream big and dare to fail.' - Norman Vaughan

music:

[Stronger - Kelly Clarkson](#)

day 149

inspiration:

'To see what is right and not do it is a lack of courage.' -
Confucious

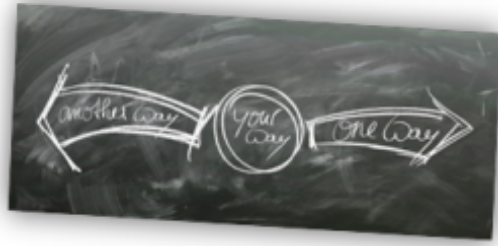
wisdom:

*'The greatest of all gifts is the power to estimate things at
their true worth.'* - François Rochefoucauld

music:

[Hush - Kula Shaker](#)





day 150

inspiration:

'He's no failure. He's not dead yet.' - David Lloyd George

wisdom:

'Originality is nothing but judicious imitation. The most original writers borrowed from one another.' - Voltaire

[author's note: Steve Jobs, Bill Gates, Mark Zuckerberg...they all copied.]

music:

[*Symphony No.9 in D minor – Beethoven*](#)

day 151

inspiration:

'Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.' - Roy T. Bennett

wisdom:

'All the miseries come from being unable to sit still in a room.' - Blaise Pascal

music:

[Don't Give Up - Peter Gabriel](#)





day 152

inspiration:

'You are never too old to set another goal or to dream a new dream.' - CS Lewis

wisdom:

'Progress, therefore, is not an accident, but a necessity... It is a part of nature.' - Herbert Spencer

music:

[Shut Up And Dance With Me - Walk The Moon](#)

day 153

inspiration:

'Things work out for the best for those who make the best of how things work out.' - John Wooden

wisdom:

'Great men are they who see that spirituality is stronger than any material force, that thoughts rule the world.' - Ralph Waldo Emerson

music:

[*Party All The Time* - Black Eyed Peas](#)





day 154

inspiration:

'Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life.' - Joel Osfeen

wisdom:

'Once the game is over, the king and the pawn go back into the same box.' - Italian proverb
[author's note: never consider anyone superior to you. You have the same potential as everyone else.]

music:

[*End Of The Line - The Travelling Wilburys*](#)

day 155

inspiration:

'Turn your wounds into wisdom.' - Oprah Winfrey

wisdom:

'If a man does not make new acquaintances as he advances through life, he will soon find himself left alone. A man, sir, should keep his friendships in constant repair.' - Dr Samuel Johnson

music:

[*Feeling Good - Muse*](#)



day 157

inspiration:

'Challenges are what make life interesting. Overcoming them is what makes them meaningful.' - Joshua J. Marine

wisdom:

'Almost anything is easier to get into than out of.' - Allen's law

music:

[Champion - Fall Out Boy](#)





day 158

inspiration:

'Don't wait for opportunity. Create it.' - Unknown

wisdom:

"Why not?" is a slogan for an interesting life.' - Mason
Cooley

music:

[Teardrop - Massive Attack](#)

day 159

inspiration:

'You have to believe that the dots will somehow connect in your future.' - Steve Jobs

wisdom:

'This is the greatest pain among men, to have much knowledge but no power.' - Herodotus

music:

[*Ain't No Stoppin' Us Now* - Mcfadden & Whitehead](#)





day 160

inspiration:

'Difficult roads always lead to beautiful destinations.' - Zig
Ziglar

wisdom:

*'No poems can live for long that are written by water
drinkers.'* - Horace

music:

[Price Tag - Jesse J](#)

day 161

inspiration:

'Our life is what our thoughts made it.' - Marcus Aurelius

wisdom:

'Love conquers all things. Let us too give in to love.' -
Virgil

music:

[We Are Young - Fun](#)





day 162

inspiration:

'Music is the universal language of mankind.' - Henry
Wadsworth Longfellow

wisdom:

*'By words one can give to another the greatest happiness
or bring about utter despair...'* - Sigmund Freud

music:

[Wake Me Up - Avicii](#)

day 163

inspiration:

'There is no better way to convince others than first to convince oneself.' - Cicero

wisdom:

'People wish to be settled; only as far as they are unsettled is there any hope for them.' - Ralph Waldo Emerson

music:

[Still Haven't Found What I Am Looking For - U2](#)





day 164

inspiration:

'All institutions compel us to be normal; but we must resist and become creators.' - Friedrich Nietzsche

wisdom:

'I never promote on an employee's potential but only on his or her performance.' - Peter Drucker

music:

[Let Your Love Flow - Bellamy Brothers](#)

day 165

inspiration:

'A journey of a thousand miles must begin with a simple step.' - Lao-Tzu

wisdom:

'Everything's got a moral, if only you can find it.' - Lewis Carol

music:

[Red Lights - Tiesto](#)





day 166

inspiration:

'Clear your mind of can't.' - Dr Samuel Johnson

wisdom:

'The lofty utterances that rise above the attempts of others is impossible unless the mind is excited.' - Hillel
[author's note: remember motion leads to emotion.]

music:

[Levels - Avicii](#)

day 167

inspiration:

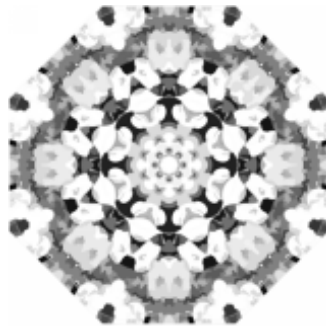
'They are ill discoverers that think there is no land, when they can see nothing but sea.' - Francis Bacon

wisdom:

'To be turned from one's course by men's opinions, by blame, and by misrepresentation show a man unfit to hold an office.' - Quintus Fabius Maximus

music:

[Peer Gynt Suite No.1 Op.46, Morning Mood - Edvard Grieg](#)





day 168

inspiration:

'Our grand business undoubtedly is, not to see what lies dimly at a distance, but to do what lies clearly at hand.' -

Thomas Carlyle

wisdom:

'In order to improve the mind, we ought less to learn than to contemplate.' - Unknown

music:

[Rise Up - Andra Day](#)

day 169

inspiration:

'Failure is only the opportunity more intelligently to begin again.' - Henry Ford

wisdom:

'Change is not made without inconvenience, even from worse to better.' - Dr Samuel Johnson

[author's note: don't be afraid of change, embrace it!]

music:

[Mr Brightside - The Killers](#)





day 170

inspiration:

'To reach the port of heaven, we must sail sometimes with the wind and sometimes against it - but we must sail and not drift nor lie at anchor.' - Oliver Wendell Holmes Jr

wisdom:

'We grow in time to trust the future for our answers.' -
Ruth Benedict

music:

[*The Edge Of Glory* - Lady Gaga](#)

day 171

inspiration:

'Not failure, but low aim, is a crime.' - James Russell Lowell

wisdom:

'There is no good in arguing with the inevitable. The only argument available with an east wind is to put on your overcoat.' - James Russell Lowell

music:

[*Don't Stop Believin'* – Journey](#)





day 172

inspiration:

'You have to be at your strongest when you are feeling at your weakest.' – Unknown

wisdom:

'If this was played on a stage now, I could condemn it as impossible fiction.' - William Shakespeare

[author's note: you couldn't make this up, is another way of putting it.]

music:

[Skyscraper - Demi Lovato](#)

day 173

inspiration:

'Courage is one step ahead of fear.' - Coleman Young

wisdom:

'Imitation is the sincerest form of flattery.' - Proverb

music:

[Titanium - David Guetta](#)





day 174

inspiration:

'Good, better, best. Never let it rest. Til your good is better and your better is best.' - St Jerome

wisdom:

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

music:

[The Harder They Fall - Jimmy Cliff](#)

day 175

inspiration:

'A problem is a chance to do your best.' - Duke Ellington

wisdom:

'As a general rule the most successful man in life is the man who has the information.' - Benjamin Disraeli

music:

[Marry Her Anyway - G-Fellers](#)





day 176

inspiration:

'It does not matter how slowly you go as long as you do not stop.' - Confucius

wisdom:

'Be not the first by whom the new are tried, nor yet the last to lay the old aside.' - Alexander Pope

music:

[Ho Hey - The Lumineers](#)

day 177

inspiration:

'Believe you can and you're halfway there.' - Theodore Roosevelt

wisdom:

'Blessed is he who has found his work; let him ask no other blessing. He has a life purpose.' - Thomas Carlyle

music:

[*One Thing Right* - Marshmello & Kane Brown](#)





day 178

inspiration:

'Every man is a consumer and ought to be a producer...' -
Ralph Waldo Emerson

wisdom:

'People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them.' - George Bernard Shaw

music:

[Remember The Name - Fort Minor](#)

day 179

inspiration:

'Dost thou love life? Then do not squander time; for that's the stuff life is made of.' - Benjamin Franklin

wisdom:

'A minute's success pays the failure of years.' - Robert Browning

music:

[*Two Out Of Three Ain't Bad* - Meat Loaf](#)





day 180

inspiration:

'He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper.' - Edmund Burke

wisdom:

'Ignorance is the curse of God. Knowledge is the wing wherewith we fly to heaven.' - William Shakespeare

music:

[*Cruel To Be Kind* - Nick Love](#)

day 181

inspiration:

'Man is born to live and not to prepare to live.' - Boris Pasternak

wisdom:

'A consistent man believes in destiny, a capricious [impulsive] man in chance.' - Benjamin Disraeli

music:

[Blue - Calvin Harris](#)





day 182

inspiration:

'I am not discouraged, because every wrong attempt discarded is another step forward.' - Thomas Edison

wisdom:

'Concerning all acts of initiative and creation, there is one elementary truth - that the moment one definitely commits oneself, then providence moves, too.' - Johann Wolfgang van Goethe

music:

[Adios - Ricky Martin](#)

day 183

inspiration:

'We will either find a way, or make one.' - Hannibal

wisdom:

'Winter is not infinite: even if you're having challenges today, you can never give up on the coming of spring.' - Anthony Robbins

music:

[Stand By Me - Skylar Grey](#)





day 184

inspiration:

'God's delays are not God's denials.' - Robert H. Schuller

wisdom:

'If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and thus you have the power to revoke at any moment.' - Marcus Aurelius

[author's note: in plain English, you control how you react to outside forces. You are responsible for your bad moods, not the irritant.]

music:

[*Dancing In The Moonlight – Toploader*](#)

day 185

inspiration:

'Life is either a daring adventure or nothing.' - Helen Keller

wisdom:

'I conceive that pleasures are to be avoided if greater pains be the consequence, and pains to be coveted that will terminate in pleasures.' - Michel de Montaigne

music:

[Bet My Life - Imagine Dragons](#)





day 186

inspiration:

'Every great and commanding moment in the annals of the world is the triumph of some enthusiasm.' - Ralph Waldo Emerson

wisdom:

'Kaizen is based upon the principle of gradual improvement, simple improvements. But the Japanese understand that tiny refinements made daily begin to create compound enhancements at a level that most people would never dream of.' - Anthony Robbins

music:

[Save The World - Swedish House Mafia](#)

day 187

inspiration:

'Always the beautiful answer who asks the beautiful question.' - EE Cummings

[author's note: make today about asking quality questions and having quality thoughts.]

wisdom:

'There can be no transforming of darkness into light and of apathy into movement without emotion.' - Carl Jung

music:

[*I Lived* – OneRepublic](#)





day 188

inspiration:

'He that cannot ask cannot live.' - Proverb

wisdom:

'The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity of life, of marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose your curiosity.' - Albert Einstein

music:

[*Walking on Sunshine* - Katrina & The Waves](#)

day 189

inspiration:

'We are what we repeatedly do.' - Aristotle

wisdom:

'The message of frustration is an exciting signal. It means that your brain believes you could be doing better than you currently are.' - Anthony Robbins

music:

[Unwritten - Natasha Bedingfield](#)





day 190

inspiration:

'It doesn't take very much light to wipe out the darkness.'

- Unknown

wisdom:

'Habit is either the best of servants or the worst of masters.' - Nathaniel Emmons

music:

[Alejandro - Lady Gaga](#)

day 191

inspiration:

'Man's mind structured to a new idea never goes back to its original dimensions.' - Oliver Wendell Holmes Jr

wisdom:

'Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.' - John Wooden

music:

[Born To Run - Bruce Springsteen](#)





day 192

inspiration:

'Imagination is more important than knowledge.' - Albert Einstein

wisdom:

'I touch the future; I teach.' - Unknown

music:

[Eye Of The Tiger - Survivor](#)

[author's note: come on, you know I couldn't ignore this one!]

day 193

inspiration:

'The only way to discover the limits of the possible is to go beyond them into the impossible.' - Arthur C. Clark

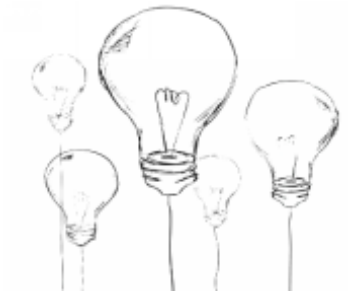
wisdom:

'The knowledge of the world is only to be acquired in the world and not in the closet.' - Lord Chesterfield

music:

[Evil Woman – ELO](#)





day 194

inspiration:

'When written in Chinese, the word 'crisis' is composed of two characters - one represents danger, and the other represents opportunity.' - John F. Kennedy

wisdom:

'Hold yourself responsible for a higher standard than anybody else expects of you.' - Henry Ward Beecher

music:

[Ex's & Oh's - Elle King](#)

day 195

inspiration:

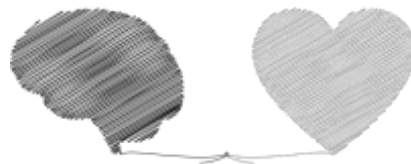
'If we all did the things we are capable of doing we would literally astonish ourselves.' - Thomas A. Edison

wisdom:

'Having an identity that is specifically linked to your age or how you look would definitely set you up for pain because these things will change.' - Anthony Robbins

music:

[Can't Hold Us - Macklemore & Ryan Lewis](#)





day 196

inspiration:

'Forget your past. Who are you now?' - Unknown

wisdom:

'The human body is the best picture of the human soul.' -
Ludwig Wittgenstein

music:

[Always Look On The Bright Side Of Life - Monty Python](#)

day 197

inspiration:

'We have time enough if we will but use it right.' - Johann Wolfgang von Goethe

wisdom:

'Make your relationships one of your highest priorities in your life.' - Anthony Robbins

music:

[*Rumor Has It - Adele*](#)





day 198

inspiration:

'Wealth is the product of man's capacity to think.' - Ayn
Rand

wisdom:

'Charity and personal force are the only investments.' -
Walt Whitman

music:

[Don't Worry Be Happy - Bobby McFerrin](#)

day 199

inspiration:

'The great man is he that does not lose his child's heart.'

- Mencius

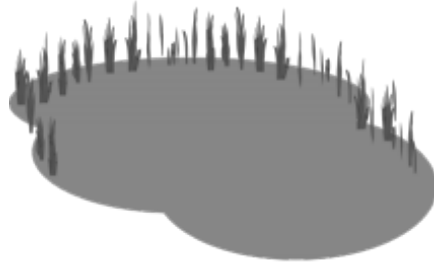
wisdom:

'The only way to truly master your time is to organize your schedule each day to spend the majority of it doing things that are important rather than urgent.' - Anthony Robbins

music:

[I Lived – OneRepublic](#)





day 200

inspiration:

'You can't live a perfect day without doing something for someone who will never be able to repay you.' - John Wooden

wisdom:

'Someday, after we have mastered the winds, the waves, the tide and gravity, we shall harness for God our energies of love. Then for the second time in the history of the world, man will have discovered fire.' - Teilhard de Chardin

music:

[1812 Overture, Op. 49, in E flat major - Tchaikovsky](#)

day 201

inspiration:

'The greatest discovery of all time is that a person can change his future by merely changing his attitude.' - Oprah Winfrey

wisdom:

'What the wary fox said to the lion, 'Those footprints scare me, all directed your way and none coming back'.' - Horace

music:

[Serenade No.13 in G major - Mozart](#)





day 202

inspiration:

'What separates the winners from the losers is how a person reacts to each new twist of fate.' - Donald Trump

wisdom:

'Read no history - only biography, that is life without theory.' - Benjamin Disraeli

music:

[Life Is A Highway](#) - Tom Cochrane

day 203

inspiration:

'Staying positive doesn't mean that things turn out ok. Rather it is knowing that you will be ok no matter how things turn out.' - Unknown

wisdom:

'It gives me a deep, comforting sense that things seen are temporal and things unseen are eternal.' - Helen A. Keller

music:

[*Came Here For Love* - Sigala & Ella Eyre](#)





day 204

- inspiration:**
'You don't gain anything from stressing.' - Unknown

- wisdom:**
'If you see a Swiss banker jumping out of a window, follow him: There's bound to be money in it.' - Voltaire

- music:**
[Silhouettes - Avicii](#)

day 205

inspiration:

'You don't always get what you wish for; but you always get what you work for.' - Unknown

wisdom:

'If we begin with certainties, we will end in doubt; but if we begin with doubt, and are patient in them, we shall end in certainties.' - Francis Bacon

music:

[Hero - Mariah Carey](#)





day 206

inspiration:

'Remember that time is money.' - Benjamin Franklin

wisdom:

'The superior man acquaints himself with many sayings of antiquity and many deeds of the past in order to strengthen his character.' - I Ching

music:

[The Man - The Killers](#)

day 207

inspiration:

'Grace under pressure.' - Ernest Hemingway

wisdom:

'Regard the universe as one living being, having one substance and one soul...' - Marcus Aurelius

[author's note: this is the exact same theory that the law of attraction is based on.]

music:

[9 To 5 - Dolly Parton](#)





day 208

inspiration:

'In the factory we make cosmetics; in the store we sell hope.' - Charles Revlon

wisdom:

'A man can be destroyed but not defeated.' - Ernest Hemingway

music:

[Good Life - OneRepublic](#)

day 209

inspiration:

'To be good is noble, but to show others how to be good is noble and no trouble.' - Mark Twain

wisdom:

'It is my ambition to say in ten sentences what everyone else says in a whole book.' - Friedrich Nietzsche
[author's note: remember less is more.]

music:

[*Lust For Life* - Iggy Pop](#)





day 210

inspiration:

'Know thyself. Nothing to excess. A person who knows himself knows his potential. A person not knowing himself will try the wrong things or too much or too little.' - Seven Sages

wisdom:

'The concept of 'ill play it by ear' is a guarantee of mediocrity at best.' - David A. Peoples

music:

[Summertime - DJ Jazzy Jeff & The Fresh Prince](#)

day 211

inspiration:

'So go ahead, fall down. The world looks differently from the ground.' - Oprah Winfrey

wisdom:

'In a hierarchy every employee tends to rise to his level of incompetence.' - Peter Principal

music:

[Stairway To Heaven - Led Zeppelin](#)





day 212

inspiration:

*'I'm actually proud of many of the things we haven't done
as the things we have done.'* - Steve Jobs

wisdom:

*'There are two kinds of forecasters; those who know they
don't know and those who don't know they don't know.'* -

Theodore Levitt

[author's note: never trust a forecast. Do your own!]

music:

[Marry The Night - Lady Gaga](#)

day 213

inspiration:

'The moment you doubt whether you can fly, you cease forever to be able to do it.' - J.M. Barrie

wisdom:

'I look upon it, that he who does not mind his belly will hardly mind anything else.' - Dr Samuel Johnson

music:

[Juice – Lizzo](#)





day 214

inspiration:

'The law of concentration states that whatever you dwell upon grows. The more you think about something, the more it becomes part of your reality.' - Brian Tracy

wisdom:

'Who makes timid requests, invites denial.' - Seneca

music:

[Whatever It Takes – Imagine Dragons](#)

day 215

inspiration:

'Be so good they can't ignore you.' - Steve Martin

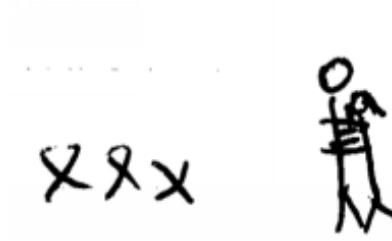
wisdom:

'The greatest achievement of the human spirit is to live up to one's opportunities and make the most of one's resources.' - Marquis de Vauvenargues

music:

[Do Or Die - Blasterjaxx](#)





day 216

inspiration:

'It is during our darkest moments that we must focus to see the light.' - Aristotle Onassis

wisdom:

'The successful people are the ones who can think up stuff for the rest of the world to keep busy at.' - Donald P. Marques

music:

[Flames - David Guetta](#)

day 217

inspiration:

'If you want it, you'll find a way. If you don't, you'll find an excuse.' - Unknown

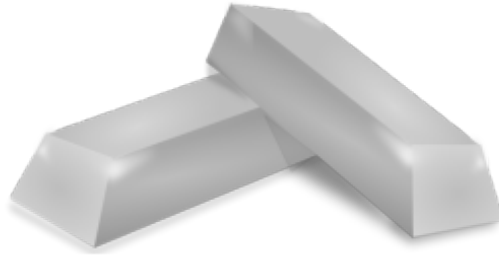
wisdom:

'Take care of what is difficult while it is still easy, and deal with what will become big while it is yet small.' - Lao-Tzu

music:

[American Idiot - Green Day](#)





day 218

inspiration:

'He who has a why to live for can bear almost any how.' -
Friedrich Nietzsche

wisdom:

*'Those who dream by day are cognizant of many things
which escape those who dream only by night.'* - Edgar Allan Poe

music:

[Swan Lake, Dance Of The Little Swans - Tchaikovsky](#)

day 219

inspiration:

'The best way to gain self confidence is to do what you are afraid to do.' - Swati Sharma

wisdom:

'A man is already of consequence in the world when it is known that he can be relied on - that when he says he knows a thing, he does know it - that when he says he will do a thing, he can do it, and does.' - Samuel Smiles

[author's note: don't be one of those people who talk a good game but can never pull the trigger!]

music:

[Lovely Day - Bill Withers](#)





day 220

inspiration:

'He who is not courageous enough to take risks will accomplish nothing in life.' - Muhammad Ali

wisdom:

'Before setting out on revenge, dig two graves.' - Chinese Proverb

music:

[Despacito - Luis Fonsi](#)

day 221

inspiration:

'I'm not a 'but'man. Nothing good ever comes of that word.' - Marc Randolph

wisdom:

'You can't make an omelette without breaking some eggs.' - Robert Moses

music:

[*You're Beautiful* - James Blunt](#)





day 222

inspiration:

'Victory at all costs, victory in spite of all terror, victory however long and hard the road may be; for without victory there is no survival.' - Winston Churchill

wisdom:

'The physician can bury his mistakes, but the architect can only advise his client to plant vines.' - Frank Lloyd Wright
[author's note: one of Donald Trump's favorite quotes.]

music:

[Happy Jack - The Who](#)

day 223

inspiration:

'Be less curious about people and more curious about ideas.' - Marie Curie

wisdom:

'Never say of anything that I have lost it but that I have given it back.' - Epictetus

music:

[*Don't Let Me Down* - The Chainsmokers](#)



YES
 NO

day 224

inspiration:

'I don't purchase regret at such a price.' - Demosthenes
[author's note: don't have regrets, look at things as learning experiences.]

wisdom:

'If women didn't exist, all the money in the world would have no meaning.' - Aristotle Onassis

music:

[Broken & Beautiful - Kelly Clarkson](#)

day 225

inspiration:

'Sorrow is mere rust of the soul. Activity will cleanse and brighten it.' - Dr Samuel Johnson

wisdom:

'Youth is easily deceived because it is quick to hope.' -
Aristotle

music:

[Party In The USA - Miley Cyrus](#)





day 226

inspiration:

'I had no shoes and complained until I beheld a man who had no feet.' - Sa'di

[author's note: there is always someone worse off than us!]

wisdom:

'Promise, large promise, is the soul of an advertisement.'

- Dr Samuel Johnson

music:

[I Don't Feel Like Dancin - Scissor Sisters](#)

day 227

inspiration:

'If you don't love it you're going to fail.' - Steve Jobs

wisdom:

'An army avoids strength and strikes weakness.' - Sun Tzu

music:

[Rebel Rebel - David Bowie](#)





day 228

inspiration:

'You don't want to look back and know you could have done better.' - Unknown

[author's note: look at this as the deathbed test.]

wisdom:

'In vino Veritas - with wine you have truth.' - Greek proverb

music:

[*Livin On A Prayer* - Bon Jovi](#)

day 229

inspiration:

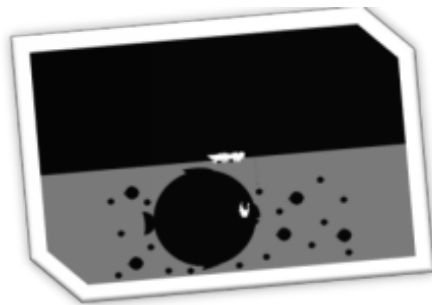
'I always advise people, Don't Wait! Do something when you are young, when you have nothing to lose. The experience will have been worth ten times the cost.' - Steve Jobs

wisdom:

'Heaven hath no rage like love to hatred turned, nor hell a fury like a woman scorned.' - William Congreve

music:

[*Pinball Wizard - The Who*](#)





day 230

inspiration:

'Our greatest glory is not in never failing, but in rising every time we fail.' - Confucius

wisdom:

'Firmness of purpose is one of the most necessary sinews of character and one of the best investments of success. Without it, genius wastes its efforts in a maze of inconsistencies.' - 4th Earl of Chesterfield

music:

[Unstoppable - Santigold](#)

day 231

inspiration:

'Success is what comes after you stop making excuses.'

- Unknown

wisdom:

'The softest things in the universe overcome the hardest things.' – Lao-Tzu

[author's note: don't forget the parable of the sun and the wind!]

music:

[I'm Still Standing - Elton John](#)





day 232

inspiration:

'Don't try to be perfect. Just try to be better than you were yesterday.' - Unknown

wisdom:

'As a well spent day brings happy sleep, so life well used brings happy death.' - Leonardo de Vinci

music:

[Superheroes – The Script](#)

day 233

inspiration:

'Don't stop until you are proud.' - Unknown

wisdom:

'Entrepreneurs are great at dealing with uncertainty and also very good at managing risk. That's the classic entrepreneur.' - Mohnish Pabrai

music:

[Somebody That I Used To Know - Gotye](#)



CARPE DIEM

day 234

inspiration:

'Perseverance is the hard work you do after you get tired of doing the hard work you already did.' - Newt Gingrich

wisdom:

'Nothing in progression can rest on its original plan. We might as well think of rocking a grown man in a cradle of an infant.' - Edmund Burke

music:

[*Baby One More Time - Britney Spears*](#)

day 235

inspiration:

'Imagine your life is perfect in every respect; what would it look like?' - Brian Tracy

Wisdom:

'Time, the devourer of everything.' - Ovid

music:

[*The Four Seasons, Symphony No.2 - Vivaldi*](#)





day 236

inspiration:

'We generate fears while we sit, we overcome them by action.' - Dr Henry Link

wisdom:

'Resolve not to be poor; whatever you have, spend less. Poverty is a great enemy to human happiness; it certainly destroys liberty, and it makes some virtues impracticable, and others extremely difficult.' - Dr Samuel Johnson

music:

[Bailando - Enrique Iglesias](#)

day 237

inspiration:

'Security is mostly a superstition. Life is either a daring adventure or nothing.' - Helen Keller

wisdom:

'Yesterday is history, tomorrow is a mystery and today is a gift, that is why it is called the present.' - Unknown

music:

[Symphony No.5 - Beethoven](#)





day 238

inspiration:

'The only limit to our realisation of tomorrow will be our doubts of today.' - Franklin D. Roosevelt

wisdom:

'Always be prepared.' - Motto of the Coast Guard

music:

[Toxic - Britney Spears](#)

day 239

inspiration:

'Either you run the day, or the day runs you.' - Jim Rohn

wisdom:

'If you want to pile up money, find your circle of competence and stay within it.' - Warren Buffett

music:

[Knockin' On Heavens Door - Guns N Roses](#)





day 240

inspiration:

'If you hear a voice within you say, 'You can't paint,' then by all means paint and that voice will be silenced.' - Vincent van Gogh

wisdom:

"The four most expensive words in the English language are: 'This time it's different'." - Sir John Templeton

music:

[*My Generation - The Who*](#)

day 241

inspiration:

'Life is 10 percent what happens to me and 90 percent how I react to it.' - Coach Lou Holt

wisdom:

'Don't ask your barber if you need a haircut.' - Warren Buffett

music:

[What About Us - P!nk](#)





day 242

inspiration:

'Your attitude, not your aptitude, determines your altitude.' - Zig Ziglar

wisdom:

'Pay attention to your enemies for they are the first to discover your mistakes.' - Antisthenes

music:

[Scar Tissue - Red Hot Chilli Peppers](#)

day 243

inspiration:

'Don't let the bastards wear you down.' - Latin Proverb

wisdom:

'Noah principle: Predicting rain doesn't count; building arks does.' - Warren Buffett

music:

[Love Myself - Hailee Steinfeld](#)





day 244

inspiration:

'I am a man who always needed heroes.' - Phil Knight

wisdom:

'I've never been poor, only broke. Being poor is a frame of mind. Being broke is a temporary situation.' - Mike Todd

music:

[Can't Stop The Feeling_- Justin Timberlake](#)

day 245

inspiration:

'Your only here for a short visit. Don't hurry. Don't worry. And be sure to smell the flowers along the way.' - Walter C. Hagen

wisdom:

'There is an old Wayne Gretzky quote that I love, 'I skate to where the puck is going to be, not where it has been.' And we have always tried to do that at Apple.' - Steve Jobs

music:

[Wake Me Up Before You Go Go - Wham!](#)





day 246

inspiration:

'Adversity introduces a man to himself.' - Unknown

wisdom:

'My children didn't have my advantage: I was born into object poverty.' - Kirk Douglas

music:

[Here Comes The Sun - The Beatles](#)

day 247

inspiration:

'If we don't discipline ourselves, the world will do it for us.'

- William Feather

wisdom:

'If you are coasting you are going downhill.' - Unknown

music:

[All I Do Is Win - DJ Khaled](#)





day 248

inspiration:

'Heroism is endurance for one moment more.' - Caucasus mountaineering saying

wisdom:

'If everything seems under control, you're not going fast enough.' - Mario Andretti

music:

[Can't Keep It In - Cat Stevens](#)

day 249

inspiration:

'Fools look to tomorrow; wise men use tonight.' - Scottish proverb

wisdom:

'Pack your own parachute.' - Unknown

music:

[*Livin' Thing* – ELO](#)





day 250

inspiration:

'A desk is a dangerous place to view the world.' - John Le Carre

[author's note: go walkabout! Explore, be curious or you will stagnate. There is opportunity everywhere but you won't find it by staying in one place for too long.]

wisdom:

'Become a sheep and you'll soon meet a wolf.' - Russian proverb

music:

[*Bat Out Of Hell - Meat Loaf*](#)

day 251

inspiration:

'That's one small step for a man, one great leap for mankind.' - Neil Armstrong

wisdom:

'The sooner you fall behind, the more time you have to catch up.' - Wade's wisdom

music:

[Freedom - Rage Against The Machine](#)





day 252

inspiration:

'Success tends to go not to the person who is error free, because he also tends to be risk averse. Rather it goes to the person who recognizes that life is pretty much a percentage business.' - Donald Rumsfeld

wisdom:

'Half the money I spend on advertising is wasted, but I don't know which half.' - John Wanamaker

music:

[*Drops Of Jupiter - Train*](#)

day 253

inspiration:

'The secret in business is to know something that nobody else knows.' - Aristotle Onassis

wisdom:

'People are rarely fired for incompetence, it's almost always for not getting along.' - Unknown

music:

[The RiverBoat Song - Ocean Colour Scene](#)





day 254

inspiration:

'Try again. Fail again. Fail better.' - Samuel Beckett

wisdom:

'Sales are for vanity; profit is for sanity.' - Unknown

music:

[Welcome To The Jungle - Guns N Roses](#)

day 255

inspiration:

'A sad soul can kill you quicker, far quicker, than a germ.'

- John Steinbeck

[author's note: think this isn't inspiration? Think again! You can make a decision right now to change your mood, do it!]

wisdom:

'It is precisely the greed of the businessman, or, more appropriately, his profit seeking, which is the unexcelled protector of the consumer.' - Alan Greenspan

music:

[Live Forever - Oasis](#)





day 256

inspiration:

'Thousands of people have talent. The only thing that counts is: Do you have the staying power?' - Noel Coward

wisdom:

'Lawyers insulate, they slow things down. They garble.' -
Jack Welch

music:

[Power - Kanye West](#)

day 257

inspiration:

'We must remember that one man is much the same as another; and that he is best who is trained in the severest school.' - Thucydides

wisdom:

'A lawyer with his briefcase can steal more money than a hundred men with guns.' - Mario Puzo

music:

[End Game - Taylor Swift](#)





day 258

inspiration:

'My formula for success? Rise early, work late, strike oil.'

- J. Paul Getty

wisdom:

'There is only one boss. The customer. And we can fire everybody in the company, from the chairman on down, simply by spending his money somewhere else.' - Sam Walton

music:

[*Bitter Sweet Symphony* - The Verve](#)

day 259

inspiration:

'The greatest risk is not taking one.' - AIG motto

wisdom:

'Whoever is content to rise with the tide will also fall with it.' - Peter Drucker

music:

[All Revved Up And No Place To Go - Meatloaf](#)





day 260

inspiration:

*'Make every day a day of joy.
Dance, play, day and night.
Cherish the child who grasps our hand.
Let your wife rejoice in your bosom.
For this is the fate of man.'* - Gilgamesh

wisdom:

'The consumer isn't a moron; she is your wife.' - David
Ogilvy

music:

[*Soldier* - Destiny's Child](#)

day 261

inspiration:

'Hope in the face of difficulty. Hope in the face of uncertainty. The audacity of hope! In the end, that is God's greatest gift to us.' - Barack Obama

wisdom:

'That's been one of my mantras - focus and simplicity. Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it is worth it in the end because once you get there, you can move mountains.' - Steve Jobs

music:

[Bagatelle No.25 in A minor - Beethoven](#)





day 262

inspiration:

'Practice random kindness and senseless acts of beauty.'

- Anne Herbert

wisdom:

'Ladies and gentlemen of the class of ninety seven: wear sunscreen. If I could offer you only one tip for the future, sunscreen would be it.' - Mary Schmich

[author's note: check out the full speech, there is more to it than just wear sunscreen.]

music:

[Shape Of You - Ed Sheeran](#)

day 263

inspiration:

*'We made a promise we swore we'd always remember;
No retreat baby, no surrender.'* - Bruce Springsteen

wisdom:

*'Be fearful when others are greedy, and be greedy when
others are fearful.'* - Warren Buffett

music:

[Sunny Afternoon - The Kinks](#)





day 264

inspiration:

'Greed is good! Greed is right! Greed works! Greed will save the USA!' - Oliver Stone - spoken by Gordon Gekko in the Movie Wall St

wisdom:

'Nobody dies from lack of sex. It's the lack of love we die from.' - Margaret Atwood

music:

[Light My Fire - The Doors](#)

day 265

inspiration:

'Failure is not an option.' - Apollo 13 Screenplay

wisdom:

'Twenty percent of any given group of salesmen will always produce eighty percent of the sales.' - Robert Townsend
[author's note: this is the 80:20 rule in action.]

music:

[Big Yellow Taxi - Joni Mitchell](#)





day 266

inspiration:

'To dream the impossible dream, to reach the unreachable star!' - Andy Williams

wisdom:

'If you don't know where you are going, you will probably end up somewhere else.' - Lawrence Peter

music:

[\(I Can't Get No\) Satisfaction - Rolling Stones](#)

day 267

inspiration:

'Always give your best, never get discouraged, never be petty, always remember, others may hate you. Those who hate you don't win unless you hate them. And then you destroy yourself.' - Richard Nixon

wisdom:

'Man is not the sum of what he has but the totality of what he does not yet have, of what he might have.' - Jean Paul Sartre

music:

[*Mrs Robinson* - Paul Simon](#)





day 268

inspiration:

'Wealth is not without its advantages and the case to the contrary, although it has often been made, has never proved widely persuasive.' - John Kenneth Galbraith

wisdom:

'Leave enough time unscheduled; anyone in a decision making position should, as a rule, schedule no more than half his time.' - Peter Drucker

music:

[Monday Monday_- Wilson Phillips](#)

day 269

inspiration:

'Do you want to know who you are? Don't ask, Act.' -
Witold Gombrowicz

wisdom:

'Those who don't want to imitate anything, produce nothing.' - Salvador Dali

music:

[*It's Only Rock 'N' Roll* - The Rolling Stones](#)





day 270

inspiration:

'Trust yourself. You know more than you think you do.' -
Benjamin Spock

wisdom:

*'As always, victory finds a hundred fathers but defeat is
an orphan.'* - Count Galeazzo Ciano

[author's note: nowhere is this more pertinent than when you find
yourself languishing in prison or when you have lost all your money. But
don't despair, you will be back!]

music:

[*We Are Family* - Sister Sledge](#)

day 271

inspiration:

'Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be.'

- Thomas 'a Kempis

wisdom:

'There are three types of lies; lies, damned lies, and statistics.' - Benjamin Disraeli

music:

[Angels - Robbie Williams](#)





day 272

inspiration:

'Never give way to melancholy; resist it steadily, for the habit will encroach.' - Sydney Smith

wisdom:

'Obesity is a mental state, a disease brought on by boredom and disappointment.' - Cyril Connolly

music:

[*Saturday Night's Alright* - Elton John](#)

day 273

inspiration:

'In the business world, everyone is paid in two coins, cash and experience. Take the experience first; the cash will come later.' - Harold Geneen

wisdom:

'Death and taxes and childbirth! There's never any convenient time for any of them.' - Margaret Mitchell
[author's note: you can always find an excuse to delay something.
The best decisions you ever make are; just get on with it!]

music:

[*Tell Her About It - Billy Joel*](#)





day 274

inspiration:

'If a man has a talent and cannot use it, he has failed. If he has a talent and uses only half of it, he has partly failed. If he has a talent and learns somehow to use the whole of it, he has gloriously succeeded, and won a satisfaction and a triumph few men ever know.' - Thomas Wolfe

wisdom:

'All charming people have something to conceal, usually their total dependence on the appreciation of others.' - Cyril Connolly

music:

[Thousand Miles – Vanessa Carlton](#)

day 275

inspiration:

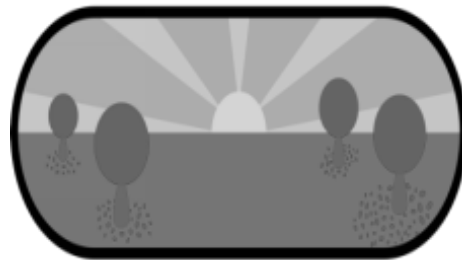
'When the sun shineth, make hay.' - John Heywood

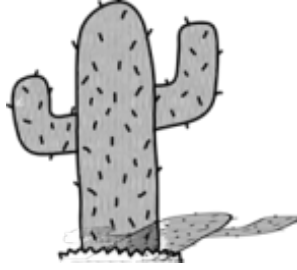
wisdom:

'The beauty is in the eye of the beholder.' - Margaret Wolfe
Hungerford

music:

[Three Lions - Baddiel, Skinner & Lightning](#)





day 276

inspiration:

'Almost all our misfortunes in life come from the wrong attitudes we have... To know men thoroughly, to judge events sanely is, therefore, a great step towards happiness.' - Stendhal

wisdom:

'Every cause produces more than one effect.' - Herbert
Spencer

music:

[*Ball Of Confusion – Temptations*](#)

day 277

inspiration:

'Good words are worth much, and cost little.' - George Herbert

wisdom:

'A man always has two reasons for what he does - a good one, and the real one.' - J.P. Morgan

music:

[*A View To A Kill* - Duran Duran](#)





day 278

inspiration:

*'Alas for those that never sing,
But die with all their music in them.'* - Oliver Wendell Holmes
Jr

wisdom:

*'When a true genius appears in the world, you may know
him by this sign, that the dunces are all in the confederacy
against him.'* - Jonathan Swift

music:

[*Animal Instinct* - Cranberries](#)

day 279

inspiration:

'Circumstances? I make my own circumstances!' -
Napoleon Bonaparte

wisdom:

'What soon grows old? Gratitude.' - Aristotle

music:

[Far Far Away - Slade](#)





day 280

inspiration:

'Curiosity is one of the permanent and certain characteristics of a vigorous mind.' - Dr Samuel Johnson

wisdom:

'There is the greatest practical benefit in making a few failures early in life.' - Thomas Huxley

music:

[Rock The Kasbah - The Clash](#)

day 281

inspiration:

'I wish that life should not be cheap but sacred. I wish the days to be as centuries, loaded, fragrant.' - Ralph Waldo Emerson

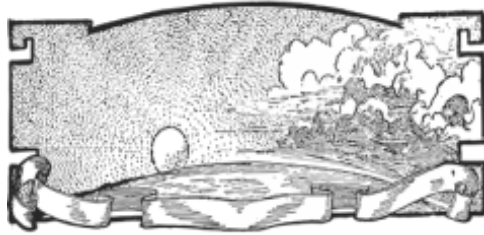
wisdom:

'Force without wisdom falls of its own weight.' - Horace

music:

[Street Fighting Man - Rolling Stones](#)





day 282

inspiration:

'There is nothing ugly. I never saw an ugly thing in my life: for let the form of the object be what it may, - light, shade, and perspective will always make it beautiful.' - John Constable

wisdom:

'Necessity never made a good bargain.' - Benjamin Franklin

music:

[Young Americans - David Bowie](#)

day 283

inspiration:

'In adversity remember to keep an even mind.' - Virgil

wisdom:

'Familiarity breeds contempt.' - Aesop

music:

[Summer - Calvin Harris](#)





day 284

inspiration:

'I will never yield to the song of the siren nor the voice of the hyena, the tears of the crocodile nor the howling of the wolf.' - George Chapman

wisdom:

'Misfortune shows those who are not really friends.' - Aristotle

[author's note: don't be saddened by this, look at it as a good opportunity to clean house.]

music:

[YMCA - Village People](#)

day 285

inspiration:

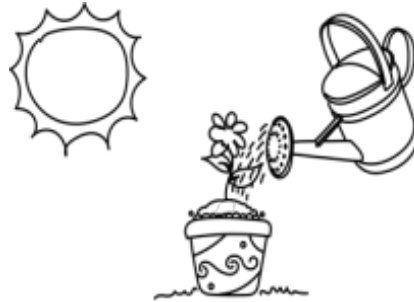
'Let a fool hold his tongue and he will pass as a sage.' -
Syrus

wisdom:

'More haste less speed.' - Augustus Caesar

music:

[*I Miss You* - blink-182](#)





day 286

inspiration:

'I think that, a life is action and passion, it is required of a man that he should share the passion and action of his time at peril of being judged not to have lived.' - Oliver Wendell Holmes Jr

wisdom:

'Nothing is more dangerous than an idea, when you have only one idea.' - Emile Auguste Chartier

music:

[Shoot To Thrill - AC/DC](#)

day 287

inspiration:

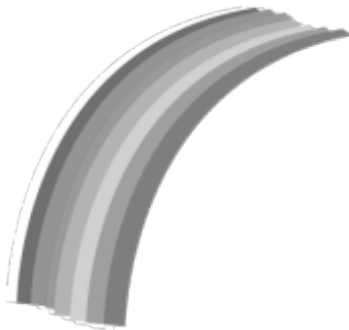
'What is the hardest task in the world? To think.' - Ralph
Waldo Emerson

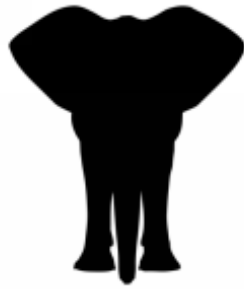
wisdom:

*'The greatest difficulties lie where we are not looking for
them.'* - Johann Wolfgang von Goethe

music:

[*You're So Vain* - Carley Simon](#)





day 288

inspiration:

'It's easy to have principles when you are rich. The important thing is to have principles when you are poor.' - Ray Kroc

wisdom:

'A man is rich in proportion to the number of things which he can afford to let alone.' - Henry David Thoreau

music:

[Jump - Van Halen](#)

day 289

inspiration:

'Solvency is entirely a matter of temperament and not of income.' - Logan Pearsall Smith

wisdom:

'Nothing is stronger than habit.' - Ovid

music:

[Budapest – George Ezra](#)





day 290

inspiration:

*'I have always been a quarter of an hour before my time,
and it has made a man of me.'* - Horatio Nelson

wisdom:

*'None are so old as those who have outlived
enthusiasm.'* - Henry David Thoreau

music:

[Moves Like Jagger - Maroon 5](#)

day 291

inspiration:

'Genius begins great work; labor alone finishes them.' -

Joseph Joubert

wisdom:

'Never esteem anything as of advantage to you that will make you break your word or lose your self respect.' - Marcus

Aurelius

music:

[*Paranoid* - Black Sabbath](#)





day 292

inspiration:

'Life shrinks or expands in proportion to one's courage.' -

Anais Nin

wisdom:

'He that is neither one thing nor the other has no friends.'

- Aesop

music:

[Always The Sun - The Stranglers](#)

day 293

inspiration:

'Act like a man of thought and think like a man of action.'

- Henri Bergson

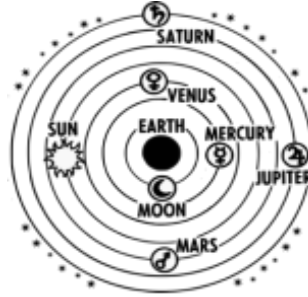
wisdom:

*'There are three faithful friends - an old wife, an old dog
and ready money.'* - Benjamin Franklin

music:

[Love Wars - Womak and Womak](#)





day 294

inspiration:

'Absence diminishes common place passions and increases great ones, as the wind extinguishes candles and kindles fires.' - François Duc de la Rochefoucauld

wisdom:

'If God did not exist, it would be necessary to invent him.'
- Voltaire

music:

[We're Not Going to Take it – Twisted Sister](#)

day 295

inspiration:

'The secret of happiness is freedom, and the secret of freedom, courage.' - Pericles

wisdom:

'Give me a young man in whom there is something of the old, and an old man with something of the young: guided so; a man may grow old in body, but never in mind.' - Marcus Tullius Cicero

music:

[Man In The Suitcase - Ron Grainer](#)





day 296

inspiration:

*'Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can.'*
- John Wesley

wisdom:

'I have often regretted my speech, never my silence.' -
Publilus Syrus

music:

[*Shake It Off* - Taylor Swift](#)

day 297

inspiration:

'I have with me two gods, persuasion and compulsion.' -
Themistocles

wisdom:

'The discovery of a new dish does more for human happiness than the discovery of a star.' - Jean Anthelme Brillat-Savarin

music:

[Go F**K Yourself – Shaggy](#)





day 298

inspiration:

'Who has self-confidence will lead the rest.' - Horace

wisdom:

'No one is so brave as not to be disconcerted by unforeseen circumstances.' - Julius Caesar

music:

[No Control - One Direction](#)

day 299

inspiration:

'Dare to know.' - Emmanuel Kant

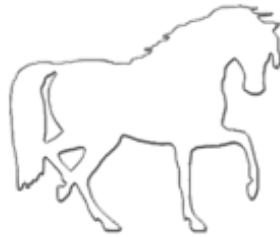
wisdom:

'A smooth sea never made a skilled mariner.' - English Proverb

music:

[Annie - James Blunt](#)





day 300

inspiration:

'Early to bed and early to rise, makes a man healthy, wealthy and wise.' - Benjamin Franklin

wisdom:

'The maxim of the British people is 'Business as usual'.' - Winston Churchill

music:

[That's How I Escaped My Certain Fate - Mission Of Burma](#)

day 301

inspiration:

'Success is the person who has lived well, laughed often and loved much, who has gained the respect of children, who leaves the world better than he found it, who has never lacked appreciation for the earth's beauty, who never fails to look for the best in others or give the best of himself.' - Robert Louis

Stephenson

wisdom:

'Remorse sleeps during a prosperous period but wakes up in adversity.' - Jean-Jacques Rousseau

music:

[One By One – Enya](#)





day 302

inspiration:

'All that we know is still infinitely less than all that still remains unknown.' - William Harvey

wisdom:

'Praise makes good men better and bad men worse.' - Thomas Fuller

music:

[*Piano Sonata No.14 in C-Sharp Minor - Beethoven*](#)

day 303

inspiration:

'The lowest ebb is the turn of the tide.' - Henry Wadsworth

Longfellow

[author's note: remember when things appear bleak, there is someone somewhere worse off than you!]

wisdom:

'He who knows does not speak. He who speaks does not know.' - Lao-Tzu

music:

[Slippery People - Talking Heads](#)





day 304

inspiration:

'Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy.' - Izaak Walton

wisdom:

'It is always good when a man has two irons in the fire.' -
Beaumont and Fletcher

music:

[Rockstar - N.E.R.D](#)

day 305

inspiration:

'A man is known by the company he keeps.' - Euripides

wisdom:

'No matter that we may mount on stilts, we still must walk on our own legs. And on the highest throne in the world, we still sit only on our own bottom.' - Michel Eyquem de Montaigne

music:

[Chasing Cars - Snow Patrol](#)





day 306

inspiration:

'If I did not accomplish great things, I died in their pursuit.'

- Miguel de Cervante

wisdom:

'He who takes no position cannot even get a dog to bark at him.' - Niccolo Machiavelli

music:

[Geronimo - Sheppard](#)

day 307

inspiration:

'We need greater virtues to sustain good fortune than bad.' - François Duc de la Rochefoucauld

wisdom:

'Never say more than is necessary.' - Richard Sheridan

music:

[Go Go Go - Roy Orbison](#)





day 308

inspiration:

'Do what you can, with what you have, where you are.' -
Theodore Roosevelt

wisdom:

'The best is the enemy of the good.' - Voltaire

music:

[Risin' To The Top - Keni Burke](#)

day 309

inspiration:

'Life always gets harder toward the summit - the cold increases, responsibility increases.' - Friedrich Nietzsche

wisdom:

'Many receive advice, few profit by it.' - Syrus

music:

[End Of The Line - The Travelling Wilburys](#)





day 310

inspiration:

'Love yields to business. If you seek a way out of love, be busy; you'll be safe then.' - Ovid

wisdom:

'Do not count your chickens before they are hatched.' -

Aesop

[author's note: hope for the best, plan for the worst and always have options!]

music:

[Money - Roy Orbison](#)

day 311

inspiration:

'There are two things to aim at in life: first, to get what you want; and, after that, to enjoy it. Only the wisest of mankind achieve the second.' - Logon Smith

wisdom:

'Man is a social animal.' - Benedict Spinoza

music:

[Suffragette City - David Bowie](#)





day 312

inspiration:

'Patience is more worthy than miracle working.' - Margery Kempe

wisdom:

'The more flesh, the more worms. The more possessions, the more worry.' - Hillel

music:

[Viva Las Vegas - Elvis Presley](#)

day 313

inspiration:

*'Our doubts are traitors,
And make us lose the good we off might win,
By fearing to attempt.'*
- William Shakespeare

wisdom:

'Misery loves company.' - John Ray

music:

[Love Me Again – John Newman](#)





day 314

inspiration:

'What is a man's first duty? The answer is brief: to be himself.' - Henrik Ibsen

wisdom:

'To be always ready for war, is the surest way to avoid it.'
- François de Salignac de la Fénélon

music:

[The Trooper](#) - Iron Maiden

day 315

inspiration:

'Rome was not built in a day.' - John Heywood

wisdom:

'Never promise more than you can perform.' - Syrus

music:

[Fireworks - Katy Perry](#)





day 316

inspiration:

'Where you're going is not as important as who you are going with.' - Proverb

wisdom:

'We rarely find anyone who can say he has lived a happy life, and who, content with his life, can retire from the world like a satisfied guest.' - Horace

music:

[*Girl On Fire* - Alicia Keys](#)

day 317

inspiration:

'In the long run men hit only what they aim at.' - Henry
David Thoreau

wisdom:

*'It is one of the blessings of old friends that you can
afford to be stupid with them.'* - Ralph Waldo Emerson

music:

[*Don't Stop Believin* - Journey](#)





day 318

inspiration:

'There are two days in the week about which and upon which I never worry, Two carefree days, kept sacredly free from fear and apprehension. One of those days is yesterday... And the other day I do not worry about is tomorrow.' - Robert James Burdette

wisdom:

'Live always in the best company when you read.' - Sydney Smith

music:

[Simply The Best - Tina Turner](#)

day 319

inspiration:

'But the bravest are surely those who have the clearest vision of which is before them, glory and danger alike, and yet notwithstanding go out to meet it.' - Thucydides

wisdom:

'I loathe like Hell's Gates, the man who thinks one thing and says another.' - Homer

music:

[Get Lucky - Daft Punk](#)





day 320

inspiration:

'Always bear in mind that your own resolution to succeed is more important than any other one thing.' - Abraham Lincoln

wisdom:

'Gossip is mischievous, light and easy to raise, but grievous to bear and hard to get rid of. No gossip ever dies away entirely, if many people voice it - it too is a kind of divinity.'
- Hesiod

music:

[Best Day Of My Life - American Authors](#)

day 321

inspiration:

'We must know as much as possible, in our beautiful art... What we are talking about - and the only way to know is to have lived and loved and cursed and floundered and enjoyed and suffered. I think I don't regret a single 'excess' of my responsible youth - I only regret, in my chilled age, certain occasions and possibilities I didn't embrace.' - Henry James

wisdom:

'Procrastination is the thief of life.' - Thomas Parnell

music:

[Fallen Embers – Enya](#)





day 322

inspiration:

'We know nothing of tomorrow; our business is to be good and happy today.' - Sydney Smith

wisdom:

'It therefore comes to pass that everyone is fond of relating his own exploits and displaying the strength both of his body and his mind, and that men are on this account a nuisance one to the other.' - Benedict Spinoza

music:

[Imagine - John Lennon](#)

day 323

inspiration:

'If you want to succeed you should strike out on new paths rather than travel the worn paths of accepted success.' -

John D Rockefeller

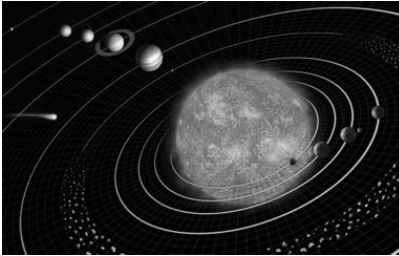
wisdom:

'Work keeps us from three great evils, boredom, vice and poverty.' - Voltaire

music:

[*Perfect Day* - Lou Reed](#)





day 324

inspiration:

'He wins every hand who mingles profit with pleasure, by delighting and instructing the reader at the same time.' - Horace

wisdom:

'Science may be learned by rote, but wisdom not.' -
Laurence Stern

music:

[Do You Think I'm Sexy - Rod Stewart](#)

day 325

inspiration:

'Little strokes fell great oaks.' - Benjamin Franklin

wisdom:

'Many people think... that the Christian commandments (for instance, loving your neighbor as yourself) are purposely made too strict - rather like the clock being put half an hour fast to prevent them getting up much too late in the morning.' -

Soren Kierkegaard

music:

[Freedom – Beyonce](#)





day 326

inspiration:

'It is thrifty to prepare today for the wants of tomorrow.' -
Aesop

wisdom:

*'It is a very hard undertaking to seek to please
everybody.'* - Syrus

music:

[Can't Hold Us Down - Christina Aguilera](#)

day 327

inspiration:

'When Demosthenes was asked what was the first part of oratory, he answered, 'Action', and which was the second, he replied, 'Action', and which was the third, he still answered, 'Action'.' - Demosthenes

wisdom:

'Wise men say nothing in dangerous times.' - John Seldon

music:

[Human – Rag 'n' Bone Man](#)





day 328

inspiration:

'If there is but little water in the stream, it is the fault, not of the channel, but of the source.' - Saint Jerome

wisdom:

'Travel is fatal to prejudice.' - Mark Twain

music:

[Thunder - Imagine Dragons](#)

day 329

inspiration:

'A coward turns away, but a brave man's choice is danger.' - Euripides

wisdom:

'Nobody likes the man who brings bad news.' - Sophocles
[author's note: there is a good and a bad way to deliver bad news. 'We have a problem...' is the wrong way. 'We have an interesting challenge...' is a better way.]

music:

[*What A Feeling* - Irene Cara](#)





day 330

inspiration:

'In the realm of ideas, everything depends on enthusiasm; in the real world, all rests on perseverance.' -

Johann Wolfgang von Goethe

wisdom:

'In the country of the blind the one eyed man is king.' -

Desiderius Erasmus

music:

[All Star - Smash Mouth](#)

day 331

inspiration:

'A hard beginning maketh a hard ending.' - John Heywood

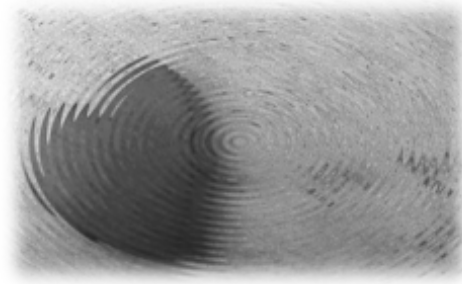
wisdom:

'Nothing is so fatiguing as the eternal hanging on of an uncompleted task.' - William James

music:

[True Colors - Cyndi Lauper](#)





day 332

- ❑ **inspiration:**
'Create, artist! Do not talk!' - Johann Wolfgang von Goethe

- ❑ **wisdom:**
'Thinking to get at once all the gold the goose could give, he killed it and opened it to find - nothing.' - Aesop

- ❑ **music:**
[*The Show Must Go On* – Queen](#)

day 333

inspiration:

'Nothing too much.' - Archilochus

wisdom:

'New opinions are always suspected, and usually opposed, without any other reason but because they are not already common.' - John Locke

music:

[Hero - Mariah Carey](#)





day 334

inspiration:

'Plow deep while sluggards sleep.' - Benjamin Franklin

wisdom:

'There are moments when everything goes well; don't be frightened, it won't last.' - Jules Renard

music:

[Boulevard Of Broken Dreams - Green Day](#)

day 335

inspiration:

'Happiness is neither virtue nor pleasure, nor this thing nor that, but simply growth.' - William Butler Yeats

wisdom:

'The only thing I am afraid of is fear.' - Arthur Wellesly Duke of Wellington

music:

[*I'm The Best* - Nicki Minaj](#)





day 336

inspiration:

'Believe one who has proved it. Believe an expert.' - Virgil

wisdom:

'The two foes of human happiness are pain and boredom.' - Arthur Schopenhauer

music:

[Dale Don Dale - Don Omar](#)

day 337

inspiration:

'First ponder, then dare.' - Helmuth von Moltke

wisdom:

'The wise man does no wrong in changing his habits with the times.' - Cato

music:

[Stand By Me - Ben E. King](#)





day 338

inspiration:

'If you want to know whether you are destined to be a success or a failure in life, you can easily find out. The test is simple and infallible. Are you able to save money?' - James J.

Hill

wisdom:

'Mathematics is the door and key to the sciences.' - Roger

Bacon

music:

[*Danza Kuduro* - Don Omar](#)

day 339

inspiration:

'It is never too late to give up our prejudices.' - Henry David
Thoreau

wisdom:

'Ye have many strings in your bow.' - John Heywood

music:

[Smile - Uncle Kracker](#)





day 340

inspiration:

'The desire for safety stands against every great desire and noble enterprise.' - Tacitus

wisdom:

'You should hammer your iron when it is glowing hot.' -
Syrus

music:

[Billy_ - James Blunt](#)

day 341

inspiration:

'The block of granite which was an obstacle in the path of the weak, becomes a stepping stone in the path of the strong.' -

Thomas Carlyle

wisdom:

'To make a fine gentleman several trades are required, but chiefly a barber.' - Oliver Goldsmith

music:

[Move B***h - Ludacris](#)





day 342

inspiration:

'We are spinning our own fates, good or evil and never to be undone. Every smallest stroke of virtue or of vice leaves its never so little scar... Nothing we ever do is, in strict scientific literalness is wiped out.' - Ambrose Bierce

wisdom:

'Whatever is not forbidden is permitted.' - Johann Friedrich von Schiller

music:

[Anywhere Is - Enya](#)

day 343

inspiration:

'I am better than my reputation.' - Johann Friedrich von Schiller

wisdom:

'People often grudge others what they cannot enjoy themselves.' - Aesop

music:

[Adagio For Strings - Samuel Barber](#)





day 344

inspiration:

'Nothing endures but change.' - Heraclitus

wisdom:

'In a case of dissension, never dare to judge till you've heard the other side.' - Euripides

[author's note: remember there are three sides to every story, yours, theirs and the truth.]

music:

[More Than A Feeling](#) – Boston

day 345

inspiration:

'Character is destiny.' - Heraclitus

wisdom:

'Possession is eleven points in the law.' - Colly Cibber

music:

[Beautiful Day - U2](#)





day 346

inspiration:

'[Today] Tomorrow to fresh woods and pastures new.' -

John Milton

wisdom:

*'If you want to know yourself.
Just look how others do it;
If you want to understand others,
Look into your heart.'*

- Johann Friedrich von Schiller

music:

[*I Love It* - Icona Pop](#)

day 347

inspiration:

'Chaos often breeds life, when order breeds habit.' -
Henry Brooks Adams

wisdom:

'Think to yourself that every day is your last, the hour to which you do not look forward will come as a welcome surprise.' - Virgil

music:

[Body Like A Back Road - Sam Hunt](#)





day 348

inspiration:

'Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with these poor spirits who neither enjoy much nor suffer much, because they live in the grey twilight that knows not victory nor defeat.' - Theodore Roosevelt

wisdom:

'The human understanding is like a false mirror, which, receiving rays irregularly, distorts and discolors the nature of things by mingling its own nature with it.' - Francis Bacon

music:

[*Athair Ar Neamh* - Enya](#)

day 349

inspiration:

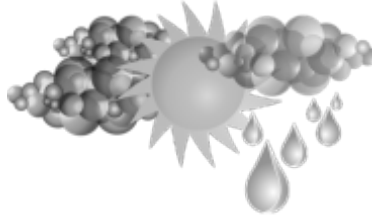
'I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavor.' - Henry David Thoreau

wisdom:

'What is over and done with, one does not discuss. What has already taken its course, one does not criticize; what already belongs to the past, one does not censure.' - Confucius

music:

[Bennie And The Jets - Elton John](#)





day 350

inspiration:

*'Enter to grow in wisdom.
Depart to serve better thy country and thy kind.'* - Charles
William Eliot

wisdom:

'An unusual life is but an early death.' - Johann Wolfgang
von Goethe

music:

[Aniron - Enya](#)

day 351

inspiration:

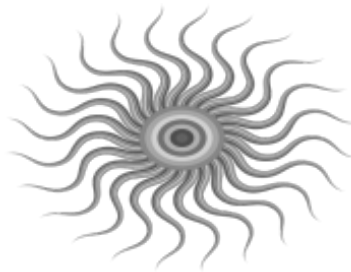
'Live all you can; it's a mistake not to. It doesn't much matter what you do in particular, so long as you have your life. If you haven't had that what have you had? What are loses are loses, make no mistake about that...The right time is any time that one is still so lucky as to have...Live!' - Henry James

wisdom:

'Not by age but by character is wisdom acquired.' - Titus Maccius Plautus

music:

[Smooth - Santana](#)





day 352

inspiration:

'The ripest peach is highest on the tree.' - James Whitcomb
Riley

wisdom:

'Lovers' quarrels are the renewal of love.' - Terence

music:

[Shake Your Body - Michael Jackson](#)

day 353

inspiration:

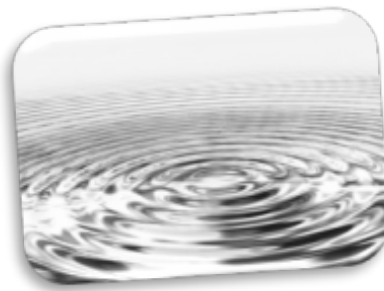
'Hell is full of good intentions or desires.' - Unknown
[author's note: the road to hell is paved with good intentions is another version.]

wisdom:

'Man's best possession is a sympathetic wife.' - Euripides

music:

[Shake It Up – Cars](#)





day 354

inspiration:

'Honesty is the best policy.' - William Gilbert
[author's note: another famous quote from Gilbert is, 'The pen is preferable to the sword.']

wisdom:

'Eat to live, and not live to eat.' - Benjamin Franklin

music:

[People Like Us - Kelly Clarkson](#)

day 355

inspiration:

'It's like another candle has been lit when a happy person comes in the room.' - Ralph Waldo Emerson

wisdom:

'Those who cannot remember the past are condemned to repeat it.' - George Santayana

music:

[No More Heroes - Stranglers](#)





day 356

inspiration:

'Only the brave know how to forgive... A coward never forgives; it is not in his nature.' - Laurence Stone

wisdom:

'He that lends, gives.' - George Herbert

music:

[Should I Stay Or Should I Go - The Clash](#)

day 357

inspiration:

'Hitch your wagon to a star.' - Ralph Waldo Emerson

wisdom:

'An honest man's word is as good as his bond.' - Miguel de Cervantes

music:

[Iris - Goo Goo Dolls](#)





day 358

inspiration:

'Before everything else, getting ready is the secret of success.' - Henry Ford

wisdom:

'Anger is a short madness.' - Horace

music:

[The Whole Of The Moon - The Waterboys](#)

day 359

inspiration:

'There is no place in civilization for the idler. None of us has any right to ease.' - Henry Ford

wisdom:

'When opposites supplement each other, everything is harmonious.' – Lao-Tzu

music:

[Money - Flying Lizards](#)





day 360

inspiration:

'My center is giving way, my right is in retreat; situation excellent. I am attacking!' -Ferdinand Foch

wisdom:

'One friend in a lifetime is much; two are many; three are hardly possible. Friendship needs a certain parallelism of life, a community of thought, a rivalry of aim.' - Henry Brooks Adams

music:

[*That Is Not My Name* - Tiny Tings](#)

day 361

inspiration:

'The God of war hates those who hesitate.' - Euripedes

wisdom:

'The partisan, when he is engaged in disputes, cares nothing about the rights of the question, but is anxious only to convince his hearers of his own assertions.' - Plato

music:

[*Everybody Wants To Rule The World* - Tears For Fears](#)





day 362

inspiration:

'Nice guys come first.' - Unknown

wisdom:

'The purpose of business is not to make a sale but to make a customer.' - Peter Drucker

music:

[*I Predict A Riot* - Kaiser Chiefs](#)

day 363

inspiration:

'A strong and well constituted man digests his experiences (deeds and mis-deeds all included) just as he digests his meats, even when he has some tough morsels to swallow.' - Gerard Manley Hopkins

wisdom:

'From time waste there can be no salvage.' - Henry Ford

music:

[Smile - Lily Allen](#)





day 364

inspiration:

'The only advice I can think of that's of any value to anybody that is eager to have success is to do what turns you on.' - Malcolm Forbes

wisdom:

'Everything that deceives may be said to enchant.' - Plato

music:

[On Top Of The World - Imagine Dragons](#)

day 365

inspiration:

'Seize the day! Carpe Diem!' - Horace
[author's note: or if this is the last day of the year, Seize the Year!]

wisdom:

'Fortune favors the brave.' - Virgil

music:

[*With Or Without You* - U2](#)



Part 2

Who are these people?

'The wisdom of wise, and the experience of ages, may be preserved by quotation' Isaac D'Israeli

'The quotations when engraved upon the memory, give you good thoughts. They also make you anxious to read the authors and look for more' Winston Churchill

The Wise and the Inspirational

Below are the top ten authors of the most popular quotations in this book and below that some information on each of these wise and inspirational people.

Finally, I have provided you with a short summary of each of the authors in this book. If you find any of these people interesting then do your own research on each of them, Wikipedia is a great place to start. Happy researching...

Top Ten

1. Ralph Waldo Emerson
2. Dr Samuel Johnson
3. Benjamin Franklin
4. Horace
5. Steve Jobs
6. Publilius Syrus
7. Lao-Tzu
8. Brian Tracy
9. Aesop
10. Winston Churchill

Next Four

11. Johann Wolfgang von Goethe
12. Henry Ford
13. Voltaire
14. Oprah Winfrey

Ralph Waldo Emerson (1803- 1882) American. Essayist, lecturer, philosopher and poet who led the transcendentalist movement of the 19th Century. He was seen as the champion of individualism and he published his thoughts through dozens of published essays and 1,500 lectures across the US. He has greatly

influenced the thinkers, writers and poets that followed him. A transcendentalist is someone who goes beyond what they see, touch or feel, they believe knowledge comes through intuition and imagination not through logic or the senses.

Dr Samuel Johnson (1709 - 1784) English. Poet, Playwright, essayist, moralist, critic, biographer, editor. He is described as arguably the most distinguished man of letters in English history. Johnson's A Dictionary of the English language had a far reaching effect on modern English.

Benjamin Franklin (1706 - 1790) American. Polymath and one of the founding fathers of the US. He was a leading writer, painter, political philosopher, politician, freemason, scientist, inventor, humorist, statesman and diplomat. As an inventor he is known for the lightning rod, bifocals and the Franklin stove. He became a successful newspaper editor and printer. He published Poor Richard's Almanack, many of his quotations in this book come from there. He helped draft the articles of Confederation, the Declaration of Independence and the Constitution.

Horace (65 - 8 BC) Greek. He was a leading Roman lyric poet. Horace can be regarded as the world's first autobiographer. The Epistles (letters) may be considered among Horace's most innovative works. Horace's Ars Poetica (art of poetry) is second only to Aristotle's Poetics in its influence on literary theory and criticism.

Steve Jobs (1955 - 2011) American. Pioneer of the personal computer revolution with Steve Wozniak. Co creator of Macintosh, Ipod, Iphone, Ipad and first Apple stores. He was an American business magnate, entrepreneur, industrial designer, investor and media proprietor. Jobs and Wozniak co-founded Apple in 1976 to sell Wozniak's Apple I personal computer. Together they gained fame and wealth a year later with the Apple II, one of the first highly successful mass produced personal computers. Jobs was forced out of Apple in 1985. Over 12 years he founded Pixar and sold it to Disney. He returned to Apple in 1997 and made it into the most

valuable public company in the world. Walter Isaacson's biography is a must read.

Publilius Syrus (85 - 43 BC) A Latin writer, best known for his *Sententiae* (brief moral sayings). All that remains of his collection of *Sententiae* is about 700 verses. They include many well known sayings such as 'A rolling stone gathers no moss.'

Lao-Tzu Chinese. He was an ancient Chinese philosopher and writer. He is the reported author of the *Tao Te Ching*, the founder of philosophical Taoism. Tao means the way and was written as a guide to rulers. He was usually portrayed as a 6th century BC contemporary of Confucius, but some modern historians consider him to have lived during the warring states period of the 4th Century BC.

Brian Tracy (1944 -) Canadian - American. Motivational public speaker and self development author.

Aesop (620 - 564 BC) Greek, although some say of Ethiopian origin. He was a storyteller credited with a number of fables now collectively known as *Aesop's Fables*. Although his existence remains unclear and no writings of his survive, numerous fables credited to him were gathered across the centuries and in many languages. An ancient literary work called *The Aesop Romance* tells what is most likely a fictional version of his life including that he was an ugly slave that gained his freedom through his cleverness.

Winston Churchill (1874 - 1965) English. British Prime Minister, politician, army officer and writer. He was Prime Minister of the UK from 1940-1945 when he led Britain to victory in the Second World War, and again from 1951 -1955. Churchill was born to a wealthy aristocratic family. He joined the army and saw action in India, Sudan and the second Boer War, gaining fame as a war correspondent and writing books about his campaigns. Churchill is widely considered one of the 20th century's most significant figures. Churchill was also an accomplished artist.

Johann Wolfgang von Goethe (1749 - 1832) German. Poet, novelist, playwright, philosopher, diplomat. His work includes four novels, poetry, prose, dramas, memoirs, and an autobiography. His second novel Wilhelm Meister's Apprenticeship was named one of the greatest novels ever written at that time. He is most renowned for Faust, his epic drama which he wrote in two parts.

Henry Ford (1863 - 1947) American. Engineer, industrialist and philanthropist. He was the founder of the Ford Motor Company and the sponsor of the development of the assembly line techniques of mass production. His introduction of the model T revolutionized transportation and American industry. He became one of the richest men in the world.

Voltaire (1694 - 1778) French. Writer, philosopher. Voltaire (his pen name) spent time in exile in England after many brushes with the law in France. His first published work was poetry. He wrote more than 50 plays, he is said to have written or dictated his verse 18 hours a day. His famous novella Candide was suppressed and many of his books were banned.

Oprah Winfrey (1954 -) American. Media Executive, actress, talk show host, television producer and philanthropist. She is best known for her talk show, the Oprah Winfrey show which was the highest rated television program of its kind in history and ran for 25 years. She publishes the magazine O, and launched her own TV network OWN. Her net worth is estimated at \$3bn. She was born into poverty to a teenage single mother. She landed a job in radio whilst still in high school and the rest is history.

Index of authors

4th Earl of Chesterfield (1694 - 1773) English. Known for his 'Letters' he wrote to his son as a guide to worldly success.

Abraham Lincoln (1809 - 1865) American. Sixteenth President of the US. He was born poor and only had one year of formal education but he was extraordinarily persistent.

Aesop (circa 620 - 560 BC) Greek. Slave who wrote fables which usually involved a moral.

Alan Greenspan (1926 -) American. Chairman of the Federal Reserve under three Presidents.

Albert Einstein (1879 - 1955) American. Physicist. 'E=MC²' his special theory of relativity showed that energy and matter are different forms of the same thing. His general theory of relativity redefined gravity as curvature in space-time; space-time disappears if matter disappears. He did not believe in God but he believed in a designing creator.

Aldous Huxley (1894 - 1963) English. Essayist and novelist. He wrote the Brave New World a forward looking novel based 600 years in the future.

Alexander Pope (1688 - 1744) English. Translator of the Iliad (the work of Homer) who wrote Essay on Man which contained many memorable wise lines.

Alexander Solzhenitsyn (1918 - 2008) Russian. Poet, Nobel prize for literature. Interned for 8 years in a gulag labor camp in Russia and wrote the Gulag Archipelago. He is one of the most influential authors of the twentieth century.

Ambrose Bierce (1842 - 1914) American. Journalist. He was famous for his Devil's Dictionary.

Anais Nia (1903 - 1977) American. Feminist, novelist of erotica and famous for her diaries.

Andrew Carnegie (1835 - 1919) American. Industrialist who built up a steel monopoly in the US becoming one of the world's richest people. He was persuaded to sell by J.P. Morgan. He gave much of his money away to charity.

Anne Frank (1929 - 1945) Dutch. Jewish victim of the Nazis in the Bergen-Belson concentration camp. She kept a diary which displayed her hope and faith in human nature despite being surrounded by death.

Anne Herbert (1950 - 2015) American. Author. Well known for Random Kindness and Senseless Acts of Beauty.

Anthony Robbins (1960 -) American. Author, motivational speaker and life coach. His best selling books include Unlimited Power and Awaken the Giant Within.

Antisthenes (445 – 365 BC) Greek. Philosopher and pupil of Socrates. He was the founder of cynic philosophy.

Antoine de Saint Exupéry (1900 - 1944) French. Aviator and novelist who thrived on risk taking. A WWII aviator he was listed as missing in action in 1944.

Anton Chekhov (1860 - 1904) Russian. Playwright. Famous for The Three Sisters and The Cherry Orchard.

Archilochus (circa 714 - 676 BC) Greek. Poet. 'Old women should not seek to be perfumed.'

Aristophanes (450 - 385 BC) Greek. Comic. Playwright. Produced Lysistrata today's most frequently produced Greek drama.

Aristotle (284 - 322 BC) Greek. Father of the scientific method. He attended Plato's academy for 20 years but founded its rival the Lyceum. He reasoned by induction rather than deduction.

Aristotle Onassis (1906 - 1975) Greek. Industrialist. One of the richest men in the world and famous for marrying Jacqueline Kennedy.

Art Williams (1942 -) American. Billionaire insurance executive who pioneered the sale of life assurance policies.

Arthur C. Clark (1917 - 2008) British. Writer, inventor and futurist. Best known for his book 2001: A Space Odyssey.

Arthur Miller (1915 - 2005) American. Playwright. Famous for his play Death of a Salesman and for marrying Marilyn Monroe.

Arthur Schopenhauer (1788 - 1860) German. Philosopher. Known as the dismal philosopher.

Arthur Wellesley (Duke of Wellington) (1769 - 1852) Anglo-Irish. General and Prime Minister. He defeated Napoleon at the battle which he named Waterloo.

Augustus Caesar (63BC - 14 AD) Roman. The first emperor. Adopted son of Julius Caesar. Augustus initiated 210 years of stability under a centralized Roman Empire.

Ayn Rand (1905 - 1982) American. Philosopher. Her, Capitalism: The Unknown Ideal answered the charges against capitalism. She is also known for her best selling novel Atlas Shrugged.

B.C. Forbes (1880 - 1954) American. Founder of Forbes.

Barack Obama (1961 -) American. Attorney and politician who served as the 44th President of the USA.

Benedict de Spinoza (1632 - 1677) Dutch. Philosopher. A rationalist who believed that the Universe and God are the same. His masterpiece was Ethics.

Benjamin Disraeli (1804 - 1881) English. Prime Minister. He supported imperialism while opposing free trade.

Benjamin Franklin (see Top Ten)

Benjamin Spock (1903 - 1998) American. Pediatrician, whose baby book *The Common Sense Book of Baby and Child Care* has been translated into thirty languages.

Bill Gates (1955 -) American. Co-founder of Microsoft, the largest software company in the world. He now runs his foundation, The Bill and Melinda Foundation which helps millions of impoverished people in Africa.

Bill Marriott (1932 - 1998) American. Chairman of Marriott International - son of the founder J. William Marriott.

Blaise Pascal (1623 -1662) French. Philosopher and mathematician who discovered probability theory. He also invented the calculating machine.

Boris Pasternak (1870 -1960) Russian. Author. Famous for *Doctor Zhivago*.

Brian Tracy (see Top Ten)

Bruce Springsteen (1949 -) American. Singer, songwriter and musician. His nickname is 'The Boss' and is best known for songs such as *Born in the USA*.

C.S. Lewis (1898 - 1963) English. Professor and novelist. Perhaps the most influential modern voice of Christianity however more famous for his children's books including the *Chronicles of Narnia*.

Cameron Crowe (1957 -) American. Actor, author, director, producer and journalist. Film credits include Jerry McGuire.

Carl Jung (1875 - 1961) German. Analytic psychologist. Jung opposed Freud's view that the libido is the only source of energy. He believed the mind was divided into three parts, a conscious mind, an unconscious and a collective unconscious.

Cato The Elder (234 - 149 BC) Roman. Statesman. He instigated the Third Punic wars that eliminated Carthage by ploughing salt into its land.

Charles Revson (1906 - 1975) American. Businessman and philanthropist. He was best known as a pioneering cosmetics executive who created and managed Revlon.

Charles William Eliot (1834 - 1926) American. An American academic selected as Harvard's president in 1867.

Cheryl Strayed (1968 -) American. Novelist, essayist and podcast host. The author of four books. Her first work was Torch, Followed by Wild, which was turned into a film.

Christopher Reeve (1952 - 2004) American. Actor. Most famous for his role as Superman. He was left a quadriplegic after being thrown from a horse but continued to act.

Cicero (106 - 43 BC) Roman. Statesman, stoic, orator and the best writer of Latin prose. Cicero's De Officiis (On Duties) has been used for centuries as a text on ethics in great universities.

Coach Bobby Knight (1940 -) American. Former American basketball coach nicknamed 'The General'. He was one of college basketball's most successful coaches.

Coach Lou Holtz (1937 -) American. A former American football player, coach and analyst.

Coleman Young (1918 - 1997) American. Politician. First African American mayor of Detroit.

Colly Cibber (1671 - 1757) English. Actor, theater manager, playwright and poet. His works included his autobiography and several comedies of historical interest. He was appointed a poet laureate.

Confucius (551 - 479 BC) Chinese. Ethical teacher. His teachings were compiled as The Analects that emphasized the middle way, the avoidance of extremes. His golden rule was to treat inferiors as you would have your superiors treat you.

Count Galeazzo Ciano (1903 - 1944) Italian. Mussolini's foreign minister who was executed by Hitler.

Cyril Connolly (1903 - 1974) English. Critic, novelist and founder of the book series Horizon.

Daniel Webster (1782 - 1852) American. Statesman. Served as Secretary of State for three presidents.

Dante Alighieri (1265 - 1321) Italian. Poet. Most famous for Divine Comedy and The Inferno.

David Lloyd George (1863 - 1944) English. Prime Minister.

David Ogilvy (1911- 1999) American. Advertising executive. He wrote a number of books on his subject including Confessions of an Advertising Man.

David People (1940 -) American. Screenwriter. He wrote Blade Runner and 12 Monkeys.

Demosthenes (384 - 322 BC) Greek. The most famous orator. He suffered a speech impediment, he shaved half his head and would not go out into the public until he could speak clearly. He even loaded his mouth with marbles to add to the challenge.

Desiderius Erasmus (1466 - 1536) Dutch. Scholar, theologian.

Donald Marques (1878 - 1937) American. Humorist and columnist.

Donald Rumsfeld (1932 -) American. Businessman and Secretary of Defense to Presidents Ford and George W Bush.

Donald Trump (1946 -) American. Property developer, TV personality, author and forty sixth President of the US.

Duke Ellingham (1899 - 1974) American. Band leader, musician, composer and conductor. He led a jazz orchestra until his death over a career spanning more than six decades.

Dwight D. Eisenhower (1890 - 1969) American. Thirty Fourth President of the US. Supreme commander allied expeditionary forces in WWII. He ended the Korean War by threatening China with atomic bombs.

Edgar Allan Poe (1809 - 1849) American. Poet. Invented the detective story. Poe taught us to hide something in the most obvious place because no one will look there.

Edmund Burke (1729 - 1797) Irish. Political philosopher. He attacked slavery, championed free trade, parliament, Ireland, India and the American colonies.

EE Cummings (1894 - 1962) American. Poet. His best known poem is 'Anyone lived in a pretty how town'.

Elmer Wheeler (1903 - 1968) American. Author, speaker and sales expert. He invented the 'Sizzle lab method' based on 'Don't sell the steak sell the sizzle'.

Emile Auguste Chartier (1868 - 1951) French. Philosopher, journalist, author and pacifist.

Emmet Fox (1886 - 1951) American. He was a New Thought spiritual leader of the 20th century through the Great Depression.

Epictetus (circa 55 - 135) Roman. Greek slave. Stoic philosopher. He opened a school that influenced Marcus Aurelius.

Ernest Hemingway (1899 - 1961) American. Noble prize. A prolific author famous for *The Old Man and the Sea* and *For Whom the Bell Tolls*.

Euripides (484 - 404 BC) Greek. Tragic playwright. *Medea* is his most famous play.

Francis Bacon (1561 - 1626) English. Maybe the greatest scientist of all time. He is best known for popularizing the scientific method which is based on experimentation rather than logic.

François de La Rochefoucauld (1613 - 1680) French. Moralist and cynic. Author of maxims and memoirs.

François de Salignac de la Mothe-Fenelon French. A missionary, poet and writer. Remembered for *The Adventures of Telemachus*.

François Rabelais (1494 - 1553) French. Defrocked monk and one of the most learned men of his age. He used humor in his masterpieces, *Gargantua and Pantagruel*.

Frank Herbert (1920 - 1986) American. Science fiction writer of the *Dune* books.

Frank Lloyd Wright (1869 - 1959) American. Architect.

Frank Sinatra (1915 - 1998) American. Singer, actor and producer. One of the most influential musical artists of the 20th Century.

Franklin D. Roosevelt (1882 - 1945) American. Thirty second President of the US. The great depression continued for eight years after he entered office. He maneuvered a reluctant US into WWII.

Friedrich Foch (1851 - 1929) French. Marshall and Allied commander in WWII.

Friedrich II 'The Great' (1712 - 1786) Prussian King. He led Europe most feared army.

Friedrich von Schiller (1759 - 1805) German. Philosopher, poet and playwright. Leader of German romanticism. He spread liberal ideas in Germany and his books were banned by Hitler. William Tell was his most famous book.

Friedrich Wilhelm Nietzsche (1844 - 1900) German. Philosopher. His philosophy is the foundation of modernism. He said 'There are no facts, only interpretation.'

Galileo Galilei (1564 - 1642) Italian. Mathematician, astronomer and physicist. He proved that the earth revolved around the sun, a significant discovery at the time, disliked by the church.

General Oliver P. Smith (1893 - 1977) American. A highly decorated combat veteran of WWII and the Korean War.

Georg William Friedrich (1770 - 1831) German. Philosopher. His central idea was that man is a social being who is nothing until he is identified with society.

George Berkeley (1685 - 1755) Irish. Anglican bishop and idealist. His thoughts were based on his view that if all knowledge comes from experience, then whatever is incapable of being experienced does not exist - 'To be is to be experienced.'

George Bernard Shaw (1856 - 1950) Irish. Comic, playwright and a winner of a Noble prize for literature. His most famous work

was Pygmalion which was turned into a film, My Fair Lady.

George F. Gilder (1939 -) American. Futurist. As editor of the Gilder Technology Report and his book Microcosm which correctly predicted many new technologies.

George Herbert (1593 - 1633) English. Metaphysical poet and cleric.

George Lucas (1944 -) American. Film Director and screenwriter, famous for the Star Wars franchise.

George S. Patton (1885 - 1945) American. Lieutenant general. Despite dyslexia he became America's greatest field general in WWII. He led his army from the front.

George Santayana (1863 - 1952) American. Philosopher, he believed in the necessity of religious faith.

George Will (1941 -) American. The Shakespeare of columnists and a rich source of quotations.

Gerard Manly Hopkins (1844 - 1889) English. Poet and Jesuit priest.

Gilgamesh (circa. 2800 - 2500 BC) A historical king of the Sumerian city of Uruk. A major hero in ancient Mesopotamia.

Gloria Steinem (1934 -) American. Journalist and political activist, founder of Ms magazine.

Grantland Rice (1880 - 1954) American. Sports writer.

Hannibal (247 - 182 BC) Carthaginian. General who crossed the Alps with 26,000 troops in 217 BC to win a series of battles against the Romans.

Harold Geneen (1910 - 1997) American. CEO of ITT Corp who increased sales from \$0.76bn to \$22bn.

Harry S. Truman (1884 - 1972) American. Thirty third President of the US. By dropping an atomic bomb on Japan Truman saved millions of Allied lives. He was largely responsible for the civil rights movement and creating Israel.

Helen A. Keller (1880 - 1968) American. Author, Lecturer and crusader for the handicapped. When she was 19 she lost her sight, hearing and ability to speak. She overcame her handicaps through her Christian beliefs.

Helmuth von Moltke (1800 - 1891) Prussian. Field Marshall whose army defeated Austria in 1866 and France in 1871.

Henri Bergson (1859 - 1941) French. Philosopher. 'The essential function of the Universe is a machine for the making of gods.'

Henry Link (Dr) (1889 - 1952) American. Psychologist and author. He is most famous for his book The Return to Religion.

Henrik Ibsen (1828 - 1906) Norwegian. Writer, playwright. His major works include Peer Gynt, An Enemy of the People and a Dolls House. He is the most frequently performed dramatist in the world after Shakespeare.

Henry Brooks Adams (1838 - 1918) American. Historian.

Henry David Thoreau (1817 - 62) American. Philosopher. He wrote Civil Disobedience which approved of violence to oppose slavery and inspired Tolstoy, Gandhi and King. Thoreau told us that the secret of achievement is to hold a picture of a successful outcome in mind. He was one of three men who were said to have affected the thought processes of Americans (Emerson and William James being the other two).

Henry Ford (see Top Ten)

Henry James (1843 - 1916) English. He wrote novels about the rich. He was the brother of William James.

Henry Kissinger (1923 -) American. Secretary of State under President Nixon. Nobel peace prize in 1973 for negotiating the end of the Vietnam war. A trusted advisor to many presidents.

Henry Wadsworth Longfellow (1807 - 1882) American. The world's most popular poet of his era, works included The Song of Hiawatha.

Henry Ward Beecher (1813 - 1887) American. Clergyman, abolitionist, known for his social reform and speeches on the abolition of slavery.

Heraclitus (540 - 480 BC) Greek. Philosopher. Famous for his cosmology.

Herbert Spencer (1820 - 1903) English. Radical libertarian whose Social Statics preceded Darwin's Origin of the Species by nine years.

Herodotus (480 - 425 BC) Greek. Called the father of history. He recorded the history of Greece.

Hesiod (circa 700 BC) Greek. Father of didactic poetry which aims to instruct the reader in a particular subject matter.

Hillel (30BC - 10 AD) Hebrew. Rabbi and patriarch in Jerusalem. He was an interpreter of Jewish tradition.

Homer (circa 750 BC) Greek. Blind poet. His epic poems include The Iliad and The Odyssey.

Horace (see Top Ten)

Horatio Nelson (1758 - 1805) English. Admiral who died on his flagship HMS Victory at the battle of Trafalgar which eliminated

the possibility of Napoleon invading England.

I Ching (circa 1100 BC) Chinese. The author of I Ching - the book of changes which has served for thousands of years as a guide on ethical life.

Immanuel Kant (1724 - 1804) German. Philosopher. Many hold Kant's critique of Pure Reason as the greatest work of modern philosophy.

Izaak Walton (1593 - 1683) English. Writer best known as the author of the Complete Angler.

J. Paul Getty (1852 - 1976) American. Oil magnate and one of the world's richest men.

J.M. Barrie (1886 - 1937) Scottish. Playwright and novelist. Most famous for Peter Pan.

J.P. Morgan (1837 - 1913) American. Banker called 'Jupiter' who sold \$46bn in bonds in Europe to build railroads in America. He merged large companies such as GE, AT&T and US Steel.

Jack Canfield (1944 -) American. Motivational speaker and author of the best selling Chicken Soup for the Soul series.

Jack Dempsey (1895 - 1983) American. Heavyweight boxer who was the champion in 1919 and held the title for 7 years. When he lost the championship he told his wife, 'I forgot to duck.'

Jack Welch (1935 - 2020) American. CEO of GE. He grew GE from a market cap. of \$14bn to \$500bn.

Jacques Barzun (1907 - 2012) American. Professor of history at Columbia University. He wrote From Dawn to Decadence a survey of the last five hundred years of western civilization.

James Cook (1728 - 1779) Scottish. Explorer who colonized Australia. He sailed around Antarctica in the Endeavor. He failed in his search for the Northwest passage. Hawaiian natives killed him after he had disciplined them.

James J. Hill (1838 - 1918) American. One of the greatest railroad builders. He built the profitable Great Northern Pacific without subsidies.

James K. Glassman (1947 -) American. Senior economist at J.P. Morgan, and one of today's best stock market journalists.

James Russell Lowell (1819 - 1891) American. Poet and critic. He is associated with the Fireside Poets who were among the first American poets that rivaled the popularity of British poets.

James Trustlaw Adams (1878 - 1949) American. A leading American historian.

James Whitcomb Riley (1849 - 1916) American. Writer. Poet and best selling author. His famous works include Little Orphan Annie and The Raggedy Man.

Jean de La Bruyere (1645 - 1696) French. French philosopher noted for his satire.

Jean Jacques Rousseau (1712 - 1778) Swiss. Political theorist. 'Man is born free, and everywhere he is in chains.'

Jean Paul Sartre (1905 - 1980) French. Philosopher. Nobel prize for literature. Arguably the best known philosopher of the 20th century.

Jim Rohn (1930 - 2009) American. Entrepreneur, author and motivational speaker. He held seminars across the US teaching his personal development philosophy. He mentored Tony Robbins.

Joe Louis (1914 - 1981) American. Heavyweight champion boxer for a record 12 years against 25 challengers.

Joel Osteen (1963 -) American. Pastor, televangelist and author. His televised sermons are seen by over 7 million viewers weekly.

Johann Wolfgang von Goethe (see Top Ten)

John Constable (1776 - 1837) English. Landscape painter. He is known principally for his landscape paintings of Dedham Vale, England.

John D. Rockefeller (1839 - 1937) American. He founded Standard oil and became the richest man in the world.

John Dryden (1631 - 1700) English. Playwright, critic and poet laureate. He dominated his literary era. His most famous poem is Absalom and Achitophel.

John F. Kennedy (1917 - 1963) American. Thirty fifth and first Catholic President of the US. He entered the Vietnam war and got the Russians to remove their nuclear weapons from Cuba in what was a tense standoff. He was assassinated by Lee Harvey Oswald.

John Greenleaf Whittier (1807 - 92) American, Poet, Quaker and editor.

John Heywood (1497 - 1580) English. Writer known for his plays. Poems and collection of proverbs.

John Keats (1795 - 1821) English. Poet. Famous for La Belle Dame Sans Merci.

John Kenneth Galbraith (1908 - 2006) American. Economist. Arguably the most famous economist in the post WWII world.

John le Carre (1931 -) English. Author of espionage novels. He worked for MI5 and MI6 in the 1950's and 60's. His notable work includes Tinker, Taylor, Soldier Spy and The Spy who came in from the Cold.

John Locke (1632 - 1704) English. History's most influential political philosopher who along with Bacon preferred experiences to reason,

John Milton (1608 - 1674) English. Poet. He wrote his epic Paradise Lost whilst blind, with his son dead, his daughter estranged, his friends executed and his marriage ended. He is considered the second greatest man of English letters.

John Ray (1627 - 1705) English. One of the earliest naturalists. He published important works on botany, zoology and natural theology.

John Seldon (1584 - 1654) English. He was known as a polymath. He was a prolific writer and scholar.

John Steinbeck (1902 - 1968) American. Novelist. Nobel prize winner for literature. His master piece was The Grapes of Wrath.

John Templeton (Sir) (1912 - 2008) American. Father of global investing. His 'principle of maximum pessimism' was to invest in the worst looking foreign markets.

John Wesley (1703 - 1791) English. Possibly the greatest evangelist who founded methodism, a church that brought the working class to religion.

John Wooden (1910 - 2010) American. Basketball player and head coach of the University of California.

Jonathan Swift (1667 - 1745) Irish. Clergyman and novelist. He wrote Gulliver's Travels and A Tales of the Tub.

Jordan Peterson (Dr) (1962 -) Canadian. Psychologist. He is best known for his book 12 Rules of Life.

Joseph Jaubert (1754 - 1824) French. Essayist and moralist. Remembered today largely for his Pensees (Thoughts).

Jules Renard (1864 - 1910) French. Author. Most famous for his works Poil de Carotte and Les Histoires Naturelles. He was also a popular philosopher.

Julius Caesar (100 - 44 BC) Roman. General and dictator. He became Rome's richest man, had an affair with Cleopatra and his reign ended on the steps of the Senate. This was the start of the fall of Rome.

Kirk Douglas (1916 -) American. Actor, producer, director, author and soldier. He is one of the last surviving stars of the film industry's golden age. He appeared in more than 90 movies.

Lance Armstrong (1971 -) American. Former professional road racing cyclist. He was diagnosed with cancer and after recovering went on to win 7 consecutive Tour de Frances. He was involved in a huge doping scandal and was stripped of all his 7 titles.

Lao-Tzu (See Top ten)

Laurebce Peter (1919 - 1990) Canadian. Educator who wrote The Peter Priciple and Peter Quotations.

Laurence Sterne (1713 - 1768) English. Humorist and clergyman. He is famous for The Life and Opinions of Tristram Shandy.

Laurence Stone (1919 - 1999) English. Historian. Known for his work on the English Civil War.

Leonardo da Vinci (1452 - 1519) Italian. Painter, architect, sculpture, engineer and designer. The Mona Lisa is the worlds most

popular and probably most valuable painting.

Lewis Carol (1882 - 1989) English. Oxford math professor who branched into children's stories including Alice and Wonderland and Through the Looking Glass.

Logan Pearsall Smith (1865 - 1946) British. Essayist, critic, autobiographer. He was known for his aphorisms and epigrams. He is also remembered for his autobiography Unforgotten Years.

Lord Alfred Tennyson (1809 - 1892) English. Poet laureate. Victorian England's most popular poet. Famous for Charge of the Light Brigade.

Louisa May Alcott (1832 - 1888) American. Author. Famous for her novel Little Woman.

Ludwig Wittgenstein (1745 - 1840) English - Austrian. Philosopher. Founder of logical positivism and the most influential philosopher in the twentieth century.

Lyndon Johnson (1908 - 1973) American. Thirty sixth President of the US. Johnson campaigned on a peace platform. His war on poverty was inspired by Marxist ideas.

Malcolm Forbes (1919 - 1990) American. Publisher of Forbes, son of B.C Forbes and father of Steve Forbes.

Marc Randolph (1958 -) American. Co-founder of Netflix.

Marcus Aurelius (121 - 180) Roman. Emperor whose Meditations was the last great book of Stoic philosophy.

Margaret Attwood (1939 -) Canadian. Poet, novelist, literary critic, inventor and teacher. She has published 16 novels. She is best known for her novel the Handmaid's Tale.

Margaret Mitchell (1900 - 1949) American. Atlanta Journal Sunday magazine roving reporter. She wrote *Gone with the Wind*.

Margaret Thatcher (1925 - 2013) English. Prime Minister of UK between 1979 - 1990. Known as the Iron Lady. She transformed the UK economy and marginalized the unions.

Margaret Wolfe Hungerford (1855 - 1897) Irish. Novelist. Famous for her romantic novels including *Milly Bawn*.

Margary Kempe (1373 - 1438) English. An English Christian mystic who arguably wrote the first autobiography in the English language.

Marie Curie (1867 - 1934) French. First person to win a Nobel prize in two sciences.

Mario Andretti (1940 -) American. An Chilean born former racing driver, one of the most successful American's in the history of the sport.

Mario Puzo (1920 - 1999) American. Author who wrote about the fictional Don Corleone family.

Mark Twain (1835 - 1910) American. Comic. Samuel Clemens took his pen name from his experience as a riverboat pilot. His most famous novels were *Tom Sawyer* and *The Adventures of Huckleberry Finn*. He led an adventurous life from a journalist to a gold prospector to an investor.

Marquis de Vauvenargues (1715 - 1747) French. Writer. *Reflection and Maxims* contains a number of wise words.

Mary Schmich (1953 -) American. Journalist. Columnist for the *Chicago Tribune*. She wrote the column 'I wear sunscreen' with the often quoted, 'Do one thing every day that scares you.'

Mason Cooley (1927 - 2002) American. Known for his witty aphorisms (observations).

Maurice de Saxe (1696 - 1750) French. Count of Saxony who wrote *Mes Revenues*, a book still studied for its military insights.

Max Weber (1864 - 1920) German. Political sociologist. Best known for his thesis of the 'Protestant ethic' relating Protestantism to capitalism.

Mencius (372 - 289 BC) Chinese. Philosopher. Called the second sage after Confucius. He believed that man innately does good when he has sufficient material goods for peace of mind.

Michel de Montaigne (1533 - 1592) French. Philosopher and wisdom writer. His volume *Essais* contains some of the most influential essays ever written.

Michelangelo (1475 - 1564) Italian. Greatest sculpture of all time. His famous works include, *David*, *Moses* and *the Pieta*. He is also famous for painting the ceiling of the Sistine chapel.

Miguel de Cervantes (1547 - 1616) Spanish. Author. His first novel and his best *Don Quixote*, written at age 57, brought him little money as he was cheated by his publisher. Only the Bible, Koran and Euclid have been translated more.

Miguel de Unamuno (1864 - 1936) Spanish. Essayist, novelist, poet, playwright, philosopher and later rector at the University of Salamanca. His most important narrative work was *Amor y Pedagogia* (Love and Education).

Mike Todd (1909 - 1958) American. Theatre and film producer, best known for his 1956 production of *Around the World in 80 days*.

Miles Davis (1926 - 1991) American. Musician, bandleader and composer. He is among the most influential figures in the history

of jazz.

Milton Friedman (1912 - 2006) American. Libertarian who won the Nobel prize for economics. Best known for strong belief in free market capitalism.

Mohnish Pabrai (1964 -) Indian. Businessman, investor and philanthropist. Follower of the theory of Warren Buffett.

Muhammad Ali (1942 - 2016) American. Born Cassius Clay. Professional Heavyweight boxer. Won Olympic gold and held the title a record three times.

Napoleon Bonaparte (1769 - 1821) French. Dictator. Napoleon was revered by his soldiers. It is said his presence on the battlefield was worth 400,000 men.

Napoleon Hill (1883 - 1970) American. Entrepreneur and author famous for his best selling Think and Grow Rich, one of the top ten best selling self help books of all time.

Nathaniel Emmons (1889 - 1951) American. Congregational minister, however best known as a theologian.

Neil Armstrong (1930 - 2012) American. Astronaut who landed on the Moon on July 20 1968 with Buzz Aldrin on Apollo XI.

Newt Gingrich (1943 -) American. Politician, author and historian.

Niccolo Machiavelli (1469 - 1527) Italian. Florentine diplomat. Friends with Da Vinci. His book The Prince was a guide for seizing and holding political power. The term Machiavellian signifies underhanded ways to achieve your goals.

Noel Coward (1899 - 1973) English. Actor, playwright and composer.

Oliver Goldsmith (1728 - 1774) Irish. Poet, playwright and novelist. Best known for his novel *The Vicar of Wakefield*.

Oliver Stone (1946 -) American. Film director, screenwriter, film producer, author. Was awarded the Purple Heart. His films include, *Midnight Express*, *Platoon* and *Wall Street*.

Oliver Wendell Holmes Jr (1841 - 1935) American. The most famous of the US Supreme Court justices. He was known as the great dissenter.

Oliver Wendell Holmes Snr (1809 -1894) American. Physician. Famous for his Atlantic monthly essays.

Oprah Winfrey (See Top Ten)

Ovid (43BC - 18 AD) Roman. Erotic poet famous for his *Ars Amatoria* (*The Art of Love*) and *Metamorphoses*.

Paul Bryant (1911 - 1983) American. Football coach at the University of Alabama who won 12 SEC championships and six national championships over 25 years.

Pericles (495 - 429 BC) Greek. Statesman. He democratized Athens. He built the Acropolis and Parthenon.

Peter Drucker (1909 - 2005) American. Known as the father of management. He wrote forty books on the subject over his lifetime.

Peter Ustinov (1921 - 2004) English. Playwright, actor, film maker, theatre and opera director and television presenter.

Pierre Corneille (1606 - 1684) French. Playwright.

Pierre Teilhard de Chardin (1881 - 1955) French. Philosopher. Known for his theory, man is evolving mentally and socially toward a final spiritual unity.

Plato (427 - 347 BC) Greek. The most well known and arguably the most influential philosopher.

Ptolemy (circa AD 100 - 170) Egyptian. Mathematician, geographer, astronomer and astrologer.

Publilius Syrus (See Top Ten)

Pythagoras (circa. 582 - 500 BC) Greek. Philosopher and mathematician. His Pythagoras theorem demonstrated that mathematics was useful in the real world.

Quintus Fabius Maximus (275 - 203 BC) Roman. General. He defeated Hannibal by using a delaying strategy. A Fabian strategy is a delaying strategy.

Ralph Waldo Emerson (See Top Ten)

Ray Kroc (1902 - 1984) American. Founder of McDonalds. At age 54 after numerous failed business ventures he stumbled across the McDonalds brother's hamburger joint. It is now the largest restaurant chain in the world. As Kroc once said, 'You only need to get it right once.'

Rene Descartes (1596 - 1650) French. Mathematician, scientist and philosopher. He is the father of modern philosophy, a major figure in what is known as rationalism. He based his conclusions on intuition and deduction rather than experience. He is best known for the phrase 'I think therefore I am.'

Richard Nixon (1913 - 1994) American. Thirty seventh President of US who resigned to avoid impeachment in the Watergate scandal.

Richard Sheridan (1751 - 1816) Irish. Statesman and playwright.

He was a long time owner of the London Theatre Royal, Drury Lane. His most famous play was The School for Scandal.

Richelieu (1585 - 1642) French. Cardinal. He made the monarchy master over the nobility and France the leading European power.

Robert Ardrey (1908 - 1980) American. Anthropologist and author of *The Territorial Imperative* an investigation of animal origins.

Robert Browning (1812 - 1889) English. Poet aka Mrs Browning's husband as she was more famous. Most famous for *Pied Piper*.

Robert Burton (1577 - 1640) English. Clergyman.

Robert E. Lee (1807 - 1870) American. General in the Confederate army. Roosevelt referred to him as one of the noblest Americans who ever lived.

Robert H. Schuller (1926 – 2015) American. Christian thinker and author of positive thinking books. Including *Tough Times Never Last but Tough People Do*. He was also known for his weekly TV show.

Robert Jones Burdette (1844 - 1914) American. Statesman and clergyman.

Robert Louis Stephenson (1850 - 1894) Scottish. Novelist and poet. Known for *Treasure Island* and *Dr Jekyll and Mr Hyde*.

Robert Moses (1888 - 1981) American. A public official who worked mainly in New York. He was known as the 'master builder' of the mid 20th century.

Robert Townsend (1957 -) American. Actor, director, comedian and writer. Best known for directing the film *Hollywood Shuffle* and *Meteor Man*.

Roger Bacon (1214 - 1292) English. Advocate of experimental science. The most famous medieval scientist who compiled in Opus Maius an encyclopedia of the world's cutting edge knowledge in physics, chemistry, math biology, medicine and geology.

Roger Staubach (1942 -) American. Nicknamed Roger the Dodger he was an American footballer hall of famer leading the Dallas Cowboys to the Super Bowl five times.

Ross Perot (1930 - 2019) American. Industrialist. Founder of Electronic Data Systems (EDS) and independent candidate for the US presidency in 1992 which enabled Bill Clinton to win.

Roy T. Bennett (1918 - 1988) American. Author of The Light in the Heart. Known as a positive thinker.

Rudyard Kipling (1865 - 1936) English. Poet and novelist. Nobel prize for literature. His most famous works include; 'Just So Stories,' 'If' and 'The Jungle Book.'

Ruth Benedict (1887 - 1948) American. America's best known anthropologist.

Sa'di (1184 - 1291) Persian. Poet. His best known works are Bustan and Gulistan.

Saint Jerome (circa. 347 - 420) Greek. He is best known for translating most of the Bible into Latin.

Salvador Dali (1904 - 1989) Spanish. Artist. Most prominent of the surrealists.

Sam Walton (1920 - 1992) American. Founder of Walmart, the largest retailer in the world.

Samuel Beckett (1906 - 1989) Irish. Playwright. Famous for Waiting for Godot and Endgame.

Samuel Johnson (Dr) (See Top Ten)

Samuel Smiles (18121 - 1904) Scottish. Physician and writer. He invented the motivational book with Self Help in 1950. His short biographies popularized the heroes of the industrial revolution.

Saren Kierkegaard (1813 - 1855) Danish. Philosopher. He believed the self is not born but is made by decisions.

Seneca (4 BC- 65 AD) Roman. Stoic philosopher and politician. He is a leading figure in Stoic philosophy.

Seven Sages (620 - 550 BC) Greek. Seven wise Greek men who were philosophers and statesmen.

Sheryl Sandberg (1969 -) American. COO of Facebook. American technology executive and billionaire.

Sigmund Freud (1856 - 1939) Austrian. Neurologist whose seminal work was The Interpretation of Dreams. Freud argued that repressing sexual drives leads to neurosis.

Socrates (469 - 399 BC) Greek. Philosopher. The 'Socratic method' is to ask questions to strip away the false and to lead to a certain conclusion. He believed to know the good is to do the good. History's most famous trial was of Socrates. He was offered a pardon but refused and was executed.

Soichiro Honda (1906 - 1991) Japanese. Founder of Honda Motor Company. He invented the motorcycle.

Sophocles (496 - 406 BC) Greek. Playwright. He wrote the trilogy Oedipus.

Stendhal (1783 - 1842) French. Novelist and officer in Napoleon's invasion of Russia.

Steve Jobs (See Top Ten)

Steve Maraboli (1975 -) American. A publisher of books, quotes, videos and memes on behavioral science.

Steve Martin (1945 -) American. Actor and comedian.

Sun-Tzu (430 - 381 BC) Chinese. Military strategist and author of The Art of War. Many of the strategies outlined are applicable today.

Swati Sharma (1994 -) Indian. Singer.

Sydney Smith (1771 - 1845) English. Clergyman, essayist and a founder of The Edinburgh Review the most influential periodical in the English speaking world for a century.

T. Boone Pickens (1928 - 2019) American. Founder of Mesa Petroleum. He was the originator of the hostile takeover. He was an active investor and entrepreneur throughout his life.

Tacitus (56 - 120 BC) Roman. Rome's greatest historian.

Terence (195/185 BC - circa 159 BC) Roman. Playwright. He was brought to Rome as a slave and educated by a Roman senator. After Plautus the greatest Roman comic dramatist.

Themistocles (528 - 462 BC) Greek. Athenian statesman who built a strong navy to cut the lines of supply of the gigantic Persian army.

Theodore Levitt (1925 - 2006) American. Harvard business school professor who tied Peter Drucker for most articles in Harvard

Business Review.

Theodore Roosevelt (1858 - 1919) American. Twenty sixth President of the US. He was a historian, spoke four languages, read a book daily. He colonized the Philippines and built the Panama Canal.

Thomas 'Stonewall' Jackson (1824 - 1863) American. Confederate general. After his victory against the Union (his 60,000 troops v 135,000) he was accidentally killed at which point the war turned against the Confederates.

Thomas à Kempis (1380 - 1471) German. Monk who compiled various Christian wording into The Imitation of Christ which was a popular guide to Christian devotion for five hundred years.

Thomas Carlyle (1795 - 1881) Scottish. Essayist, historian and philosopher. He believed history was driven by great men.

Thomas Edison (1847 - 1931) American. Inventor, one of the most prolific inventors in history. Despite dyslexia he invented the telegraph receiver and transmitter, light bulb, the incandescent lamp, the storage battery, the motion picture projector among many other inventions.

Thomas Fuller (1608 - 1661) English. Clergyman and historian. Known for his Worthies of England.

Thomas Fuller (Dr) (1654 - 1734) English. Physician and author. He published a compilation of proverbs.

Thomas Hobbes (1538 - 1679) English. Philosopher. He argued that a state receives its legitimacy from the people not God.

Thomas Huxley (1825 - 1895) English. Biologist, known as 'Darwin's bulldog'.

Thomas Jefferson (1743 - 1826) American. Third President of the US. He wrote the Declaration of Independence. One of the richest men in America inherited 5,000 acres but died a bankrupt.

Thomas Mann (1875 - 1955) German. Novelist. Nobel Laureate for literature. Books include *Buddenbrooks*, *Death in Venice* and *The Magic Mountain*.

Thomas Parnell (1679 - 1718) Anglo-Irish. Poet and clergyman.

Thucydides (460 - 400 BC) Greek. Athenian general and historian. He was one of the first to write history as an aid to the interpretation of the future.

Timothy Leary (1920 - 1996) American. Harvard professor and psychedelic guru, who advocated using LSD.

Titus Maccius Plautus (254 - 184 BC) Roman. Dramatist. His comedies are the earliest Latin literary works to have survived in their entirety.

Tom Peters (1942 -) American. Management consultant and prolific author on management.

Tom Wolfe (1931 - 2018) American. Novelist and cultural reporter. Best known for the book *Bonfire of the Vanities*.

V.S. Naipaul (1932 - 2018) British. Novelist, travel writer, essayist. He published over 30 books in 50 years. He is known for his pessimistic novels based in developing countries.

Vegetius (circa 325 AD) Roman general. Author of *De re Militari*, the bible for generations of European soldiers.

Victor Hugo (1802 - 1885) French. France's Shakespeare. Best known for The Hunchback of Notre Dame and Les Miserables.

Vincent T Lombardi (1913 - 1970) American. Football coach who in nine seasons led the Green Bay Packers to five NFL championships and victory in the first two Super Bowls.

Vincent van Gogh (1853 - 1890) Dutch. Painter. He sold only one painting during his lifetime. He painted for only ten years. Some of his finest work was painted in a mental asylum.

Virgil (70 - 19 BC) Roman. Among the greatest Latin writers. He wrote the epic The Aeneid which is considered the best work of antiquity. It took him ten years to write.

Voltaire (See Top Ten)

Walt Whitman (1819 - 1892) American. Poet. He could not find a publisher for Leaves of Grass so he self published it in 1855 and spent his life writing eight revised editions.

Walter C. Hagen (1892 - 1969) American. Professional golfer and a major figure in golf in the first half of the century. His tally of 11 majors is third behind Jack Nicklaus and Tiger Woods.

Walter Scott (Sir) (1771 - 1832) Scottish. Novelist, lawyer, poet. He wrote the novels Rob Roy and Ivanhoe.

Warren Buffett (1930 -) American. Known as the oracle of Omaha. Is probably the most successful investor ever taking a company called Berkshire Hathaway that made textiles into one of the most valuable companies in the world.

Wayne Dyer (1940 - 2015) American. Author and motivational speaker. His book Your Erroneous Zones is one of the best selling books of all time.

Wernher von Braun (1912 - 1977) American. Scientist. He developed Germany's V2 rocket and Apollo moon rocket.

William Butler Yeates (1865 - 1939) Irish. Poet, playwright and 1923 Nobel prize for literature.

William Congreve (1670 - 1729) English. Playwright of cynical comedies.

William Gilbert (1836 - 1911) English. Dramatist best known for his collaboration with composer Arthur Sullivan which produced 14 comic operas.

William James (1842 - 1910) American. Harvard professor of philosophy. He was known for his pragmatism approach to philosophy.

William Shakespeare (1564 - 1616) English. Possibly the world's greatest author and most creative person who wrote 36 plays in 25 years.

Winston Churchill (See Top Ten)

Witold Gombrowicz (1904 - 1969) Polish. Writer and playwright. His diaries are considered his masterpiece.

Woody Allen (1935 -) American. Comedian, actor, director and screenwriter. Best known for his romantic comedy films.

Yogi Berra (1925 - 2015) American. New York Yankees catcher and manager.

Zig Ziglar (1926 - 2012) American. A motivational speaker and self help guru. He published numerous books covering achieving success. His first book was rejected 39 times by publishers. He practiced what he preached!

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Seize the Day has been compiled using a large number of resources including Wikipedia, Great Quotations that Shaped the World by Carl H. Middleton and Bartlett's Familiar Quotations by John Bartlett. We have also utilized many Google searches for appropriate inspiring words or music. Thank you to the artists who kindly provided their artwork (sourced from Pixabay, Unsplash, Vecteezy, Freepik). We thank you all for allowing us to reproduce your words of wisdom, inspiration, artwork and your music to motivate us to improve every day a little bit more.

SEIZE THE DAY

'For many of us, inspiration is triggered by quips and quotations of others.' Emilee Day

'A quote is a powerful tool for our mind, our soul, our spirit. A quote can sharpen your mind and give you an instant and rapid relief if your soul is down, in a dark time.' Dotchamou Zakari

'A very wise quote is a spectacular waterfall! When you see it, you feel its power!' Mehmet Murat İldan

Seize the Day is your tool for daily inspiration and motivation. Carry it with you wherever you go - use it as your bible of inspiration.

A selection of quotations from the wisest and the most inspirational of the past and the present. Music which will send a tingle down your spine. All designed to kick start your day. Hand selected by someone who utilized these exact same quotations and music to motivate and inspire him whilst he was incarcerated in a maximum security prison!

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