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Foreword

An affirmation is something you say to yourself. Everybody uses them on purpose or accidentally. You get up in the morning, leap out of bed and proclaim, "I feel excellent". That's a positive affirmation. You drag yourself out of bed at first light and whine "I feel crappy". That's a negative affirmation. Both statements help to sustain the emotional state you're in.

Our self-talk, the things we state to ourself, is really crucial as it directly affects our conscious and subconscious brain. We hear everything we say to ourself. Get all the info you need here.



Self Help Affirmations

The big book of affirmations from personal development authors

Chapter 1:

About Self Help Affirmations

Synopsis

As our affirmations work so well to sustain the state of mind we're in, we may utilize them to alter that state of brain. True, it calls for more work to alter how we think and feel, however, if you abide by these guidelines, the use of affirmations may become a solid, useful tool for helping yourself get to be happier and healthier.

Here are the fundamental rules of thumb for developing great affirmations:



The Basics

The first rule of thumb is that the affirmation ought to be stated in the here and now. Begin with words like "I am ... " or "I have ... ". You need to be telling your brain that it's happening now.

Next, the affirmations ought to say that what you want is already achieved. "I'm happy now" is superior to and will work better than "I'm getting happy" or "I will be happy".

The affirmations ought to be positive. " I feel safe" works however the affirmation " I'm not scared" does the reverse of what you wish. It centers your brain on the word "scared" and increases that feeling. It's as though the word "not" wasn't even there.

The affirmations ought to be in your style of language. I discovered the following affirmation in a book. "Energy, enthusiasm, and sparkling health are my birthright. I assume these priceless treasures with gratitude, knowing that as I give out energy, more rushes in."

This is a really poetic affirmation and I completely agree with the fundamental sentiment and school of thought in it. The issue is that I don't speak or think like this. My brain would have trouble swallowing this affirmation as it simply doesn't sound like me. If, all the same, it's the way you think, by all means utilize it.

If I wanted to utilize this affirmation I'd alter it into my words. "I deserve to have power, enthusiasm and health. I take on all of life's gifts. The more power I utilize, the more I'll have." This is more like the way I talk and think.

Your affirmations may include how you'd like to feel: "I'm energetic; I feel fantastic; or I feel safe". Your affirmations may include how you'd like your life to be: "I'm a thriving individual; I attract positive individuals into my life; I slim down easily or I solve issues easily".

A different way to formulate affirmations is to utilize them to counter your damaging self-talk. When you find yourself stating something negative to yourself, develop an affirmation that counterbalances the damaging thought and begin using it till you feel differently about yourself.

Let's suppose you're working on a task. The task doesn't have to be a work task, it may be an interpersonal problem or simply some personal issue you're attempting to resolve. You can't seem to work out what to do or you encounter a snag of some kind. All of a sudden your self-assurance droops and you find yourself thinking "I can't do this. I bit off more than I can chew. I'm simply not bright enough."

All this damaging thinking, if allowed to persevere, it will ensure that you fail. As an alternative, make up a few affirmations to counterpunch this thinking. For instance, you could utilize "I feel confident, I'm a winner, I do things now and I think clearly". I'd repeat each affirmation several times 3 or 4 times during the day till I felt better about myself and about finishing the task.

Affirmations have been utilized since mankind have had language. We utilize affirmations now to help us slim down and quit smoking. We utilize affirmations to establish our self-assurance and self-esteem.

We utilize affirmations to help us break depression and to alleviate our anger. We utilize them to command our fear and panic and for stress management. Affirmations are utilized successfully in all areas of personal growth and self-reformation.

When you have your affirmations, there are several ways you may utilize them. While repeating the affirmations, put a little feeling into it and think of what you're trying to achieve. Repeating the affirmations aloud is better than doing it silently as you likewise hear it when it's aloud. If you're in a situation where you can't repeat it aloud, do it silently. That's still better than not executing it at all.

Do your affirmations shortly after you get up as it will help focus your day. Do your affirmations just before turning in as it will be working in your subconscious brain all night.

You ought to likewise attempt to fit in your affirmations 2 or 3 more times during the day. When you fit them in isn't crucial provided they're spaced out during the day. This capitalizes on 2 important principles in psychology.

Our brain learns quickest with what is known as "massed practice". Repeating the same affirmations several times in a row is "massed practice". The issue is that it likewise produces quick forgetting. "Spaced practice", the procedure of repeating all the affirmations 3 or more times during the day, brings about slow learning and slow forgetting. Blending both "massed and spaced" practice presents us the best of both: quick learning and slow forgetting.

Stating it with feeling adds a different psychological attribute to the affirmations. Any thought that has an emotion affiliated with it will have a bigger affect on our brain than an idea barren of feeling.

A different version you may utilize to fortify the effect of the affirmations is to add a visualization to it. This will make your affirmations significantly better.

Accomplish this by taking one of your affirmations sessions and rather than stating the affirmations, shut your eyes and see yourself doing or being like the affirmations states. The visualization adds a different dimension of energy to your affirmations.

You ought to likewise utilize your affirmations if you catch yourself using damaging self-talk. Begin repeating your positive affirmations as soon as you can.

Utilized correctly, affirmations for personal growth and self-reformation may help you alleviate your depression, tension and fear and anger. They may help you slim down as well as stop smoking. Affirmations will help you form your self-assurance, self-esteem and

self-assertiveness and they're an excellent tool for tension management.

One issue a lot of individuals have is impatience. They utilize their affirmations off and on for a week or two and nothing materializes so they stop. It took us more than a week to get the way we are.

Give your affirmations at the least a serious thirty day trial. If what you're attempting to alter is a serious issue, you'll likely need more than thirty days. You could even need more than affirmations to get the changes you want.

Affirmations are merely one of the tools of change. Most of us will need more than one tool and longer than one month. Utilized correctly, all the same, affirmations are a great tool and they do help us shift, grow and heal.

As you utilize your affirmations you'll get to be more conscious of your thoughts, feelings and actions and you'll begin thinking and feeling better about yourself. As this occurs, your actions will begin to shift in the direction you're trying to go. Don't throw in the towel because you're realizing greater and greater command of your thoughts, feelings and actions.

Chapter 2:

Self Help Quotes

Synopsis

Self help quotes can inspire you. Lets' have a look at a few.



Quotes

- “Yes, I decided, a man can truly change. The events of the past year have taught me much about myself, and a few universal truths. I learned, for instance, that while wounds can be inflicted easily upon those we love, it's often much more difficult to heal them. Yet the process of healing those wounds provided the richest experience of my life, leading me to believe that while I've often overestimated what I could accomplish in a day, I had underestimated what I could do in a year. But most of all, I learned that it's possible for two people to fall in love all over again, even when there's been a lifetime of disappointment between them.” – Nicholas Sparks, *The Wedding*
- “I want to grow. I want to be better. You Grow. We all grow. We're made to grow. You either evolve or you disappear.” – Tupac Shakur
- “There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.” – Nelson Mandela
- “It is always the simple things that change our lives. And these things never happen when you are looking for them to happen. Life will reveal answers at the pace life wishes to do so. You feel like running, but life is on a stroll. This is how God does things.” – Donald Miller

- Dare to love yourself as if you were a rainbow with gold at both ends. – Aberjhani, *The River of Winged Dreams*
- “We should not judge people by their peak of excellence; but by the distance they have traveled from the point where they started.” – Henry Ward Beecher
- “We could never learn to be brave and patient if there were only joy in the world” – Helen Keller
- “A bad day for your ego is a great day for your soul.” – Jillian Michaels, *Master Your Metabolism: The 3 Diet Secrets to Naturally Balancing Your Hormones for a Hot and Healthy Body!*
- “You don't need to change the world; you need to change yourself.” – Miguel Ruiz
- “Heaven is comfort, but it's still not living.” – Alice Sebold, *The Lovely Bones*
- “There is darkness inside all of us, though mine is more dangerous than most. Still, we all have it—that part of our soul that is irreparably damaged by the very trials and tribulations of life. We are what we are because of it, or perhaps in spite of it. Some use it as a shield to hide behind, others as an excuse to do unconscionable things. But, truly, the darkness is simply a piece of the whole, neither good nor evil unless you make it so. It took a witch, a war, and a voodoo queen to teach me that.” “Know

who you are, and be it. Know what you want, and go out and get it!” – Carroll Bryant

- “Your inner strength is your outer foundation” – Allan Rufus
- “I have not yet spoken my last word about women. I believe that if a woman succeeds in withdrawing from the mass, or rather raising herself from above the mass, she grows ceaselessly and more than a man.” – Arthur Schopenhauer, Schopenhauer and the Wild Years of Philosophy
- “If pain doesn't lead to humility, you have wasted your suffering.” – Katerina Stoykova Klemer
- “How to duplicate yourself: hang out with the same people and say the same things all the time. The you of today is a clone of the you from yesterday.” – Jarod Kintz, This Book is Not for Sale
- “We wait for God to bless us while God waits for us to accept the blessing.” – Betsy Otter Thompson, Walking Through Illusion
- “The average man is hooked to his fellow men, while the warrior is hooked only to infinity.” – Carlos Castaneda
- “A winner knows how much he still has to learn, even when he is considered an expert by others; a loser wants to be considered an expert by others before he has learned enough to know how little he knows.” – Sydney J. Harris

- “When you reread a classic, you do not see more in the book than you did before; you see more in you than there was before.” – Cliff Fadiman
- She hesitated. For two years she had kept as far away from Mikael Blomkvist as she could. And yet he kept sticking to her life like gum on the sole of her shoe, either on the Net or in real life. On the Net it was O.K. There he was no more than electrons and words. In real life, standing on her doorstep, he was still fucking attractive. And he knew her secrets just as she knew all of his. She looked at him for a moment and realized that she now had no feelings for him. At least not those kinds of feelings. He had in fact been a good friend to her over the past year. She trusted him. Maybe. It was troubling that one of the few people she trusted was a man she spent so much time avoiding. Then she made up her mind. It was absurd to pretend that he did not exist. It no longer hurt her to see him. She opened the door wide and let him into her life again.” – Stieg Larsson, *The Girl Who Kicked the Hornet's Nest*
- “Beauty as we feel it is something indescribable; what it is or what it means can never be said.” – George Santayana
- “It may actually be more healthy to be disturbed, confused, or searching than confident, certain, and secure.” – Mark Scandrette, *Soul Graffiti: Making a Life in the Way of Jesus*

- “When you re-read a classic you do not see in the book more than you did before. You see more in you than there was before.” – Clifton Fadiman
- “There is no condition so severe that you cannot reverse it by choosing different thoughts. However, choosing different thoughts requires focus and practice. If you continue to focus as you have been, to think as you have been, and to believe as you have been, then nothing in your experience will change" ~ from 'Ask And It Is Given' ~” – Mary Ann Hickman
- “The gift of willingness is the only thing that stands between the quiet desperation of a disingenuous life and the actualization of unexpressed potential.” Are you ready for the God that dwells in your heart ?” – Roxana Jones, The Four Elements of Life

Chapter 3:

Self Help Affirmations

Synopsis

You are able to affirm yourself into changing anything you want to in your life. Let's look at a few affirmations.



Affirmations

Self Affirmations

- I choose to be happy, healthy and successful.
- Opportunities always come my way. I seize them and accomplish my objectives.
- I always try to be myself. I am good as I am.
- I'm beautiful in and out. I'm attractive and sexy.
- Men want to know me because I'm beautiful by appearance and soul.
- I'm a gorgeous person. I'm a knockout. All eyes look at me when I walk
- I am a go getter and a go giver. The more I give, the more I get.
- Financial success comes to me easily and effortlessly.
- I love myself unconditionally. I am beautiful and so is the world.
- Abundance is my true state of being. I accept it fully and joyously.
- I am a capable person and a deserving human being.
- I love myself for who I am. Wonderful things are happening in my life daily.

- I set and achieve goals easily. I am an achiever.
- I make my own choices and I create my own future.
- I am assertive and in control of myself. I am impartial in my behavior.
- I am a winner and I attract only success.
- I have such a wonderful smile that every one stares at me. I am very pretty and attractive.
- I think positively, take responsibility for my actions and create my own future.
- I am motivated, optimistic and solution oriented.
- I am enthusiastic, energetic and strong. I am health conscious and look after myself properly.

Parent Affirmations

- My child is the apple of my eye and we complement each other perfectly.
- I inculcate discipline and virtues in my child in a loving way.
- My major goal in life is to be the best parent that I can possibly be and all my activities are centered around this goal.

- I hug my children daily and demonstrate my love in other ways as well.
- I love and respect my child as much as I love and respect myself.
- I always pay attention to what my child says and give an appropriate response.
- I take care of all the needs of my child and see to it that s/he is always happy.
- I try to see the world through the eyes of my child and participate in his sense of wonder and joy.
- I understand that children constantly need motivation and I try to be their main source of motivation and inspiration.
- I understand that my child is a separate individual and I give him/her enough space for his/her individuality.
- I take an active interest in the studies of my child and help and guide him/her whenever possible.
- I strive for the all round development of my child and encourage any talent that s/he has.

Self Esteem Affirmations

- I am a cultured and wise and yet, a humble person.

- My high self esteem enables me to respect others and beget respect in turn.
- I am free to make my own choices and decisions.
- I am a unique and a very special person and worthy of respect from others.
- My high self esteem allows me to accept compliments easily and also freely compliment others.
- I love and accept myself unconditionally.
- I approve of myself and feel great about myself.
- I am never alone. The universe supports me and is with me at every step.
- My mind is filled only with loving, healthy, positive and prosperous thoughts which ultimately are converted into my life experiences.
- My mind is full of gratitude for my lovely and wonderful life.
- I radiate love and respect and in return I get love and respect.
- I am a well loved and well respected person.
- I deserve all that is good. I release any need for misery and suffering.

- I release the need to prove myself to anyone as I am my own self and I love it that way.
- I accept others as they are and they in turn accept me as I am.
- It matters little what others say. What matters is how I react and what I believe.
- All is well in my world and I trade love and acceptance with the world.
- I have high self esteem as I respect myself.
- I am solution minded. Any problem that comes up in life is solvable.
- I consciously release the past and live only in the present. That way I get to enjoy and experience life to the full.

Healing Affirmations

- I get good sleep every night and I get up fresh every morning.
- My body metabolism is at its optimum and provides me with all the energy that I need.
- I love exercising and I exercise every day.
- Every day in every way I am getting healthier and healthier.
- I eat healthy and I stay healthy.

- Every day my eyesight is better than the previous day.
- I am pain free in every respect and my body is full of energy.
- I love myself in totality and I radiate energy.
- I am grateful for my healthy body and I bless every part of my body.
- Perfect health is my divine right and I claim it now.
- Every cell in my body is healthy and radiates health.
- Throughout the day I am full of energy.
- I breathe deeply and every breath energizes me.
- My immune system is very strong and can deal with any kind of bacteria, germs and viruses.
- Every organ in my body is healthy and functions at its optimum scale.

Money Affirmations

- I realize that money is essential for leading a good life but that I should not make it the number one priority of life.
- Money and I are friends and our friendship will never fall apart.

- I am a money magnet towards whom money is constantly attracted.
- The Universe is the constant supplier of money for me and I always have enough money to fulfill my needs.
- Every day I am attracting and saving more and more money.
- Whatever activities I perform make money for me and I am always full of money.
- Money Is Good.
- I love money. Money flows easily into my life.
- I attract money naturally. My middle name is money.
- My bank balance is increasing everyday and I always have enough money for myself.
- I am debt free as money is constantly flowing into my life.
- My money consciousness is always increasing and keeping me surrounded by money.
- Money is an integral part of my life and is never away from me.

Relationship Affirmations

- As a teacher, I give my best. My students understand my teaching and love me.

- I love my son/daughter and get along fine with him/her.
- I have nothing but love for my partner.
- I love my children unconditionally and accept them as they are.
- My boss appreciates my work and helps me grow.
- My employees are hardworking and honest and I appreciate and love them.
- Though I am an independent individual, I love and respect my parents and know that they wish only the best for me.
- My fiancée is simply out of this world and our love for each other knows no bounds.
- I love everybody and in turn, everybody loves me.
- My brother/sister and I are a perfect foil for each other. We love, respect and appreciate each other always.
- My life partner/lover and I are soul mates. We complement each other, respect each other and love each other.
- My husband/wife is ideal for me and we reciprocate each other in everything we do.
- In my life, I attract only those people who are in sync with me and who love me unconditionally.

- I am a model student. My teachers are the best. I love them and their teaching.
- _____ and I are friends forever. We understand and complement each other perfectly.



Chapter 4:

Self Help Quotes In Specific Areas

Synopsis

For good self improvement you must have skills in particular areas.
Let's look at quotes for some of these particular areas.



Skills You Need

Affirmations

- Affirmations are statements going beyond the reality of the present into the creation of the future through the words you use in the now. - Louise L. Hay
- One comes to believe whatever one repeats to oneself sufficiently often, whether the statement be true or false. It comes to be dominating thought in one's mind. -Robert Collier
- Any thought that is passed on to the subconscious often enough and convincingly enough is finally accepted. -Robert Collier
- Constant repetition carries conviction. -Robert Collier
- We cannot always control our thoughts, but we can control our words, and repetition impresses the subconscious, and we are then master of the situation. -Florence Scovel Shinn
- An affirmation opens the door. It's a beginning point on the path to change.-Louise L. Hay
- When I talk about doing affirmations, I mean consciously choosing words that will either help eliminate something from your life or help create something new in your life. -Louise L. Hay
- Affirmations are like seed planted in soil. Poor soil, poor growth. Rich soil, abundant growth. The more you choose to

think thoughts that make you feel good, the quicker the affirmations work. -Louise L. Hay

- You become what you think about most of the time. -Brian Tracy
- Every action and feeling is preceded by a thought. -James Allen
- The ancestor of every action is a thought. -Ralph Waldo Emerson
- As a man thinketh in his heart, so is he.- Proverbs 23:7
- Your imagination is your preview of life's coming attractions. - Albert Einstein
- The difference between success and mediocrity is all in the way you think. -Dean Francis
- If you think you can do a thing or think you can't do a thing, you're right. -Henry Ford
- First say to yourself what you would be; and then do what you have to do. -Epictetus
- Only one thing registers on the subconscious mind: repetitive application - practice. What you practice is what you manifest. - Grace Speare
- Our subconscious minds have no sense of humor, play no jokes and cannot tell the difference between reality and an imagined

thought or image. What we continually think about eventually will manifest in our lives.-Sidney Madwed

- You've got to win in your mind before you win in your life. - John Addison
- All men who have achieved great things have been great dreamers. -Orison Swett Marden
- You can do it if you believe you can. -Napoleon Hill
- Any idea, plan, or purpose may be placed in the mind through repetition of thought. -Napoleon Hill
- Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful. -Norman Vincent Peale
- As long as you know what it is you desire, then by simply affirming that it is yours -- firmly and positively, with no ifs, buts, or maybes -- over and over again, from the minute you arise in the morning until the time you go to sleep at night, and as many times during the day as your work or activities permit, you will be drawn to those people, places, and events that will bring your desires to you. -Scott Reed
- These repetitive words and phrases are merely methods of convincing the subconscious mind. -Claude M. Bristol

- You must begin to think of yourself as becoming the person you want to be. -David Viscott
- Believing there is a solution paves the way to a solution. -Dr. David Schwartz
- Whatever the mind of man can conceive and believe, it can achieve. -Napoleon Hill
- Affirmation without discipline is the beginning of delusion. - Jim Rohn
- I figured that if I said it enough, I would convince the world that I really was the greatest. -Muhammad Ali
- You will be a failure, until you impress the subconscious with the conviction you are a success. This is done by making an affirmation which "clicks." -Florence Scovel Shinn
- Belief consists in accepting the affirmations of the soul; unbelief, in denying them. -Ralph Waldo Emerson
- It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen. - Claude M. Bristol
- Practice rather than preach. Make of your life an affirmation, defined by your ideals, not the negation of others. Dare to the level of your capability then go beyond to a higher level. - Alexander Haig

Confidence

- “Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.” – Bernard M. Baruch
- “No one can make you feel inferior without your consent.” – Eleanor Roosevelt, *This is My Story*
- “If ever there is tomorrow when we're not together... there is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is, even if we're apart... I'll always be with you.” – A.A. Milne
- “You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.” – Eleanor Roosevelt, *You Learn by Living: Eleven Keys for a More Fulfilling Life*
- “You wouldn't worry so much about what others think of you if you realized how seldom they do.” – Eleanor Roosevelt
- “Do not fear to be eccentric in opinion, for every opinion now accepted was once eccentric.” – Bertrand Russell

- “Remember that wherever your heart is, there you will find your treasure.” – Paulo Coelho, *The Alchemist*
- “Confidence is ignorance. If you're feeling cocky, it's because there's something you don't know.” – Eoin Colfer, *Artemis Fowl*
- “Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.” – Mahatma Gandhi
- “Accept who you are; and revel in it.” – Mitch Albom, *Tuesdays With Morrie*
- “When someone tells me "no," it doesn't mean I can't do it, it simply means I can't do it with them.” – Karen E. Quinones Miller
- “A dame that knows the ropes isn't likely to get tied up.” – Mae West
- “The eyes of others our prisons; their thoughts our cages.” – Virginia Woolf
- “Success is most often achieved by those who don't know that failure is inevitable.” – Coco Chanel, *Believing in Ourselves: The Wisdom of Women*

- “Never dull your shine for somebody else.” – Tyra Banks
- “If being an egomaniac means I believe in what I do and in my art or music, then in that respect you can call me that... I believe in what I do, and I'll say it.” – John Lennon
- “We either make ourselves miserable, or we make ourselves strong. The amount of work is the same.” – Carlos Castaneda
- “When I was a child my mother said to me, 'If you become a soldier, you'll be a general. If you become a monk, you'll be the pope.' Instead I became a painter and wound up as Picasso.” – Pablo Picasso
- “But ... but what if I hit you?” A snort. “You’re not going to hit me.” “How do you know?” I bristled at his amused tone. “I could hit you. Even master swordsmen make mistakes. I could get a lucky shot, or you might not see me coming. I don’t want to hurt you.” He favored me with another patient look. “And how much experience do you have with swords and weapons in general?” “Um.” I glanced down at the saber in my hand. “Thirty seconds?” He smiled, that calm, irritatingly confident smirk. “You’re not going to hit me.” – Julie Kagawa, *The Iron Queen*
- “What could we accomplish if we knew we could not fail?” – Eleanor Roosevelt

- “A great man is always willing to be little.”– Ralph Waldo Emerson
- “You have no responsibility to live up to what other people think you ought to accomplish. I have no responsibility to be like they expect me to be. It's their mistake, not my failing.”– Richard P. Feynman, Surely You're Joking, Mr. Feynman!
- “I do not care so much what I am to others as I care what I am to myself.”– Michel de Montaigne
- “I’ve come to the conclusion that people who wear headphones while they walk, are much happier, more confident, and more beautiful individuals than someone making the solitary drudge to work without acknowledging their own interests and power.”– Jason Mraz
- “And no one will listen to us until we listen to ourselves.”– Marianne Williamson
- “So many people are shut up tight inside themselves like boxes, yet they would open up, unfolding quite wonderfully, if only you were interested in them.”– Sylvia Plath
- “Somehow I can't believe that there are any heights that can't be scaled by a man who knows the secrets of making dreams come true. This special secret, it seems to me, can be summarized in four Cs. They are curiosity, confidence, courage, and constancy, and the greatest of all is confidence. When you believe in a

thing, believe in it all the way, implicitly and unquestionable.” –
Walt Disney Company

- “Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.” – Norman Vincent Peale
- “Believe in yourself and there will come a day when others will have no choice but to believe with you.” – Cynthia Kersey

Belief

- As a man believes, so he will act.-SAM HARRIS, The End of Faith
- If enough of us believe, a new thing can be made to exist. Belief structure creates a filter through which chaos is sifted into order.-FRANK HERBERT, Heretics of Dune
- Whatever you do, you must remain nimble in your thinking. Do not become so attached to any one belief that you cannot see past it to another possibility. -CHRISTOPHER PAOLINI, Brisingr
- I do not believe in Belief.-E.M. FORSTER, What I Believe
- Belief like any other moving body follows the path of least resistance.-SAMUEL BUTLER, Notebooks

- Belief in the truth commences with the doubting of all those “truths” we once believed.-FRIEDRICH NIETZSCHE, "Truth Will Have No Other Gods Alongside It"
- To doubt everything or to believe everything are two equally convenient solutions; both dispense with the necessity of reflection.-HENRI POINCARÉ, Of Science and Hypotheses
- A belief is like a guillotine, just as heavy, just as light.-FRANZ KAFKA, as quoted in Carol Dingle's Memorable Quotations
- It is time we recognized that belief is not a private matter; it has never been merely private. In fact, beliefs are scarcely more private than actions are, for every belief is a fount of action in potential.-SAM HARRIS, The End of Faith
- If we can once believe that success is possible, success becomes possible.-FRANK CHAPMAN SHARP, Success: A Course in Moral Instruction
- Belief consists in accepting the affirmations of the soul; unbelief, in denying them. Some minds are incapable of skepticism.-RALPH WALDO EMERSON, "Montaigne; or, the Skeptic," Representative Men
- If I let myself believe anything on insufficient evidence, there may be no great harm done by the mere belief; it may be true after all, or I may never have occasion to exhibit it in outward acts. But I cannot help doing this great wrong towards Man, that I make myself credulous. The danger to society is not merely that it should believe wrong things, though that is great

enough; but that it should become credulous, and lose the habit of testing things and inquiring into them; for then it must sink back into savagery. -WILLIAM KINGDON CLIFFORD, *The Ethics of Belief*

- He does not believe that does not live according to his belief.- THOMAS FULLER, *Gnomologia*
- A belief which leaves no place for doubt is not a belief; it is a superstition.-JOSÉ BERGAMÍN, *El cohete y la estrella*
- As belief shrinks from the world, it is more necessary than ever that someone believe. Wild-eyed men in caves. Nuns in black. Monks who do not speak. We are left to believe. Fools, children. Those who have abandoned belief must still believe in us. They are sure they are right not to believe but they know belief must not fade completely. Hell is when no one believes.-DON DELILLO, *White Noise*
- Man is a credulous animal, and must believe something; in the absence of good ground for belief, he will be satisfied with bad ones.-BERTRAND RUSSELL, "An Outline of Intellectual Rubbish," *Unpopular Essays*
- The belief that there is only one truth and that oneself is in possession of it seems to me the deepest root of all evil that is in the world.-MAX BORN, as quoted in Judith Sherven's *The New Intimacy*
- The less depth a belief system has, the greater the fervency with which its adherents embrace it. The most vociferous, the most

fanatical are those whose cobbled faith is founded on the shakiest grounds.-DEAN KOONTZ, Forever Odd

- Belief was immune to logic; it operated by its own laws.-JAMES SIEGEL, Detour
- The man who is unhappy will, as a rule, adopt an unhappy creed, while the man who is happy will adopt a happy creed; each may attribute his happiness or unhappiness to his beliefs, while the real causation is the other way round. -BERTRAND RUSSELL, The Conquest of Happiness
- All religious beliefs seem weird to those not brought up in them.-RICHARD DAWKINS, The God Delusion
- What the whole community comes to believe in grasps the individual as in a vise.-WILLIAM JAMES, The Moral Equivalent of War
- Your beliefs will be the light by which you see, but they will not be what you see and they will not be a substitute for seeing.-FLANNERY O'CONNOR, Mystery and Manners
- One believes things because one has been conditioned to believe them.-ALDOUS HUXLEY, Brave New World
- Believe in one thing too much and you have no room for new ideas.-RAY BRADBURY, The October Country
- The most violent revolutions in an individual's beliefs leave most of his old order standing. Time and space, cause and

effect, nature and history, and one's own biography remain untouched. New truth is always a go-between, a smoother-over of transitions. It marries old opinion to new fact so as ever to show a minimum of jolt, a maximum of continuity.-WILLIAM JAMES, "What Pragmatism Means," Pragmatism

- If you only believe when it's easy, you don't really believe.-LAURELL K. HAMILTON, Obsidian Butterfly
- If you can conceive it and believe it, you can achieve it.-JESSE JACKSON, Straight from the Heart
- A wise man ... proportions his belief to the evidence.-DAVID HUME, An Enquiry Concerning Human Understanding
- A belief is not true because it is useful.-HENRI FRÉDÉRIC AMIEL, as quoted in Bob Kelly's Worth Repeating
- Many people have died for their beliefs. The real courage is living and suffering for what you believe.-CHRISTOPHER PAOLINI, Eragon
- It is easier to argue that something nobody believes in actually exists than it is to argue that something everybody believes in is unreal.-SAMUEL R. DELANY, Neverÿon
- Though my sight be lost, I do not yet lose my faith: when I can no longer see, I can still believe. -IVAN PANIN, Thoughts

- Our belief at the beginning of a doubtful undertaking is the one thing that ensures the successful outcome of the venture.-
WILLIAM JAMES, *The Varieties of Religious Experience*
- Human beliefs, like all other natural growths, elude the barriers of system.-GEORGE ELIOT, *Silas Marner*
- I've caught belief like a disease. I've fallen into belief like I fell in love.-GRAHAM GREENE, *The End of the Affair*
- The child learns to believe a host of things. I.e. it learns to act according to these beliefs. Bit by bit there forms a system of what is believed, and in that system some things stand unshakably fast and some are more or less liable to shift. What stands fast does so, not because it is intrinsically obvious or convincing; it is rather held fast by what lies around it.-
LUDWIG WITTGENSTEIN, *On Certainty*
- The facts of life do not penetrate to the sphere in which our beliefs are cherished; they did not engender those beliefs, and they are powerless to destroy them.-MARCEL PROUST, *Swann's Way*

Chapter 5:

Conclusion

As you work more and more with affirmations -- written, spoken, read, meditated on -- you'll make them part of your lifestyle. Affirmations are already working for (or against!) you. It's your job to choose the ones you wish to live by. Remember, you're already utilizing affirmations every time you think or speak! If your present affirmations are disempowering, you are able to intentionally alter them to ones that you decide to live by.

