

# BEST QUOTES ON HUMAN RELATIONS

I started noticing racism as a teenager....We were treated differently and it was a bitter and hurtful experience. I was treated badly because I was poor, Mexican American, and a girl.

--Dolores Huerta

Blessed is the influence of one true, loving human soul on another.

--George Eliot

My motto for the home, in education as in life, is this: For heaven's sake, let people live their own lives. It is an attitude that fits any situation.

--A. S. Neill

Prejudices are rarely overcome by argument; not being founded on reason, they cannot be destroyed by logic.

--Tryon Edwards

Prejudice is a great time saver. You can form opinions without having to get the facts.

--E. B. White

Empathy is as important as literacy. When we read with a child, we are doing so much more than teaching him to read or instilling in her a love of language. We are doing something that I believe is just as powerful, and it is something that we are losing as a culture: By reading with a child, we are teaching that child to be human.

—Anna Dewdney

During my second year of nursing school our professor gave us a quiz. I breezed through the questions until I read the last one: 'What is the first name of the woman who cleans the school?' Surely this was a joke. I had seen the cleaning woman several times, but how would I know her name? I handed in my paper, leaving the last question blank. Before the class ended, one student asked if the last question would count toward our grade. 'Absolutely,' the professor said. 'In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello.' I've never forgotten that lesson. I also learned her name was Dorothy.

—Joann C. Jones

When you have seen vicious mobs lynch your mothers and fathers at will and drown your sisters and brothers at whim; when you have seen hate filled policemen curse, kick and even kill your black brothers and sisters; when you see the vast majority of your 20 million Negro brothers smothering in an airtight cage of poverty in the midst of an affluent society; when you suddenly find your tongue twisted and your speech stammering as you seek to explain to your 6-year-old-daughter why she can't go the public amusement park that has just been advertised on television, and see tears welling up in her eyes when she is told that Funtown is closed to colored children, and see ominous clouds of inferiority beginning to form in her little mental sky, and see her beginning to distort her personality by developing an unconscious bitterness toward white people.

--Dr. Martin Luther  
King, Jr.

Each second we live is a new and unique moment of the universe, a moment that never was before and will never be again. And what do we teach our children in school? We teach them that two and two make four and that Paris is the capital of France. When will we also teach them what they are? We should say to each of them....'Do you know what you are?' You are a marvel. You are unique. In all of the world there is no other child exactly like you. In the millions of years that have passed there has never been another child like you. And look at your body....what a wonder it is! You may become a Shakespeare, a Michelangelo, a Beethoven. You have the capacity for anything. Yes, you are a marvel. And when you grow up, can you then harm another who is, like you, a marvel? You must cherish one another. You must work; we all must work to make this world worthy of its children. The love of one's country is a natural thing. But why should love stop at the border? We are all leaves of a tree and the tree is humanity.

--Pablo Casals

Prejudice is the child of ignorance.

--William Hazlitt

There is but one race—humanity.

--George Moore

Before God and the bus driver we are all equal.

--German Proverb

Almost all of our sorrows spring out of our relations with other people.

—Arthur Schopenhauer

I note the obvious differences between each sort and type, but we are more alike, my friends, than we are unlike.

--Maya Angelou

Be ashamed to die until you have won some victory for humanity.

--Horace Mann

That a Jew is despised or persecuted is bad for him, of course—but far worse for the Christian who does it—for although persecuted he can remain a good Jew—whereas no Christian who persecutes can possibly remain—if he ever was one—a good Christian.

--Phyllis Bottome

Every bigot was once a child free of prejudice.

--Sister Mary de Lourdes

People are basically the same the world over. Everybody wants the same things - to be happy, to be healthy, to be at least reasonably prosperous, and to be secure. They want friends, peace of mind, good family relationships, and hope that tomorrow is going to be even better than today.

—Zig Ziglar

I believe that the rights of women and girls is the unfinished business of the 21st century. We see women and girls across the world who are oppressed and violated and demeaned and degraded and denied so much of what they are entitled to as our fellow human beings.

--Hillary Clinton

I don't have time to worry about who doesn't like me...I'm too busy loving the people who love me.

—Ged Backland

Pretend that every single person you meet has a sign around his or her neck that says, 'Make me feel important.' Not only will you succeed in sales, you will succeed in life.

--Mary Kay Ash

It is silly to go on pretending that under the skin we are brothers. The truth is more likely that under the skin we are all cannibals, assassins, traitors, liars and hypocrites.

—Henry Miller

We are everlasting debtors to known and unknown men and women.... When we arise in the morning, we go into the bathroom where we reach for a sponge provided for us by a Pacific Islander. We reach for soap that is created for us by a Frenchman. The towel is provided by a Turk. Then at the table we drink coffee which is provided for us by a South American, or tea by a Chinese, or cocoa by a West African. Before we leave for our jobs, we are beholden to more than half the world.

—Martin Luther  
King, Jr.

There is no such thing as a ‘self-made’ man. We are made up of thousands of others. Everyone who has ever done a kind deed for us, or spoken one word of encouragement to us, has entered into the make-up of our character and of our thoughts, as well as our success.

--George Matthew Adams

Science may have found a cure for most evils; but it has found no remedy for the worst of them all—the apathy of human beings.

--Helen Keller

The hardest thing to cope with is not selfishness or vanity or deceitfulness, but sheer stupidity.

--Eric Hoffer

It’s a beautiful day, and we walk past boutiques, restaurants, and packed sidewalk cafés....The pair of high-school-age girls walking down Boylston Street, silent, typing. The table of brunchers ignoring their mimosas (and one another) in favor of their screens. The kid in the stroller playing with an iPad. The sea of humans who...on this sparkling Saturday...seem to be, indeed, alone together.

--Megan Garber

My unhappy reactions to Facebook may be more universal than I had realized. When I scroll through page after page of my friends’ descriptions of how accidentally eloquent their kids are, and how their husbands are endearingly bumbling, and how they’re all about to eat a home-cooked meal prepared with fresh local organic produce bought at the farmers’ market and then go for a jog and maybe check in at the office because they’re so busy getting ready to hop on a plane for a week of luxury dogsledding in Lapland, I do grow slightly more miserable. A lot of other people doing the same thing feel a little bit worse, too.

--Stephen Marche

A pretty face is nothing if you have an ugly heart.

—Ged Backland

Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry and die, it can introduce the idea that if we try and understand each other, we may even become friends.

—Maya Angelou

A Muslim, a Jew, a Christian, and an atheist all walk in to a coffee shop...and they talk, laugh, drink coffee and became good friends. It's not a joke. It's what happens when you're not an asshole.

—*facebook.com/theidealist*

Why should we not all live in peace and harmony? We look up at the same stars, we are fellow-passengers on the same planet and dwell beneath the same sky. What matters it along which road each individual endeavors to find the ultimate truth? The riddle of existence is too great that there should be only one road leading to an answer.

—Quintus Aurelius  
Symmachus

Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.

--Dr. Martin Luther  
King, Jr.

Starving a child is violence;  
Depressing a culture is violence;  
Neglecting school children is violence;  
Punishing a mother and her family is violence;  
Discrimination against a working man is violence;  
Ghetto housing is violence;  
Ignoring medical needs is violence;  
Contempt for poverty is violence;  
And the lack of will power to help humanity is a sick and sinister form of violence.

--Coretta Scott King

Being racist and sexist are a state of mind and a choice.

--Marian Wright  
Edelman

Racism is so universal in this country, so widespread and deep-seated, that it is invisible because it is so normal.

--Shirley Chisholm

Too many of our countrymen rejoice in stupidity, look upon ignorance as a badge of honor. They condemn everything they don't understand.

--Tallulah Bankhead

Where, after all, do universal human rights begin? In small places, close to home—so close and so small that they cannot be seen on any map of the world. Yet they are the world of the individual person: the neighborhood he lives in; the school or college he attends; the factory, farm or office where he works. Such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world.

--Eleanor Roosevelt

We are all citizens of one world, we are all of one blood. To hate a man because he was born in another country, because he speaks a different language, or because he takes a different view on this subject or that, is a great folly. Desist, I implore you, for we are all equally human....Let us have but one end in view, the welfare of humanity.

--Johann Amos Comenius

Prejudices are the chains forged by ignorance to keep men apart.

--Countess of Blessington

Race prejudice is not only a shadow over the colored—it is a shadow over all of us, and the shadow is darkest over those who feel it least and allow its evil effects to go on.

--Pearl S. Buck

Prejudices, it is well known, are most difficult to eradicate from the heart whose soil has never been loosened or fertilized by education; they grow there, firm as weeds among stones.

--Charlotte Brontë

There are only two ways to be quite unprejudiced and impartial. One is to be completely ignorant. The other is to be completely indifferent.

--Charles Curtis

We are (all) tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. As long as there is poverty in the world, no man can be totally rich....I can never be what I ought to be until you are what you ought to be. You can never be what you ought to be until I am what I ought to be

--Martin Luther King, Jr.

(People) often hate each other because they fear each other; they fear each other because they do not know each other; they do not know each other because they cannot communicate; they cannot communicate because they are separated.

--Martin Luther King, Jr.

He prayed—it wasn't my religion.

He ate—it wasn't what I ate.

He spoke—it wasn't my language.

He dressed—it wasn't what I wore.

He took my hand—it wasn't the color of mine.

But when he laughed—it was  
how I laughed, and when he cried—

it was how I cried.

--Amy M. Maddox, 16,  
Franklin  
Community High  
School,  
Bargersville, IN.

It is persons least like ourselves who often teach us most about ourselves. They challenge us to examine what we have uncritically assumed to be true and raise our eyes to wider horizons. When people who are very different from one another must live and work together, tolerance and civility are the only hopes for peace. How we deal with our differences, how we nurture our shared bonds, will in large part determine the future...of our society and of our country.

--James O. Freedman,  
President,  
Dartmouth College

Science may have found a cure for most evils: but it has found no remedy for the worst of them all—the apathy of human beings.

--Helen Keller

Almost all of our relationships begin, and most of them continue, as forms of mutual exploitation, a mental or physical barter, to be terminated when one or both parties run out of goods.

--W. H. Auden

Tolerance is the positive and cordial effort to understand another's beliefs, practices, and habits without necessarily sharing or accepting them.

--Joshua Liebman

It is critical that we take charge of our own destiny and stop waiting for some unknown mythical being to come along and wipe racism from the face of this earth.

--David C. Wilson

The only justification for ever looking down on somebody is to pick them up.

--Jesse Jackson

The American economy, the American society, the American unconscious are all racist.

--Michael Harrington

Freedom of speech means that you shall not do something to people either for the views they have, or the views they express, or the words they speak or write.

--Hugo Black

No man really knows about other human beings. The best he can do is to suppose that they are like himself.

--John Steinbeck

The more you see of people here or anywhere else, the more you realize that the whole world's like a play. You can change the costumes and some of the lines, but the characters are the same all over.

--Luella Foster

'Freedom from fear' could be said to sum up the whole philosophy of human rights.

--Dag Hammarskjöld

In the matter of therapy, humanity is in the highest degree irrational, so that there is no prospect of influencing it by reasonable arguments...Against prejudice one can do nothing.

--Sigmund Freud

Thwarted lives have the most character-conditioned hate...The easiest idea to sell anyone is that he is better than someone else. The appeal of the Ku Klux Klan and racist agitators rests on this type of salesmanship.

--Gordon W. Allport

There is no more evil thing in this world than race prejudice...It justifies and holds together more baseness, cruelty, and abomination than any other sort of error in the world.

--H. G. Wells

The mind of a bigot is like the pupil of the eye; the more light you pour upon it, the more it will contract.

--Oliver Wendell  
Holmes, Jr.

If we were to wake up some morning and find that everyone was the same race, creed and color, we would find some other causes for prejudice by noon.

--Senator George Aiken

Assuredly nobody will care for him who cares for nobody.

--Thomas Jefferson

I am free of all prejudice. I hate everyone equally.

--W. C. Fields

Prejudice, n. A vagrant opinion without visible means of support.

--Ambrose Bierce

Men build too many walls and not enough bridges.

--Isaac Newton

This could be such a beautiful world if we could all care just a little more.

--Rosalind Welcher

This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in.

--Theodore Roosevelt

By law of nature all men are equal.

--Domitius Ulpian

I tend to be suspicious of people whose love of animals is exaggerated; they are often frustrated in their relationships with humans.

--Camilla Koffler

Before I judge my neighbor, let me walk a mile in his moccasins.

--Sioux Proverb

Treat all men alike. Give them all the same laws. Give them all an even chance to live and grow.

--Chief Joseph

Nine out of every ten people improve on acquaintance.

--Frank Swinnerton

I am part of all that I have met.

--Alfred, Lord Tennyson

The worst sin towards our fellow creatures is not to hate them, but to be indifferent to them; that's the essence of inhumanity.

--George Bernard Shaw

With three or more people there is something bold in the air: direct things get said which would frighten two people alone and conscious of each inch of their nearness to one another. To be three is to be in public—you feel safe.

--Elizabeth Bowen

We should ever conduct ourselves towards our enemy as if he were one day to be our friend.

--Cardinal Newman

If you treat men the way they are you never improve them. If you treat them the way you want them to be, you do.

--Johann von Goethe

Do not do unto others as you would that they should do unto you.  
Their tastes may not be the same.

--George Bernard Shaw

See everything: overlook a great deal: correct a little.

--Pope John XXIII

No man is an Island intire of it self; every man is a peece of the Continent, a part of the maine; if a Clod be washed away by the sea, Europe is the lesse, as well as if a Promontorie were, as well as if a manor of thy friends or thine own were. Any man's death diminishes me because I am involved in Mankinde, and therefore never send to know for whom the bell tolls; It tolls for thee.

--John Donne

Everyone is a prisoner of his own experiences. No one can eliminate prejudices—just recognize them.

--Edward R. Murrow

We are chameleons, and our partialities and prejudices change places with an easy and blessed facility.

--Mark Twain

We hate some persons because we do not know them; and will not know them because we hate them.

--Charles Caleb Colton

Many studies have discovered a close link between prejudice and 'patriotism'...Extreme bigots are almost always super-patriots.

--Gordon W. Allport

There are too many people, and too few human beings.

--Robert Zend

Nothing is so firmly believed as that which is least known.

--Michel de Montaigne

Prejudgments become prejudices only if they are not reversible when exposed to new knowledge.

--Gordon W. Allport

There are only two ways to be quite unprejudiced and impartial. One is to be completely ignorant. The other is to be completely indifferent. Bias and prejudice are attitudes to be kept in hand, not attitudes to be avoided.

--Charles P. Curtis

Prejudice not being founded on reason cannot be removed by argument.

--Samuel Johnson

Racism is man's gravest threat to man—the maximum of hatred for a minimum of reason.

--Abraham Joshua  
Herchel

In America, the development of the individual and his creative powers is possible, and that, to me, is the most valuable asset in life. In some countries men have neither political rights nor the opportunity for free intellectual development. But for most Americans such a situation would be intolerable.

--Albert Einstein

I am a man; I deem nothing human alien to me.

--Terence

Though all society is founded on intolerance, all improvement is founded on tolerance.

--George Bernard Shaw

A man without force, is without the essential dignity of humanity. Human nature is so constituted, that it cannot honor a helpless man, although it can pity him.

--Frederick Douglass

Experience proves that those are oftenest abused who can be abused with the greatest impunity. Men are whipped oftenest who are whipped easiest.

--Frederick Douglass

Prejudices subsist in people's imagination long after they have been destroyed by their experience.

--Ernest Dimnet

Brotherhood is not so wild a dream as those, who profit by postponing it, pretend.

--Eric Sevareid

A man may have strong humanitarian and democratic principles; but if he happens to have been brought up as a bath-taking, shirt-changing lover of fresh air, he will have to overcome certain physical repugnances before he can bring himself to put those principles into practice.

--Aldous Huxley

Clasp the hands and know the thoughts of men in other lands.

--John Masefield

Either men will learn to live like brothers, or they will die like beasts.

--Max Lerner

Those who love not their fellow-beings live unfruitful lives, and prepare for their old age a miserable grave.

--Percy Bysshe Shelley

Our true nationality is mankind.

--H. G. Wells

In life there is really no great or small thing. All things are of equal value and of equal size.

--Oscar Wilde

There is no merit in equality, unless it be equality with the best.

--John Lancaster  
Spalding

There can be no truer principle than this—that every individual of the community at large has an equal right to the protection of government.

--Alexander Hamilton

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of happiness.

--Thomas Jefferson

All of us do not have equal talent, but all of us should have an equal opportunity to develop our talents.

--John F. Kennedy

Let us forget such words, and all they mean,  
as Hatred, Bitterness and Rancor, Greed,  
Intolerance, Bigotry; let us renew  
our faith and pledge to Man, his right to be  
Himself, and free.

--Edna St. Vincent Millay

It is better to die on your feet than to live on your knees.

--Dolores Ibarruri

Almost nobody means precisely what he says when he makes the declaration, 'I'm in favor of free speech.'

--Heywood Broun

What the world needs is not redemption from sin but redemption from hunger and oppression; it has no need to pin its hopes upon Heaven, it has everything to hope for from this earth.

--Friedrich Durrenmatt

None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free.

--Pearl S. Buck

Is life so dear or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take, but as for me, give me liberty or give me death!

--Patrick Henry

My fellow citizens of the world: ask not what America will do for you, but what together we can do for the freedom of man.

--John F. Kennedy

Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, in order to assure the survival and the success of liberty.

--John F. Kennedy

No democracy can long survive which does not accept as fundamental to its very existence the recognition of the right of minorities.

--Franklin D. Roosevelt

All things whatsoever ye would that men should do to you, do ye even so to them: for this is the Law and the Prophets.

--Jesus of Nazareth

We must learn to live together as brothers or perish together as fools.

--Martin Luther King, Jr.

Never try to reason the prejudice out of a man. It was not reasoned into him and cannot be reasoned out.

--Sydney Smith

Personal liberty is the paramount essential to human dignity and human happiness.

--Edward Bulwer-Lytton

Human brotherhood is not just a goal. It is a condition on which our way of life depends. The question for our time is not whether all men are brothers. That question has been answered by the God who placed us on this earth together. The question is whether we have the strength and the will to make the brotherhood of man the guiding principle of our daily lives.

--John F. Kennedy

As far as the law of nature is concerned, all men are equal.

--Roman Legal Maxim

Live and let live.

--Arab Proverb

Bigotry is being certain of something you know nothing about.

--Unknown

The tendency of the casual mind is to pick out or stumble upon a sample which supports or defies its prejudices, and then to make it the representative of a whole class.

--Walter Lippmann

A bigot is a person who slams his mind in your face.

--Unknown

To live anywhere in the world today and be against equality because of race or color, is like living in Alaska and being against snow.

--William Faulkner

There is a tendency to judge a race, a nation or any distinct group by its least worthy members.

--Eric Hoffer

In the end, as any successful teacher will tell you, you can only teach the things that you are. If we practice racism then it is racism that we teach.

--Max Lerner

Prejudice is an unwillingness to be confused with facts.

--Unknown

What happens to a dream deferred?

Does it dry up

like a raisin in the sun?...

Or does it explode?

--Langston Hughes

Give me your tired, your poor,  
Your huddled masses yearning to breathe free,  
The wretched refuse of your teeming shore,  
Send these, the homeless, tempest-tossed, to me:  
I lift my lamp beside the golden door.

--Emma Lazarus

Men have no special right because they belong to one race or another: the word man defines all rights.

--José Martí

You can't hold a man down without staying down with him.

--Booker Taliaferro  
Washington

Herein lies the tragedy of the age: not that men are poor—all men know something of poverty; not that men are wicked—who is good? Not that men are ignorant—what is truth? Nay, but that men know so little of men.

--W. E. B. DuBois

Every race and every nation should be judged by the best it has been able to produce, not by the worst.

--James Weldon Johnson

This nation was founded by men of many nations and backgrounds. It was founded on the principle that all men were created equal, and that the rights of every man are diminished when the rights of one man are threatened.

--John F. Kennedy

Loyalty to petrified opinion never yet broke a chain or freed a human soul.

--Mark Twain

If you do not understand a man you cannot crush him. And if you do understand him, very probably you will not.

--G. K. Chesterton

Each of us really understands in others only those feelings he is capable of reducing himself.

--Andre Gide

Until we know what motivates the hearts and minds of men we can understand nothing outside ourselves, nor will we ever reach fulfillment as that greatest miracle of all, the human being.

--Marya Mannes

Ten lands are sooner known than one man.

--Yiddish Proverb

Injustice anywhere is a threat to justice everywhere.

--Martin Luther King, Jr.

Prejudice is the reasoning of the stupid.

--Voltaire

Prejudice is a mist, which, in our journey through the world, often dims the brightest, and obscures the best of all the good and glorious objects that meet us on our way.

--*Tales of Passions*

All looks yellow to the jaundiced eye.

—Alexander Pope

Prejudice is the reason of fools.

--Voltaire

Reasoning against a prejudice is like fighting against a shadow; it exhausts the reasoner, without visibly affecting the prejudice. Argument cannot do the work of instruction any more than blows can take the place of sunlight.

--Charles Mildmay

Beware of prejudices. They are like rats, and men's minds are like traps; prejudices get in easily, but it is doubtful if they ever get out.

--Francis Jeffrey

Prejudices are what rule the vulgar crowd.

--Voltaire

The great obstacle to progress is prejudice.

--Christian Nestell Bovee

In whatever mind prejudice dwells, it acts, in relation to truth, as alkali does in relation to acids, neutralizing its power. Arguments the most cogent, discourse the most powerful, can be neutralized at once by some prejudice in the mind.

--David Thomas

Along the way of life, someone must have sense enough and morality enough to cut off the chain of hate. This can only be done by projecting the ethic of love to the center of our lives.

--Martin Luther King, Jr.

Know all and you will pardon all.

--Greek Proverb

The only way to live happily with people is to overlook their faults and admire their virtues.

--David Goodman

We have committed the Golden Rule to memory; let us now commit it to life.

--Edwin Markham

Men build too many walls and not enough bridges.

--Dominique Georges Pire

Human rights rest on human dignity. The dignity of man is an ideal worth fighting for and worth dying for.

--Robert Maynard

The ultimate end of all revolutionary social change is to establish the sanctity of human life, the dignity of man, the right of every human being to liberty and well-being.

--Emma Goldman

From the beginning of our history the country has been afflicted with compromise. It is by compromise that human rights have been abandoned.

--Charles Sumner

We must remember that any oppression, any injustice, any hatred, is a wedge designed to attack our civilization.

--Franklin Delano  
Roosevelt

On this shrunken globe, men can no longer live as strangers.

--Adlai E. Stevenson

Brotherhood is not just a *Bible* word. Out of comradeship can come and will come the happy life for all.

--Heywood Broun

There is a destiny that makes us brothers:  
None goes his way alone:  
All that we send into the lives of others  
Comes back onto our own.

--Edwin Markham

Brotherhood is the very price and condition of man's survival.

--Carlos P. Romulo

We do not want the men of another color for our brothers-in-law, but we do want them for our brothers.

--Booker T. Washington

Not to fight at all is to choose a weapon by which one fights. Perhaps the authentic moral stature of a man is determined by his choice of weapons which he uses in his fight against the adversary. Of all weapons, love is the most deadly and devastating, and few there be who dare trust their fate in its hands.

--Howard Thurman

We live in a world that has narrowed into a neighborhood before it has broadened into a brotherhood.

--Lyndon Baines Johnson

I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality...I believe that unarmed truth and unconditional love will have the final word.

--Martin Luther King, Jr.

Chance has never yet satisfied the hope of a suffering people. Action, self-reliance, the vision of self and the future have been the only means by which the oppressed have seen and realized the light of their own freedom.

--Marcus Garvey

There was only one thing I could do—hammer relentlessly, continually crying aloud, even if in a wilderness, and force open, by sheer muscle power, every closed door.

--Adam Clayton  
Powell, Jr.

It...occurred to me that a system of oppression draws much of its strength from the acquiescence of its victims who have accepted the dominant image of themselves and are paralyzed by a sense of helplessness.

--Pauli Murray

Be not discouraged. There is a future for you....The resistance encountered now predicates hope....Only as we rise...do we encounter opposition.

--Frederick Douglass

If there is no struggle, there is no progress. Those who profess to favor freedom, and yet deprecate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightning. They want the ocean without the awful roar of its many waters. This struggle may be a moral one; or it may be a physical one; or it may be both moral and physical; but it must be a struggle. Power concedes nothing without a demand. It never did and it never will. Find out just what any people will quietly submit to and you have found out the exact measure of injustice and wrong that will be imposed upon them, and these will continue till they are resisted with either words or blows or with both. The limits of tyrants are prescribed by the endurance of those whom they oppress.

--Frederick Douglass

The only protection against injustice in man is power—physical, financial, and scientific.

--Marcus Garvey

The 1990s are different from the '50s and '60s. The new segregation of the '90s is between the educated *haves* and the uneducated *have-nots*.

--Manning Marable

I must oppose any attempt that Negroes may make to do to others what has been done to them....I know the spiritual wasteland to which that road leads...whoever debases others is debasing himself.

--James Baldwin

I felt somehow for many years that George Washington and Alexander Hamilton just left me out by mistake. But through the process of amendment, interpretation, and court decision, I have finally been included in 'We, the people.'

--Barbara Jordan

Men who are in earnest are not afraid of consequences.

--Marcus Garvey

I started with this idea in my head, 'There's two things I've got a right to, death or liberty.'

--Harriet Tubman

Has any Negro ever confessed that civil rights can be a boring issue? Necessary, yes, but boring as well because it is war, and only the sick can like war.

--John A. Williams

I believe in the brotherhood of man, all men, but I don't believe in brotherhood with anybody who doesn't want brotherhood with me. I believe in treating people right, but I'm not going to waste my time trying to treat somebody right who doesn't know how to return that treatment.

--Malcolm X

The individual who commits violence in the name of peace is steady on the road to becoming that which he hates.

--Laurence J. Peter

Prejudice may be defined as thinking ill of others without sufficient warrant.

--Gordon Allport

There is no prejudice so strong as that which arises from a fancied exemption from all prejudice.

--William Hazlitt

Human diversity makes tolerance more than a virtue; it makes it a requirement for survival.

--René Dubos

A prejudice is an unwillingness to examine fairly the evidence and reasoning in behalf of a person or thing which is the object of prejudice. It is a prejudgment caused by indoctrination, conditioning, or some prior experience of a singularly pleasant or unpleasant character. A prejudice has strong and deep emotional support.

--Robert W. Allen and  
Lorne Greene

Tolerance of diversity is imperative, because without it, life would lose its savor. Progress in the arts, in the sciences, in the patterns of social adjustment springs from diversity and depends upon a tolerance of individual deviations from conventional ways and attitudes.

--Alan Barth

If a man hasn't discovered something that he will die for, he isn't fit to live.

--Martin Luther King, Jr.

There is a destiny that makes us brothers:  
None goes his way alone:  
All that we send into the lives of others  
Comes back into our own.

--Edwin Markham

All things are bound together.  
All things connect.  
What happens to the Earth.  
Happens to the children of the Earth.  
Man has not woven the web of life.  
He's but one thread.  
Whatever he does to the web  
He does to himself.

--Chief Seattle, [1856]

In the last analysis, we see only what we are prepared to see, what we have been taught to see. We eliminate and ignore everything that is not part of our prejudices.

--Jean Martin Charcot

He drew a circle that shut me out,  
But love and I had the wit to win;  
We drew a larger circle that took him in.

--Edwin Markham

People are lonely because they build walls instead of bridges.

--Joseph Fort Newton

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

--Martin Luther King, Jr.

No one can make you feel inferior without your permission.

--Eleanor Roosevelt

The search for common ground with other people is the human race's only hope for eliminating hatred.

--Maya Angelou

## **SILENCE**

Too many women in too many countries speak the same language—of silence.

My grandmother was always silent, always aggrieved, only her husband had the cosmic right (or so it was said) to speak and be heard.

They say it is different now, but sometimes, I wonder. When a woman gives her love, as most do, generously, it is accepted. When a woman shares her thoughts, as some women do, graciously, it is allowed.

When a woman fights for power, as all women would like to, quietly or loudly, it is questioned.

And yet, there must be freedom, if we are to speak. And yes, there must be power, if we are to be heard. And When we have both (freedom and power), let us not be misunderstood.

--Anasuya Sengupta

Great men cultivate love...only little men cherish a spirit of hatred.

--Booker T. Washington

The strong man is the man who can stand up for his rights and not hit back.

--Martin Luther King, Jr.

Where there is hope there is life, where there is life there is possibility, and where there is possibility change can occur.

--Jesse Jackson

For those of us who have brothers or sisters, our relationships with them will likely be the longest of our life.

—Ben Healy

There is nothing in all the world greater than freedom. It is worth paying for....If physical death is the price that some must pay to free their children from a permanent life of psychological death, then nothing could be more honorable.

--Martin Luther King, Jr.

If you want us to stop marching, make justice a reality. I don't mind saying...I'm tired of marching for something that should've been mine at birth....I don't march because I like it. I march because I must.

--Martin Luther King, Jr.

This is the ultimate tragedy of segregation. It not only harms one physically but injures one spiritually. It scars the soul and degrades the personality. It inflicts the segregated with a false sense of inferiority, while (giving) the segregator...a false estimate of his own superiority.

--Martin Luther King, Jr.

I want young men and young women who are not alive today but who will come into this world, with privileges and new opportunities. I want them to know and see that these new privileges and opportunities did not come without somebody suffering and sacrificing for them.

--Martin Luther King, Jr.

Whatever career you may choose for yourself (also) become a dedicated fighter for civil rights....It will make you a better doctor, a better lawyer, a better teacher....Make a career of humanity....You will make a greater person of yourself, a greater nation of your country, and a finer world to live in.

--Martin Luther King, Jr.

The price of hating other human beings is loving oneself less.

--Eldridge Cleaver

Even though morality cannot be legislated, behavior can be regulated....It may be true that the law can't make a man love me, but it can keep him from lynching me.  
--Martin Luther King, Jr.

It is never too late to give up your prejudices.  
--Henry David Thoreau

Man is free because he is free to operate within the framework of his destiny. He is free to deliberate, to make decisions, and to choose between alternatives. He is distinguished from animals by his freedom to do evil or to do good and to walk the high road of beauty or tread the low road of ugly degeneracy.  
--Martin Luther King, Jr.

America is not a melting pot. It is a sizzling cauldron.  
--Barbara Ann Mikulski

Arrows of hate have been shot at me too; but they never hit me, because somehow they belonged to another world, with which I have no connection whatsoever.  
--Albert Einstein

I am absolutely convinced that no wealth in the world can help humanity forward, even in the hands of the most devoted worker. The example of great and pure individuals is the only thing that can lead us to noble thoughts and deeds. Money only appeals to selfishness and irresistibly invites abuse. Can anyone imagine Moses, Jesus or Gandhi armed with the money-bags of Carnegie?  
—Albert Einstein

I didn't know I was a slave until I found out I couldn't do what I wanted.  
--Frederick Douglass

I submit that an individual who breaks a law that conscience tells him is unjust, and who unwillingly accepts the penalty of imprisonment in order to rouse the conscience of the community over its injustice, is in reality expressing the highest respect for the law.  
--Martin Luther King, Jr.

Freedom is what you do with what's been done to you.  
--Jean-Paul Sartre

Non-violence is a powerful and just weapon. It is a weapon unique in history, which cuts without wounding and ennobles the man who wields it. It is a sword that heals.

--Martin Luther King, Jr.

It is possible for a single individual to defy the whole might of an unjust empire to save his honour, his religion, his soul, and lay the foundation for that empire's fall or its regeneration.

--Gandhi

No actual suffering but the hope of better things incites people to revolt.

--Eric Hoffer

It is a great shock at the age of 5 or 6 to find that in a world of Gary Coopers you are the Indian.

--James Baldwin

Since my little daughter is only half Jewish, would it be alright if she went into the pool only up to her waist?

--Groucho Marx

(Applying for  
membership in a  
Country Club)

One may no more live in the world without picking up the moral prejudices of the world than one will be able to go to hell without perspiring.

--H. L. Mencken

It is not healthy when a nation lives within a nation, as coloured Americans are living inside America. A nation cannot live confident of its tomorrow if its refugees are among its own citizens.

--Pearl Buck

It's the action, not the fruit of the action, that's important. You have to do the right thing. It may not be in your power, may not be in your time, that there'll be any fruit. But that doesn't mean you stop doing the right thing. You may never know what results come from your action. But if you do nothing, there will be no result.

--Gandhi

There is nothing stronger than human prejudice.

--Wendell Phillips

In overcoming prejudice, working together is even more effective than talking together.

--Ralph Sockman

You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

--Mohandas Gandhi

Judge people from where they stand, not from where you stand.

--Unknown

Freedom is participation in power.

--Marcus Tullius Cuero

It is easier to love humanity as a whole than to love one's neighbor.

--Eric Hoffer

A riot is the language of the unheard.

--Dr. Martin Luther  
King, Jr.

In no sense do I advocate evading or defying the law...That would lead to anarchy....An individual who breaks a law that conscience tells him is unjust, and who willingly accepts the penalty of imprisonment in order to arouse the conscience of the community over its injustice, is in reality expressing the highest respect for law.

--Dr. Martin Luther  
King, Jr.

Oh, my friend, it's not what they take away from you that counts—it's what you do with what you have left.

--Hubert Humphrey

A man can't ride your back unless it's bent.

--Dr. Martin Luther  
King, Jr.

Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.

--Dr. Martin Luther  
King, Jr.

Integration today means the man who 'makes it,' leaving his black brothers behind in the ghetto as fast as his new sports car will take him.

--Stokely Carmichael

What we mean by integration is not to be with them (whites) but to have what they have.

--Julian Bond

If you want to make beautiful music, you must play the black and the white notes together.

--Richard Nixon

Nobody outside of a baby carriage or a judge's chamber can believe in an unprejudiced point of view.

--Lillian Hellman

The highest result of education is tolerance.

--Helen Keller

You cannot decide to have brotherhood. If you decide to enforce it, you will before long find yourself trying to enforce something very different, and much worse than mere absence of brotherhood. All you can reasonably work for is keeping things going plus as much improvement as they will stand—an injustice righted here—an opportunity extended there.

--Kingsley Amis

I want to be the white man's brother, not his brother-in-law.

--Dr. Martin Luther  
King, Jr.

*Uncle Tom's Cabin* was the first evidence to America that no hurricane can be so disastrous to a country as a ruthlessly humanitarian woman.

--Sinclair Lewis

Violence cannot build a better society. Disruption and disorder nourish repression, not justice. They strike at the freedom of every citizen. The community cannot—it will not—tolerate coercion and mob rule.

--*Commission on Civil  
Disorder*, [1968]

...no differences save by merit of character, by merit of ability, by merit of service to the country. Those are the true tests of the value of any man or woman, white or coloured; those who can serve best, those who help most, those who sacrifice most, those are the people who will be loved in life and honoured in death, when all questions of colour are swept away and when in a free country free citizens shall meet on equal grounds.

--Annie Besant

You must be the change you want to see in the world.

--Mahatma Gandhi

Violence has no constitutional sanction; and every government from the beginning has moved against it. But where grievances pile high and most of the elected spokesmen represent the Establishment, violence may be the only effective response.

--William O. Douglas

Unity to be real must stand the severest strain without breaking.

--Mahatma Gandhi

The difference of race is one of the reasons why I fear war may always exist; because race implies difference, difference implies superiority, and superiority leads to predominance.

--Benjamin Disraeli

A heavy guilt rests upon us for what the whites of all nations have done to the colored peoples. When we do good to them, it is not benevolence—it is atonement.

--Albert Schweitzer

At the heart of racism is the religious assertion that God made a creative mistake when He brought some people into being.

--Friedrich Otto Hertz

Prejudice is being down on something you're not up on.

--Anonymous

Beware prejudices. They are like rats, and men's minds are like traps; prejudices get in easily, but it is doubtful if they ever get out.

--Lord Jeffrey

Prejudice is a raft onto which the shipwrecked mind clammers and paddles to safety.  
--Ben Hecht

That all men are equal is a proposition to which, at ordinary times, no sane individual has ever given his assent.  
--Aldous Huxley

I present myself to you in a form suitable to the relationship I wish to achieve with you.  
--Luigi Pirandello

The people who are most bigoted are the people who have no convictions at all.  
--G. K. Chesterton

Men are made by nature unequal. It is vain, therefore, to treat them as if they were equal.  
--James Anthony Froude

I have long felt that the trouble with discrimination is not discrimination per se, but rather that the people who are discriminated against think of themselves as second-class.  
--Rosalyn Yalow

God made freedom, man made slavery.  
--Marie-Joseph Chénier

If there is no struggle, there is no progress. Those who profess to favor freedom, and yet deprecate agitation, are men who want crops without plowing...and rain without thunder and lightning.  
--Frederick Douglass

If you win non-violently, then you have a double victory, you have not only won your fight, but you remain free.  
--César Chávez

There is a side of poverty, exacerbated by race, that is much more difficult to understand. It is subtle yet oppressive. It is communicated by stares, gestures, and tone. Unless you've been there, you can't possibly understand.  
--Joseph Tovares

Folks never understand the folks they hate.

--James Russell Lowell

When we are really honest with ourselves we must admit that our lives are all that really belong to us. So, it is how we use our lives that determines what kind of men we are. It is my deepest belief that only by giving our lives do we find life. I am convinced that the truest act of courage, the strongest act of manliness is to sacrifice for others in a totally nonviolent struggle for justice.

--César Chávez

Tolerance is only another name for indifference.

--W. Somerset Maugham

Violence as a way of achieving racial justice is both impractical and immoral. It is impractical because it is a descending spiral ending in destruction for all. The old law of an eye for an eye leaves everybody blind. It is immoral because it seeks to humiliate the opponent rather than win his understanding; it seeks to annihilate rather than to convert. Violence is immoral because it thrives on hatred rather than love. It destroys community and makes brotherhood impossible. It leaves society in monologue rather than dialogue. Violence ends by defeating itself. It creates bitterness in the survivors and brutality in the destroyers.

--Martin Luther King Jr.

I think there are plenty of good people in America, but there are also plenty of bad people in America, and the bad ones are the ones who seem to have all the power and be in these positions to block things that you and I need. Because this is the situation, you and I have to preserve the right to do what is necessary to bring an end to the situation, and it doesn't mean that I advocate violence, but at the same time I am not against using violence in self-defense. I don't even call it violence when it's self-defense, I call it intelligence.

--Malcolm X

Whenever I hear a man or woman express hatred for any race, I wonder just what it is in themselves they hate so much. You can always be sure of this: You cannot express hatred for anything or anybody unless you make use of the supply of hatred within yourself. The only hatred you can express is your own personal possession. To hate is to be enslaved by evil.

--Thomas Dreier

People are much more alike inside than they are on the surface.

--Verne Burnett

How to forgive is something we have to learn, not as a duty or an obligation but as an experience akin to the experience of love; it must come into being spontaneously.  
--Theodore Cuyler Speers

People become house builders through building houses, harp players through playing the harp. We grow to be just by doing things which are just.  
--Aristotle

I was taught when I was young that if people would only love one another, all would be well with the world. This seemed simple and very nice; but I found when I tried to put it in practice not only that other people were seldom lovable, but that I was not very lovable myself.  
--George Bernard Shaw

One half the world laughs at the other, and fools are they all.  
--Balthasar Gracian

It is difficult to love mankind unless one has a reasonable private income and when one has a reasonable private income one has better things to do than loving mankind.  
--Hugh Kingsmill

Rarely do American parents deliberately teach their children to hate members of another racial, religious, or nationality group. Many parents, however, communicate the prevailing racial attitudes to their children in subtle and sometimes unconscious ways.  
--Kenneth MacKenzie  
Clark

The closed mind, if closed long enough, can be opened by nothing short of dynamite.  
--Gerald W. Johnson

Prejudice is merely a lazy man's substitute for thinking.  
--Evan Esar

The metaphor of the melting pot is unfortunate and misleading. A more accurate analogy would be a salad bowl, for, though the salad is an entity, the lettuce can still be distinguished from the chicory, the tomatoes from the cabbage.  
--Carl N. Degler

I believe that in this generation those with the courage to enter the moral conflict will find themselves with companions in every corner of the world.

--Robert F. Kennedy

We are a nation of many nationalities, many races, many religions—bound together by a single unity, the unity of freedom and equality. Whoever seeks to set one nationality against another, seeks to degrade all nationalities. Whoever seeks to set one race against another seeks to enslave all races. Whoever seeks to set one religion against another, seeks to destroy all religion.

--Franklin D. Roosevelt

Sex prejudice is so ingrained in our society that many who practice it are simply unaware that they are hurting women. It is the last socially acceptable prejudice.

--Bernice Sandler

For it is not light that is needed, but fire; it is not the gentle shower, but thunder. We need the storm, the whirlwind, and the earthquake. The feeling of the nation must be quickened; the conscience of the nation must be roused; the propriety of the nation must be startled; the hypocrisy of the nation must be exposed; and its crimes against God and man must be proclaimed and denounced.

--Frederick Douglass

I will say then that I am not, nor ever have been in favor of bringing about in any way the social and political equality of the white and black races,—that I am nor ever have been in favor of making voters or jurors of negroes, nor of qualifying them to hold office, nor to intermarry with white people; and I will say in addition to this that there is a physical difference between the white and black races which I believe will forever forbid the two races living together on terms of social and political equality. And inasmuch as they cannot so live, while they do remain together there must be the position of superior and inferior, and I as much as any other man am in favor of having the superior position assigned to the white race. I say upon this occasion I do not perceive that because the white man is to have the superior position the negro should be denied every thing. I do not understand that because I do not want a negro woman for a slave I must necessarily want her for a wife.

--Abraham Lincoln

I am certain that after the dust of centuries has passed over our cities, we, too, will be remembered not for victories or defeats in battle or in politics, but for our contribution to the human spirit.

--John F. Kennedy

The time may have come when the issue of race could benefit from a period of 'benign neglect.' The subject has been too much talked about. The forum has been too much taken over to hysterics, paranoids, and boodlers on all sides. We may need a period in which Negro progress continues and racial rhetoric fades. The administration can help bring this about by paying close attention to such progress—as we are doing—while seeking to avoid situations in which extremists of either race are given opportunities for martyrdom, heroics, histrionics or whatever.

--Daniel Patrick  
Moynihan (1970)

## **PROTEST**

To sin by silence, when we should protest,  
Makes cowards out of men. The human race  
has climbed on protest. Had no voice been raised  
Against injustice, ignorance, and lust,  
The inquisition yet would serve the law,  
And guillotines decide our least disputes.  
The few who dare, must speak and speak again  
To right the wrongs of many. Speech, thank God,  
No vested power in this great day and land  
Can gag or throttle. Press and voice may cry  
Loud disapproval of existing ills;  
May criticise oppression and condemn  
The lawlessness of wealth-protecting laws  
That let the children and child bearers toil  
To purchase ease for idle millionaires.

Therefore I do protest against the boast  
Of independence in this mighty land.  
Call no chain strong, which holds one rusted link.  
Call no land free, that holds one fettered slave.  
Until the manacled slim wrists of babes.  
Are loosed to toss in childish sport and glee,  
Until the mother bears no burden, save  
The precious one beneath her heart, until  
God's soil is rescued from the clutch of greed  
And given back to labor, let no man  
Call this the land of freedom.

--Ella Wheeler Wilcox

Whenever I hear any one arguing for slavery, I feel a strong impulse to see it tried on him personally.

--Abraham Lincoln

What we need in the United States is not division. What we need in the United States is not hatred. What we need in the United States is not violence or lawlessness, but love and wisdom and compassion toward one another, and a feeling of justice toward those who still suffer within our country whether they be white or they be black. Let us dedicate ourselves to what the Greeks wrote so many years ago: To tame the savageness of man and make gentle the life of this world. Let us dedicate ourselves to that and say a prayer for our country and our people.

--Robert F. Kennedy

The ultimate weakness of violence is that it is a descending spiral, begetting the very thing it seeks to destroy. Instead of diminishing evil, it multiplies it. Through violence you may murder the liar, but you cannot murder the lie, nor establish the truth. Through violence you may murder the hater, but you do not murder hate. In fact, violence merely increases hate. So it goes. Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate: only love can do that.

--Martin Luther King, Jr.

When the missionaries arrived, the Africans had the land and the missionaries had the *Bible*. They taught us to pray with our eyes closed. When we opened them, they had the land and we had the *Bible*.

--Jomo Kenyatta

What slavery and its aftermath achieved for the blacks, anti-Semitism did for the Jews: it kept the culture intact.

--Joseph Papp

It's much easier nowadays to place a black person on a job than somebody who's fat.

--Kay Snow, Employment Agent

Our society has become more segregated by age than any previous society in history to a degree that is becoming intolerable to all concerned.

--Sister Mary Dorothy Ann

It takes two or three generations to get over the scars, the mutations and the damage to personality from immigration.

--James T. Farrell

A right is not what someone gives you; it's what no one can take from you.

--Ramsey Clark

It is time, in the West, to defend not so much human rights as human obligations.

--Aleksandr Solzhenitsyn

Tolerably early in life I discovered that one of the unpardonable sins, in the eyes of most people, is for a man to go about unlabeled. The world regards such a person as the police do an unleashed dog.

--T. H. Huxley

The world is changing and anyone who thinks he can live alone is sleeping through a revolution.

--Martin Luther King, Jr.

Battling racism and battling heterosexism and battling apartheid share the same urgency inside me as battling cancer.

--Audre Lourde

No yellow arm band, no marked park bench, no Gestapo. Just here a flick and there another....But day by day the little thump of insult. Day by day the tapping on the nerves, the delicate assault on the proud stuff of a man's identity.

--Laura Z. Hobson

More people have died from bigotry than any other disease.

--Lynne Alpern and  
Esther Blumenfeld

People need to respect each other's concerns and differences. And frankly, there's far more in common than divides us.

--David Dinkins

Whenever the white man treats Indians as they treat each other, then we shall have no more wars. We shall be all alike...with one sky above us and one country around us, and one government for all.

--Chief Joseph

Life's piano can only produce the melodies of brotherhood when it is recognized that the black keys are as basic, necessary, and beautiful as the white keys.

--Martin Luther King, Jr.

Racism can't be overcome....There will always be people who don't like you because you're Black, Hispanic, Jewish. You have to figure out how to deal with it.

--Arthur Ashe

Racism is not an excuse to not do the best you can.

--Arthur Ashe

Being black is the greatest burden I've had to bear.

--Arthur Ashe

Surely the day will come when color means nothing more than skin tone...when understanding breeds love and brotherhood.

--Josephine Baker

For racism to die, a totally different America must be born.

--Stokely Carmichael

If people are informed, they will do the right thing. It's when they are not informed that they become hostages to prejudice.

--Charlayne Hunter-Gault

At first, color of a person's skin doesn't mean very much to little children, black or white. Only as they grow older and absorb poisons from adults does color begin to blind them.

--Roy Wilkins

There is strength in diversity; embrace differences; value uniqueness.

--Unknown

We could learn a lot from crayons:  
some are sharp, some are pretty,  
some are dull, some have weird names,  
and all are different colors...  
but they all have to learn to live in the same box.

--Unknown

Our ability to reach unity in diversity will be the beauty and the test of our civilisation.

--Mahatma Gandhi

If man is to survive, he will have learned to take a delight in the essential differences between men and between cultures. He will learn that differences in ideas and attitudes are a delight, part of life's exciting variety, not something to fear.

--Gene Roddenberry

Keep your language. Love its sounds, its modulation, its rhythm. But try to march together with men of different languages, remote from your own, who wish like you for a more just and human world.

--Hélder Câmara

Each time a man stands up for an ideal or acts to improve the lot of others or strikes out against injustice, he sends forth a tiny ripple of hope and, crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.

-- Robert F. Kennedy

Racism is an adult disease.  
Let's stop spreading it through children.

--Unknown

The plague of racism is insidious, entering our minds as smoothly and quietly and invisibly as airborne microbes enter our bodies.

--Maya Angelou

We may all have come on different ships, but we're in the same boat now.

-- Martin Luther King Jr.

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-- Robert F. Kennedy

The weak can never forgive. Forgiveness is the attribute of the strong.

--Mahatma Gandhi

Support the strong, give courage to the timid, remind the indifferent and warn the opposed.

--Whitney M. Young

Understanding human needs is half the job of meeting them.

--Adlai Stevenson

There is no hope of joy except in human relations.

--Saint Exupéry

If we are going to use the word (community) meaningfully, we must restrict it to a group of individuals who have learned how to communicate honestly with each other, whose relationships go deeper than their masks of composure, and who have developed some significant commitment to rejoice together, mourn together, and to delight in each other, making others' conditions our own.

--M. Scott Peck

If I look at you superficially, we are different, and if I put my emphasis on that level, we grow more distant. We are the same human flesh. I want happiness, you also want happiness. From that mutual recognition we can build respect and real trust for each other. From that can come cooperation and real harmony, and from that we can stop many problems.

--Dalai Lama

When an individual is kept in a situation of inferiority, the fact is that he does become inferior.

--Simone de Beauvoir

There comes a time when the cup of endurance runs over, and men are no longer willing to be plunged into the abyss of despair.

--Dr. Martin Luther  
King, Jr.

I have earnestly opposed violent tension, but there is a type of constructive, nonviolent tension which is necessary for growth.

--Dr. Martin Luther  
King, Jr.

Never apologize for showing feeling. When you do so, you apologize for truth.

--Benjamin Disraeli

Every problem you will have...is essentially a matter of relationships, of interdependence.

--Clarence Francis

It is futile to judge a kind deed by its motives. Kindness can become its own motive. We are made kind by being kind.

—Eric Hoffer

When dealing with people remember you are not dealing with creatures of logic, but with creatures of emotion.

--Dale Carnegie

Take the first step in faith. You don't have to see the whole staircase, just take the first step.

--Dr. Martin Luther  
King, Jr.

Anyone can be an idealist. Anyone can be a cynic. The hard part lies somewhere in the middle i.e. being human.

--Hugh Macleod

There's not a black America and white America and Latino America and Asian America; there's the United States of America.

--Barack O'Bama

In spite of everything, I still believe that people are really good at heart.

--Anne Frank

You don't 'get over' your racism or homophobia: you learn to recognize it.

--Jay Michaelson

The tendency to form and join tribes is a fundamental part of what makes us human. No man-made idea—no matter how subversive or compelling—can withstand the sheer force of the tribal impulse. That impulse gives us our identities and serves as the source of our deepest convictions. It also leads to conflict—and very often, barbaric slaughter.

--Tina Brown

If you don't want gays in the military, make the uniforms ugly.

--Joan Rivers

Civilization appears to be the ultimate redeeming product of competition between groups. Because of it, we struggle on behalf of good and against evil, and reward generosity, compassion, and altruism while punishing or downplaying selfishness. But if group conflict created the best in us, it also created the deadliest. As humans, this is our greatest, and worst, genetic inheritance.

--E. O. Wilson

People yearn to be in one of the best—a combat marine regiment, an elite college, the executive committee of a company, a religious sect, a fraternity, a garden club—any collectivity that can be compared favorably with other, competing groups.

--E. O. Wilson

It is not just African-Americans who feel belittled and injured. No, the desire to understand what happened, to comprehend, to inform, to ingest what we know to be right has finally spread to people of all different backgrounds and beliefs.

--Maya Angelou

Any meaningful action on the topic of race must begin with forgiveness. Once we forgive, we can encourage the majority population to walk in our shoes—the shoes of a black mothers, a black father, a black son, a black daughter. But first, we have to forgive.

--John Lewis

No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.

--*Higher Education Act,  
Title IX [1965]*

According to a 2010 Pew poll, almost all millennials accept interracial dating and marriage—and the younger the person, the more likely that person was to have a friend of a different race.

--Caroline Linton

The racial divides are less obvious with young people. There's more identification with black culture, with black dress among young white kids. The older generation is having a different conversation than the younger generation.

--Eugene O'Donnell

Loneliness seems to have become the great American disease.

--John Corry

You can't separate peace from freedom because no one can be at peace unless he has his freedom.

--Malcolm X

I know that there are people who do not love their fellow man, and I hate people like that!

--Tom Lehrer

That all men are equal is a proposition to which, at ordinary times, no sane human being has ever given his assent.

—Aldous Huxley

The greatest problem in the world today is intolerance. Everyone is so intolerant of each other.

—Princess Diana

It is as children lacking experience when we insist on being alike in order to better feel comfortable with ourselves; but it is as adults that we expand beyond ourselves and learn to honor one another, knowing with experience that we will as humans forever be different from one another.

—John F. Page

What do you mean you don't believe in homosexuality? It's not like the Easter Bunny. Your belief isn't necessary.

—Lea DeLaria

Books and opinions, no matter from whom they came, if they are in opposition to human rights, are nothing but dead letters.

—Ernestine L. Rose

We increasingly treat education as if its primary goal were to teach students to be economically productive rather than to think critically and become knowledgeable and empathetic citizens. This shortsighted focus on profitable skills has eroded our ability to criticize authority, reduced our sympathy with the marginalized and different, and damaged our competence to deal with complex global problems. The loss of these basic capacities jeopardizes the health of democracies and the hope of a decent world.

—Martha Nussbaum

You must resist efforts to reduce education to a tool of the gross national product. Rather, work to reconnect education to the humanities in order to give students the capacity to be true democratic citizens of their countries and the world.

—Martha Nussbaum

If you can learn a simple trick, Scout, you'll get along a lot better with all kinds of folks. You never really understand a person until you consider things from his point of view,...until you climb into his skin and walk around in it.

—Atticus Finch in  
Harper Lee's *To Kill a Mockingbird*

I do not think white America is committed to granting equality to the American Negro. This is a passionately racist country; it will continue to be so in the foreseeable future.

—Susan Sontag

If you are black the only roads into the mainland of American life are through subservience, cowardice, and loss of manhood. These are the white man's roads.

--LeRoi Jones

Unless man is committed to the belief that all of mankind are his brothers, then he labors in vain and hypocritically in the vineyards of equality.

--Adam Clayton Powell

Don't make excuses for nasty people. You can't put a flower in an asshole and call it a vase.

—Unknown

Chinese parents have long prized male heirs, and the one-child policy, recently abolished after 35 years, led many parents to abort female fetuses. According to one estimate, the country will by 2020 have at least 24 million 'surplus' men ages 20 to 45. With competition for brides fierce, plenty of young people approach marriage as a kind of business deal, and assess their partner's credentials accordingly. Men must typically bring a home and financial security (and in many cases a car) to the table; women are encouraged by their families to practice hypergamy—that is, to marry up. Marital rivalry has already caused rural 'bride prices' (essentially, reverse dowries paid to brides' parents) to surge; an extravagant proposal is now one more way for a prospective groom to enhance his desirability and status.

—Robert Foyle Hunwick

HATE. It has caused a lot of problems in this world, but it has not solved one yet.  
—Maya Angelou

In a world where you can be anything, be kind.  
—*Facebook / MyDayMyWay*

To be kind is more important than to be right. Many times, what people need is not a brilliant mind that speaks but a special heart that listens.  
—Unknown

The opposite of love is not hate; it is indifference.  
—Elie Wiesel

It is time for parents to teach young people early on that in diversity there is beauty and there is strength.  
—Maya Angelou

Not all blacks are criminals. Not all whites are racist. But....Ignorance comes in all colors.  
—Kameron Chatman

If your religion requires you to hate someone, you need a new religion.  
—Unknown

We must scrupulously guard the civil rights and civil liberties of all our citizens, whatever their background. We must remember that any oppression, any injustice, any hatred, is a wedge designed to attack our civilization.  
—Franklin D. Roosevelt

Like the body that is made up of different limbs and organs, all moral creatures must depend on each other to exist.  
—Hindu Proverb

Politeness is the art of choosing among one's real thoughts.  
—Adlai Stevenson II

We are all angels with only one wing. We can only fly while embracing each other.  
—Luciano De Crescenzo

It is in the shelter of each other that people live.

—Irish Proverb

It is with the heart that one sees rightly; what is essential is invisible to the eye.

—Antoine de  
Saint-Exupery

The first step in the evolution of ethics is a sense of solidarity with other human beings.

—Albert Schweitzer

Thomas Jefferson envisioned his public schools educating talented students ‘raked from the rubbish’ of the lower class, and argued that ranking humans like animal breeds was perfectly natural. ‘The circumstance of superior beauty is thought worthy of attention in the propagation of our horses, dogs and other domestic animals,’ he wrote. ‘Why not that of man?’ John Adams believed the ‘passion for distinction’ was a powerful human force: ‘There must be one, indeed, who is the last and lowest of the human species.’

—Alec MacGillis

When we speak of man, we have a conception of humanity as a whole, and before applying scientific methods to the investigation of his movement, we must accept this as a physical fact. But can anyone doubt to-day that all the millions of individuals and all the innumerable types and characters constitute an entity, a unit? Though free to think and act, we are held together, like the stars in the firmament, with ties inseparable. These ties cannot be seen, but we can feel them. I cut myself in the finger, and it pains me: this finger is a part of me. I see a friend hurts, and it hurts me, too: my friend and I are one. And now I see stricken down an enemy, a lump of matter which, of all the lumps of matter in the universe, I care least for, and it still grieves me. Does this not prove that each of us is only part of a whole?

—Nikola Tesla

We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us.

--Dr. Martin Luther  
King, Jr.

Insanity in individuals is something rare—but in groups, parties, nations and epochs, it is the rule.

—Friedrich Nietzsche

Except as the child reveals himself to us we can never know him; and to obtain these revelations requires the most sensitive tuning of the teacher's own mind. The key to knowing is acceptance, and the key to acceptance lies in the second of the two meanings of nurture: to cherish. To cherish a child does not mean to smother him with affection. To cherish means to hold dear, to value the child not only as one must value a human being for his social potential, but as one must value a human being for his own sake.

—W. R. Wees

I look upon the whole world as my fatherland. I look upon true patriotism as the brotherhood of man and the service of all to all.

--Helen Keller

It is not more people that are needed in the world but better people, physically, morally and mentally. This question of raising the quality of our American population must also be taken into account in the question of immigration.

—Agnes E. Meyer

We are all equal in the fact that we are all different. We are all the same in the fact that we will never be the same. We are united by the reality that all colours and all cultures are distinct & individual. We are harmonious in the reality that we are all held to this earth by the same gravity. We don't share blood, but we share the air that keeps us alive. I will not blind myself and say that my black brother is not different from me. I will not blind myself and say that my brown sister is not different from me. But my black brother is he as much as I am me. But my brown sister is she as much as I am me.

—C. JoyBell C.

## **7 EFFECTIVE WAYS TO MAKE OTHERS FEEL IMPORTANT**

1. Use their name.
2. Express sincere gratitude.
3. Do more listening than talking.
4. Talk more about them than about you.
5. Be authentically interested.
6. Be sincere in your praise.
7. Show you care.

—Roy T. Bennett

You don't have to teach people how to be human. You have to teach them how to stop being inhuman.

—Eldridge Cleaver

## **WE ARE ALL HUMAN**

It should not matter  
That we grew up  
On opposite banks,  
On opposite streets,  
On the opposite  
Side of the tracks,  
Or on opposite ends  
Of social ranks.  
It should not matter  
What your father does for work  
Or what race is in his blood,  
As long as you are good  
And full of love.

It should not matter  
That you have more than me  
Or that I know more than you  
Or what my job is  
Or where I went to school –  
For we are all equal  
And it's only our polarities  
That make each man unique,  
Resourceful,  
And every human useful.

It should not matter  
That the media wants to  
Keep dividing us  
By constantly reminding us  
That we are from different sects,  
With labeled and typecasted  
Stereotypical characteristics  
And racial defects,  
And that there are rules

For every age,  
Religion, class and sex.  
'Sign over here.  
Put an X in the box.  
Then step to the left  
So I can see  
Who's next.'  
Nobody should ever feel  
Like just another statistic.  
And nobody should ever feel  
Above or below the rest.  
Remember to stand up for yourself  
Before you stand up to rip the test.  
Stand up for all that's fair  
And always speak out for what's right  
And best.

It should not matter  
If you are Chinese,  
Arab, Israeli or Cuban.  
If you seriously do realize  
That we are all just human.

—Suzy Kassem

I tell my students, it's not difficult to identify with somebody like yourself, somebody next door who looks like you. What's more difficult is to identify with someone you don't see, who's very far away, who's a different color, who eats a different kind of food. When you begin to do that then literature is really performing its wonders.

—Chinua Achebe

This is what I tell my students: step outside of your tiny little world. Step inside of the tiny little world of somebody else. And then do it again and do it again and do it again. And suddenly, all these tiny little worlds, they come together in this complex web. And they build a big, complex world.

—Sam Richards

Books make vivid the problems of human relations and give access to them in new dimensions.

--Margaret Heaton

Within this world of instant and absolute communication, unbounded by limits of time or space, we suffer from unprecedented alienation. We have never been more detached from one another, or lonelier. In a world consumed by ever more novel modes of socializing, we have less and less actual society. We live in an accelerating contradiction: the more connected we become, the lonelier we are. We were promised a global village: instead we inhabit the drab cul-de-sacs and endless freeways of a vast suburb of information.

--Stephen Marche

Jackson [Shirley] unveiled the brutality and contempt that lurk beneath the surface of neighborly human interactions. From 'The Lottery,' her seminal portrait of a murderous horde of ordinary folks published in *The New Yorker* in 1948, to her final chilling novel, *We Have Always Lived in the Castle* (1962), in which a hostile gaggle of villagers harasses two sisters isolated in their dead parents' lonely house, Jackson felt compelled to sound the alarm on humanity: People are competitive and self-serving, and no one can be trusted.

—Heather Havrilesky

I'm so disturbed when my women students behave as though they can only read women, or black students behave as though they can only read blacks, or white students behave as though they can only identify with a white writer.

—Bell Hooks

I really love helping students and helping them empathize with people who lived a really long time ago. That's one of the highlights of working in fiction.

—Deborah Harkness

I tell my students, it's not difficult to identify with somebody like yourself, somebody next door who looks like you. What's more difficult is to identify with someone you don't see, who's very far away, who's a different color, who eats a different kind of food. When you begin to do that then literature is really performing its wonders.

—Chinua Achebe

The wonderful thing about books is that they allow us to enter imaginatively into someone else's life. And when we do that, we learn to sympathize with other people. But the real surprise is that we also learn truths about ourselves, about our own lives, that somehow we hadn't been able to see before.

—Katherine Paterson

What does literature do better than anything else? It provides a detailed representation of the inner experience of being alive in a given time and place.

—Elif Batuman

A novel works its magic by putting a reader inside another person's life. The pace is as slow as life. It's as detailed as life. It requires you, the reader, to fill in an outline of words with vivid pictures drawn subconsciously from your own life, so that the story feels more personal than the sets designed by someone else and handed over via TV or movies. Literature duplicates the experience of living in a way that nothing else can, drawing you so fully into another life that you temporarily forget you have one of your own. That is why you read it, and might even sit up in bed till early dawn, throwing your whole tomorrow out of whack, simply to find out what happens to some people who, you know perfectly well, are made up. It's why you might find yourself crying, even if you aren't the crying kind.

—Barbara Kingsolver

It is my firm conviction that fiction, and fiction alone, provides the means by which a writer can express his or her insights into the human condition. A great work of fiction never grows stale, it is never outmoded nor does it become obsolete. *Anna Karenina* or *Madame Bovary* provide the reader with a view of society, a perception of character, a knowledge of mores clearer than anything supplied by psychology, sociology or even history.

--Silva Tannenbaum

There's one thing which fiction can do, socially and psychologically, which no other form of writing can. That is to get inside somebody else and look out through his eyes. You can't do that in real life—even in married life....No other form of writing than the novel or the short story can do that.

--Richard Hughes

If people are going to complain about stereotyping, it's as likely to be Italian-Americans as gay people.

—Jason Bateman

It is not for him to pride himself who loveth his own country, but rather for him who loveth the whole world. The earth is but one country and mankind its citizens.

—Baha'u'llah

Children who have been taught, or conditioned, to listen passively most of the day to the warm verbal communications coming from the TV screen, to the deep emotional appeal of the so-called TV personality, are often unable to respond to real persons because they arouse so much less feeling than the skilled actor.

--Bruno Bettelheim

Well before Facebook, digital technology was enabling our tendency for isolation, to an unprecedented degree. Back in the 1990s, scholars started calling the contradiction between an increased opportunity to connect and a lack of human contact the 'Internet paradox.'

--Stephen Marche

In this interactive, wired world, we may be connected to information and lose our connection to humans.

--Edward Esber, Jr.

These days, insecure in our relationships and anxious about intimacy, we look to technology for ways to be in relationships and protect ourselves from them at the same time.

--Sherry Turkle

Facebook's isolation is a grind. What's truly staggering about Facebook usage is not its volume...but the constancy of the performance it demands. More than half its users...log on every day. Among 18-to-34-year-olds, nearly half check Facebook minutes after waking up, and 28 percent do so before getting out of bed. The relentlessness is what is so new, so potentially transformative. Facebook never takes a break. We never take a break. Human beings have always created elaborate acts of self-presentation. But not all the time, not every morning, before we even pour a cup of coffee.

--Stephen Marche

What Facebook has revealed about human nature—and this is not a minor revelation—is that a connection is not the same thing as a bond, and that instant and total connection is no salvation, no ticket to a happier, better world or a more liberated version of humanity. Solitude used to be good for self-reflection and self-reinvention. But now we are left thinking about who we are all the time, without ever really thinking about who we are. Facebook denies us a pleasure whose profundity we had underestimated: the chance to forget about ourselves for a while, the chance to disconnect.

--Stephen Marche

The more a person hangs out in the global village, the worse they are likely to feel. Web use often displaces sleep, exercise, and face-to-face exchanges, all of which can upset even the chirpiest soul.

--Tony Dokoupil

She now reveals a sad, stressed-out world of people coated in Dorito dust and locked in a dystopian relationship with their machines.

--Sherry Turkle

Recent studies show that kids spend at least four hours a day on social and recreational media, distracted and disengaged from the world and each other.

--Lee Siegel

Wherever we are, we are always available, and everybody knows it. The media tells us how lucky we are to live in the Information Age. I believe we have created a hell on Earth for ourselves.

--Robert D. Kaplan

Facebook makes me feel bad. No matter how satisfied I am with my life, career, family, social life, house, etc., as soon as I log on to Facebook and peek into other's lives, I immediately feel that unease caused by comparison....A little kernel of doubt settles into my gut, and it feels really bad.

--Glennon Doyle Melton

Social networks like Facebook haven't changed the way people respond to bragging; they've changed how much people brag. The ability to publicize so much has blurred the line between sharing and boasting. When you brag in a group, you notice when they wander away. When you brag on Facebook, it's harder to tell who you're alienating.

--Dr. Pamela Rutledge

I can't, in restaurants, not watch families not talking to each other. In parks, I can't not watch mothers not talking to their children. In streets, I can't not watch mothers texting while they're pushing their children.

--Sherry Turkle

We're not talking to each other. We're talking all the time, in person as well as in texts, in e-mails, over the phone, on Facebook and Twitter. The world is more talkative now, in many ways, than it's ever been. The problem...is that all of this talk can come at the expense of conversation . We're talking at each other rather than with each other.

--Megan Garber

Since I've got on the Internet, it's opened a whole world of wasted time for me. My wife says she's an Internet widow.

—Mick Ralphs

Researchers have found that online behavior is dominated by ‘homophily’ a tendency to listen to and associate with people like yourself, and to exclude outsiders. Social networks are bad at helping you empathize with people unlike you, but good at surrounding you with those who share your outlook. The new information ecosystem does not challenge biases; it reinforces them.

—Emerson T. Brooking  
and P. W. Singer

Science and art belong to the whole world, and before them vanish the barriers of nationality.

—Johann Wolfgang  
von Goethe

Building a dialogue with a customer is an opportunity to build the scope of your relationship. Every shred of information about an individual customer’s needs, perspectives, whims—every item of learning gained from every dialogue—can be used to ensure a tighter, more productive and long-lasting relationship.

—Don Peppers & Martha  
Rogers

The enduring differences in how men and women communicate still have ramifications that range from hurt feelings to missed promotions and fewer pay raises. No news here: Men are supposedly blunter and more aggressive and appear self-confident even when they don’t know what they’re talking about. Women are more tentative in voicing their opinions and appear unsure of themselves even when they know very well what they’re talking about. As bosses, men tend to be more authoritarian and women more collaborative. Men don’t give much feedback; women want too much feedback. Men are thought not to ask enough questions; women are thought to ask too many questions. And so forth.

--Alina Tugend

Knowledge of human nature is the beginning and end of political education.

--Henry Adams

Nothing appears more surprising to those who consider human affairs with a philosophical eye, than the easiness with which the many are governed by the few.

—David Hume

I shall allow no man to belittle my soul by making me hate him.

--Booker T. Washington

Let it be that human rights are women's rights and women's rights are human rights, once and for all.

--Hillary Clinton

There is no liberal America, no conservative America, no black America, no white America, no Latino America, no Asian America, only 'the United States of America.'

—Barack Obama

All of the valuable qualities...like helping in the development of others—will not get you to the top at General Motors, were that path open to women....The characteristics most highly developed in women and perhaps most essential to human beings are the very characteristics that are specifically dysfunctional for success in world as it is....They may, however, be the important ones for making the world different.

--Jean Baker Miller

We are a narrative, storytelling species. Revealing our own histories, and understanding those of others can really help us appreciate the humanity in all of our fellow individuals.

—Stephen P. Hinshaw

Japanese and American fourth and fifth grade children were asked why they shouldn't hit, gossip or fight with other kids. 92 percent of the American kids answered 'because they'd get caught or get in trouble.' Ninety percent of the Japanese kids asked the same question responded, 'because it would be hurtful to someone else.'

—Christine Gross-Loh

Teasing is universal. Anthropologists have found the same fundamental patterns of teasing among New Zealand aborigine children and inner-city kids on the playgrounds of Philadelphia.

--Lawrence Kutner

In human relations kindness and lies are worth a thousand truths.

--Graham Greene

There is no more certain sign of a narrow mind, of stupidity, and of arrogance, than to stand aloof from those who think differently from us.

--Walter Savage Landor

To be happy with human beings, we should not ask them for what they cannot give.  
--Tristan Bernard

One great mistake made by intelligent people is to refuse to believe that the world is as stupid as it is.  
—Mme. de Tencin

The people to fear are not those who disagree with you, but those who disagree with you and are too cowardly to let you know.  
--Napoleon Bonaparte

The fellow that agrees with everything you say is either a fool or he is getting ready to skin you.  
--Kin Hubbard

Most CEOs got their jobs because their predecessors and the directors liked them. They slapped the right backs and laughed at the right jokes. It's reverse Darwinism: Once a backslapper gets the top job, he sure as hell isn't going to have somebody better than him as his heir apparent. So management gets worse and worse.  
--Carl C. Icahn

Human beings are not perfectible. They are improvable.  
--Eric Sevareid

If you find a way of working so that people are cared for, they will give of their best, strive for excellence, or at least do better than the competition. That way round you cannot lose. Yes it is about good staff canteens, cloakrooms, pay and pensions. But in the end it is about caring.  
--Sir Hector Lang

Treat a person as he is and he will remain as he is. Treat him as he could be, and he will become what he should be.  
--Jimmy Johnson

When you handle yourself, use your head; when you handle others, use your heart.  
--Eleanor Roosevelt

A sense of humor is part of the art of leadership, of getting along with people, of getting things done.  
—Dwight Eisenhower

Empathy is like a universal solvent. Any problem immersed in empathy becomes soluble.

—Simon Baron-Cohen

Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge and unbearable pity for the suffering of mankind.

--Bertrand Russell

If you're too sweet and nice, they just leave tire marks on your back.

--Gert Boyle

The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration.

--Pearl S. Buck

We are threatened with suffering from three directions: from our body, which is doomed to decay..., from the external world which may rage against us with overwhelming and merciless force of destruction, and finally from our relations with other men... This last source is perhaps more painful to us than any other.

—Sigmund Freud

When a person feels powerless in regard to controlling his life, he can defend against the discomfort of such an experience by asserting control over someone else.

—A. Nicholas Groth

Our sense of identity is in large measure conferred on us by others in the ways they treat or mistreat us, recognize or ignore us, praise us or punish us. Some people make us timid and shy; others elicit our sex appeal and dominance. In some groups we are made leaders, while in others we are reduced to being followers. We come to live up to or down to the expectations others have of us. The expectations of others often become self-fulfilling prophecies. Without realizing it, we often behave in ways that confirm the beliefs others have about us. Those subjective beliefs create new realities for us. We often become who other people think we are, in their eyes and in our behavior.

—Philip G. Zimbardo

Most of our failures in understanding one another have less to do with what is heard than with what is intended and what is inferred.

—George Armitage Miller

Edward L. Deci and Richard M. Ryan, two professors at the University of Rochester, argued that we are mostly motivated not by the material consequences of our actions but by the inherent enjoyment and meaning that those actions bring us, a phenomenon called intrinsic motivation. They identified three key human needs—our need for competence, our need for autonomy, and our need of relatedness, meaning personal connection—and they posited that intrinsic motivation can be sustained only when we feel that those needs are being satisfied.

—Paul Tough

I consider therapy successful when the family members (or individual clients) have discovered ways to get what they need from their relationships with the people in their lives, so that their relationship with me is no longer necessary to sustain them. Like a chemical catalyst that facilitates a reaction between two other substances, the therapeutic relationship catalyzes the transformation of relationships in the lives of clients. But the real healing takes place not in the therapeutic relationship but in the client's relationships with significant others.

—Joseph A. Micucci

To feel completely alone and isolated leads to mental disintegration just as physical starvation leads to death.

—Erich Fromm

An individual may be alone in a physical sense for many years and yet he may be related to ideas, values, or at least social patterns that give him a feeling of communion and 'belonging.' On the other hand, he may live among people and yet be overcome with an utter feeling of isolation, the outcome of which, if it transcends a certain limit, is the state of insanity which schizophrenic disturbances present.

—Erich Fromm

It's better not to hold your feelings inside too much and express them to a dear one freely, than to pay thousands of dollars to a psychiatrist for the same outburst of emotions later. Emotions are a bonding mechanism for humans. So, use 'em, abuse 'em and utilize 'em.

—Abhijit Naskar

One of the most influential aspects of people's psychology is how they perceive the world around them and how they relate to it.

—Pearl Zhu

From a social psychological standpoint, the selfie phenomenon seems to stem from two basic human motives. The first is to attract attention from other people. Because people's positive social outcomes in life require that others know them, people are motivated to get and maintain social attention. By posting selfies, people can keep themselves in other people's minds. In addition, like all photographs that are posted on line, selfies are used to convey a particular impression of oneself. Through the clothes one wears, one's expression, staging of the physical setting, and the style of the photo, people can convey a particular public image of themselves, presumably one that they think will garner social rewards.

—Mark R. Leary

Jealousy is the opposite of maintaining and growing in a relationship. Jealousy includes elements of fear, anger, suspicion, and control that have no place in a mature relationship.

—Darrel Ray

It's okay to experience the flow of all emotions; however, if we get caught up in feeling pity for others and take on the responsibility of being their 'savior', we often take away their power to 'save' themselves. If I see someone as 'messed up' then I am projecting my 'messed up' vibration onto them, so I am unable to hold space. Yet, if I already view them as whole, well, and beautiful – then I am able to be a vibrational key (vessel of Spirit) that uplifts their energy so that it may come into alignment with being whole, well, and beautiful. It's not that I do any of the healing; I'm simply a mirror reflecting acceptance and loving them for exactly who they are, right where they are. That is all that is ever truly asked of us, to accept and to love.

—Alaric Hutchinson

Fear and paranoia create many of our worldly struggles. We get something in our minds and our distorted perception sculpts the reality of what we see. Even though what we see isn't really there, we tend to act as if it is. We then begin to put people and things into boxes, labeling them, and limiting them due to our fears.

—Alaric Hutchinson

Take two kids in competition for their parents' love and attention. Add to that the envy that one child feels for the accomplishments of the other; the resentment that each child feels for the privileges of the other; the personal frustrations that they don't dare let out on anyone else but a brother or sister, and it's not hard to understand why in families across the land, the sibling relationship contains enough emotional dynamite to set off rounds of daily explosions.

--Adele Faber

Seeing ourselves as others see us would probably confirm our worst suspicions about them.

—Franklin P. Adams

Let people realize clearly that every time they threaten someone or humiliate or hurt unnecessarily or dominate or reject another human being, they become forces for the creation of psychopathology, even if these be small forces. Let them recognize that every man who is kind, helpful, decent, psychologically democratic, affectionate, and warm, is a psychotherapeutic force even though a small one.

—Abraham H. Maslow

Men are not gentle, friendly creatures wishing for love, who simply defend themselves if they are attacked, but...a powerful measure of desire for aggressiveness has to be reckoned as part of their instinctual endowment. The result is that their neighbor is to them not only a possible helper or sexual object, but also a temptation to them to gratify their aggressiveness...to seize his possessions, to humiliate him, to cause him pain, to torture and to kill him... Anyone who calls to mind the atrocities of the early migrations, of the invasion of the Hun or the so-called Mongols under Genghis Khan and Tamerlane, of the sacks of Jerusalem by the pious crusaders, even indeed the horrors of the last world war, will have to bow his head humbly before the truth of this view of man.

—Sigmund Freud

If I want to understand an individual human being, I must lay aside all scientific knowledge of the average man and discard all theories in order to adopt a completely new and unprejudiced attitude. I can only approach the task of understanding with a free and open mind, whereas knowledge of man, or insight into human character, presupposes all sorts of knowledge about mankind in general.

—Carl G. Jung

It seems to be almost a law of human nature that it is easier for people to agree on a negative programme, on the hatred of an enemy, on the envy of those better off, than on any positive task. The contrast between the 'we' and the 'they', the common fight against those outside the group, seems to be an essential ingredient in any creed which will solidly knit together a group for common action. It is consequently always employed by those who seek, not merely support of a policy, but the unreserved allegiance of huge masses. From their point of view it has the great advantage of leaving them greater freedom of action than almost any positive programme.

—Friedrich Hayek

Often, our misunderstandings about love are born in disruptive family relationships, where someone was either one-up or one-down to an extreme. There is an appropriate and necessary difference in the balance of power between parents and young children, but in the best situations, there should be no power struggles by the time those children have become adults - just deep connection, trust, and respect between people who sincerely care about each other.

In disruptive families, children are taught to remain one-up or one-down into adulthood. And this produces immature adults who either seek to dominate others (one-up) or who allow themselves to be dominated (one-down) in their relationships - one powerful and one needy, one enabling and one addicted, one decisive and one confused.

In relationships with these people, manipulation abounds. Especially when they start to feel out of control.

—Tim Clinton

Our time here is limited and it is precious. And what matters at the end of the day is not the small things, it's not the trivial things, which so often consume us and our daily lives. Ultimately, it's how we choose to treat one another and how we love one another.

—President Barack  
Obama

One of the surest marks of good character is a man's ability to accept personal criticism without feeling malice toward the one who gives it.

--Unknown

A man may be outwardly successful all his life long, and die hollow and worthless as a puff-ball; and he may be externally defeated all his life long, and die in the royalty of a kingdom established within him. A man's true estate of power and riches, is to be in himself; not in his dwelling, or position, or external relations, but in his own essential character. That is the realm in which he is to live.

--Henry Ward Beecher

I admire men of character. And I judge character not by how men deal with their superiors, but mostly how they deal with their subordinates. And that, to me, is where you find out what the character of a man is.

--H. Norman  
Schwarzkopf

If you don't have enemies, you don't have character.

—Paul Newman

It's what each of us sows, and how, that gives to us character and prestige. Seeds of kindness, goodwill, and human understanding, planted in fertile soil, spring up into deathless friendships, big deeds of worth, and a memory that will not soon fade out. We are all sowers of seeds—and let us never forget it!

--George Matthew Adams

I believe in the sacredness of a promise, that a man's word should be as good as his bond; that character—not wealth or power or position—is of supreme worth.

--John D. Rockefeller

If you will think about what you ought to do for other people, your character will take care of itself.

--Woodrow Wilson

The best index to a person's character is

- (a) how he treats people who can't do him any good, and
- (b) how he treats people who can't fight back.

--Abigail van Buren

There are two beings who assess character instantly by looking into the eyes,—dogs and children. If a dog not naturally possessed of the devil will not come to you after he has looked you in the face, you ought to go home and examine your conscience; and if a little child, from any other reason than mere timidity, looks you in the face, and then draws back and will not come to your knee, go home and look deeper yet into your conscience.

—Woodrow Wilson

This is the key and one of the most fundamental insights about the 'red flags' that we often dismiss regarding the people in our lives. If someone complains a lot to you about other people, guess what? That is part of their current character. And, as quickly as the tide changes, you can just as easily become the person they target and criticize, point fingers at, and negatively judge. Forever and always, until vibrations are raised, this will be the cycle of the relationship. So, it's your choice to continue to engage in the cycle with them, or to move on.

There are plenty of people who do not criticize, point fingers, or judge. THIS is the kind of character we want to foster within ourselves. THIS is the character of the kind of people we DO want to develop close relationships with.

—Alaric Hutchinson

The type of character produced by wealth lies on the surface for all to see. Wealthy men are insolent and arrogant; their possession of wealth affects their understanding; they feel as if they had every good thing that exists; wealth becomes a standard of value for everything else, and therefore they imagine there is nothing they cannot buy. They are luxurious and ostentatious;...ostentatious and vulgar.

In a word, the type of character produced by wealth is that of a prosperous fool.

—Aristotle

Tolerance implies a respect for another person, not because he is wrong or even because he is right, but because he is human.

--John Cogley

Show respect for one another. For while feelings fluctuate, respect can remain a constant.

--J. Donald Walters

## **RESPECT**

Rules that we should live by  
are simple and direct  
and one of them is treating  
other people with respect.

And even though we disagree  
on many things it's true.  
We have no right to interfere  
with what they say or do.

--Carolyn Jacks

Respect for the fragility and importance of an individual life is still the first mark of the educated man.

--Norman Cousins

Civilization is a method of living, an attitude of equal respect for all men.

--Jane Addams

My ideas on teaching and learning focus on small 'd' democratic values, by which I mean a respect for diversity, a respect for the potential of each individual person, a respect for opposing points of view, and a respect for considerable intellectual vigor.

--Deborah Willen Meier

Respect is not fear and awe; it...is the ability to see a person as he is, to be aware of his unique individuality. Respect, thus, implies the absence of exploitation. I want the loved person to grow and unfold for his own sake, and in his own ways, and not for the purpose of serving me.

--Erich Fromm

My father believed you could learn from a farm worker or a president—and you should respect both equally.

--Blandina Cardenas  
Ramirez

Respect. Learning how to respect begins with learning how to listen. Listening begins with being tolerant of what we hear. Learning tolerance teaches us how to understand. Understanding allows us to learn how to care. Caring means we've learned how to respect. Just like a toddler, we take one step at a time. Just like a puzzle, we find one piece at a time. Just like building a bridge, we connect one section at a time. So learning respect is just how I said, it's one step, one piece, one section at a time, but the finished product can make the world safe from all the wars and destruction of human kind. Because we have listened, because we were tolerant, because we understood, because we cared, we learned to respect and we created a world to care for all of mankind.

--Andrew Terr Bush,  
Age 10

I'm not concerned with your liking or disliking me... All I ask is that you respect me as a human being.

—Jackie Robinson

First you have to know them, and then you have to like them, enough to respect what they're going through but not accept responses that may be inappropriate. You really do have to like them. Boys, when they're threatened and angry, they act out in ways that make them difficult to deal with. They can become threatening, sullen, disrespectful. They learn to be frightening as a defense mechanism in the environments they have to navigate. When you don't like them, those are reasons to get rid of them—to put them out of programs, put them out of schools, to call the police to deal with them, lock them up. But when they're kids that you actually know, and actually like, they will listen to you, and you will listen to them. And that's where change starts.

--Geoffrey Canada

I can't control your behavior; nor do I want that burden...but I will not apologize for refusing to be disrespected, to be lied to, or to be mistreated. I have standards; step up or step out.

—Seve Maraboli

One of the most sincere forms of respect is actually listening to what another has to say.

—Bryant McGill

A sense of duty is useful in work, but offensive in personal relations. People wish to be liked, not be endured with patient resignation.

--Bertrand Russell

We are responsible for our own relationships, their successes, their failures, the good times, the bad times. Take responsibility for creating the relationships that you desire.

—Sam Owen

There came a moment in my life when I realized that I had stepped into another part of my life. I used to walk into a room full of people and think, do they like me? And one day I walk in and I thought, do I like them?

—Victoria Principal

The best and deepest moral training is that which one gets by having to enter into proper relations with others....Present educational systems, so far as they destroy or neglect this unity, render it difficult or impossible to get any genuine, regular moral training.

--John Dewey

The most important single ingredient in the formula of success is knowing how to get along with people.

--Theodore Roosevelt

The ability to form friendships, to make people believe in you and trust you is one of the few absolutely fundamental qualities of success. Selling, buying, negotiating are so much smoother and easier when the parties enjoy each other's confidence. The young man who can make friends quickly will find that he will glide instead of stumble through life.

--John J. McGuirk

I think human relationships are going to hell. Young people don't know how to relate to one another. Technology is a wonderful thing for its purpose, but for human relations, it's a horror. It's made everybody into a mini-machine. All people know how to do is press buttons.

—Iris Apfel

The unhappy derive comfort from the misfortunes of others.

—Aesop

Always be yourself. (Except during job interviews, the first few months of a relationship, or any type of social interaction.)

—Ged Backland

Good-fellowship, unflagging, is the prime requisite for success in our society, and the man or woman who smiles only for reasons of humor or pleasure is a deviate.

--Marya Mannes

Real education should educate us out of self into something far finer—into selflessness which links us to all humanity.

—Mary Astor

Can anything be more ridiculous than that a man should have the right to kill me because he lives on the other side of the water, and because his ruler has a quarrel with mine, though I have none with him?

—Blaise Pascal

True peace will come only when every individual finds peace within himself; when we have all vanquished and transformed our hatred for our fellow human beings of whatever race—even into love one day.

--Etty Hillesum

To work for better understanding among people, one does not have to be a former president sitting at a fancy conference room table. Peace can be made in the neighborhoods, the living rooms, the playing fields, and the classrooms of our country.

--Jimmy Carter

Simply killing everyone who is already a terrorist today won't solve the problem.

—Brent Scowcroft

Under the draft, the American social fabric would change—and, judging from my experience, for the better. I write as a former draftee who served in the Army from 1958 to 1960. I was, in other words, a Cold War soldier, and never for a moment in danger. Much of my time in the military—I worked on the post newspaper at Fort Hood, in Texas, and later as a clerk, typing up physicals, in a recruiting station in Little Rock, —was excruciatingly boring. Yet I am grateful for having served. Doing so took me out of my own social class and ethnic milieu—big-city, middle-class, Jewish—and gave me a vivid sense of the social breadth of my country. I slept in barracks and shared all my meals with American Indians, African Americans from Detroit, white Appalachians, Christian Scientists from Kansas, and discovered myself befriending and being befriended by young men I would not otherwise have met. I have never felt more American than when I was in the Army.

—Joseph Epstein

If civilization is to survive, we must culminate the science of human relationships—the ability of all peoples, of all kinds, to live together, in the same world at peace.

—Franklin Delano  
Roosevelt

The practice of forgiveness is our most important contribution to the healing of the world.

—Marianne Williamson

Jesus said love one another. He didn't say love the whole world.

—Mother Teresa

No human relation gives one possession in another...every two souls are absolutely different. In friendship and in love, the two side by side raise hands together to find what one cannot reach alone.

—Kahlil Gibran

A woman's flattery may inflate a man's head a little; but her criticism goes straight to his heart, and contracts it so that it can never again hold quite as much love for her.

—Helen Rowland

Young people don't understand why, with so many advantages, they are not happier than they are. They don't form relationships that last. They don't expect anything permanent with one another. But the longing never goes away: everybody dreams of what life would be if one were loved.

--Saul Bellow

Children who have things their own way may even feel that their parents do not love them since they do not care what they do.

--Louis Kaplan

Here all mankind is equal:  
rich and poor alike, they love their children.

—Euripides

Some people think that most of what women learn about love, connection and friendship is learned between a mother and daughter, and that's the single most important relationship a woman ever has.

--Lauren Kessler

Love is at the heart of the world, just as it is at the heart of your life. Your relationships with your lover, your family, your friends, and the world around you define the quality of your emotional wholeness and reflect your relationship with yourself.

—Sebastian Pole

Narcissistic fathers leave their daughters with deep doubts about whether a man can love them, since the first important man in their life was so in love with himself that he had no love left for them. If you are a daughter of a narcissistic father you may have withdrawn from men and bound yourself to mother, either overtly or emotionally. Or you may be engaged in a self-destructive attempt to be his kind of girl, whatever that is, as you try desperately to extract his love. Perhaps you have transferred this into a masochistic position with other men, finding a narcissistic man incredibly attractive as you try to master the mystery of winning his love. And narcissistic men appeal to you because you wish you could be that way yourself—assertive, not giving a damn, self-important - but you lack the confidence to do it yourself so you identify with the man who has their quality, even if it's at your expense. (I have often seen this revealed in those instances where a woman has suffered through a degradingly submissive and abusing relationship with a man, or a series of men, and then, gaining the strength to break that kind of bondage, violently overturns the tables and abuses that man, or the next man in her life, as degradingly as she was misused. It's not just revenge, but the release of hidden desire to be powerful and to be able to control father and make him beg for her love.)

—Howard M. Halpern

Goddammit, look! We live here and they live there. We black and they white. They got things and we ain't. They do things and we can't. It's just like living in jail.

--Richard Wright

It is a peculiar sensation, this double-consciousness, this sense of always looking at one's self through the eyes of others....One feels his two-ness—An American, a Negro; two souls, two thoughts, two unreconciled strivings; two warring ideals in one dark body, whose dogged strength alone keeps it from being torn asunder.

--W. E. B. Du Bois  
(1868-1963)

We are not fighting for integration, nor are we fighting for separation. We are fighting for recognition as human beings. We are fighting for...human rights.

--Malcolm X

I was raised by a heroic single mother and wonderful grandparents who made incredible sacrifices for me. And I know there are moms and grandparents here today who did the same thing for all of you. But I still wish I had a father who was not only present, but involved. And so my whole life, I've tried to be for Michelle and my girls what my father wasn't for my mother and me. I've tried to be a better husband, a better father, and a better man.

It's hard work that demands your constant attention, and frequent sacrifice. And Michelle will be the first to tell you that I'm not perfect. Even now, I'm still learning how to be the best husband and father I can be. Because success in everything else is unfulfilling if we fail at family. I know that when I'm on my deathbed someday, I won't be thinking about any particular legislation I passed, or policy I promoted; I won't be thinking about the speech I gave, or the Nobel Prize I received. I'll be thinking about a walk I took with my daughters. A lazy afternoon with my wife. Whether I did right by all of them.

Be a good role model and set a good example for that young brother coming up. If you know someone who isn't on point, go back and bring that brother along. The brothers who have been left behind—who haven't had the same opportunities we have – they need to hear from us. We've got to be in the barbershops with them, at church with them, spending time and energy and presence helping pull them up, exposing them to new opportunities, and supporting their dreams. We have to teach them what it means to be a man—to serve your city like Maynard Jackson; to shape the culture like Spike Lee. Chester Davenport was one of the first people to integrate the University of Georgia law school. When he got there, no one would sit next to him in class. But Chester didn't mind. Later on, he said, 'It was the thing for me to do. Someone needed to be the first.' Today, Chester is here celebrating his 50th reunion. If you've had role models, fathers, brothers like that—thank them today. If you haven't, commit yourself to being that man for someone else.

--Barack Obama

I am an invisible man...I am a man of substance, of flesh and bone, fiber and liquids—and I might even be said to possess a mind. I am invisible, understand, simply because people refuse to see me.

--Ralph Ellison

If there's one thing that's missing in our country, it's an acknowledgment of the broad humanity of black folks. Racism—and anti-black racism in particular—is the belief that there's something wrong with black people...and I mean something in our bones. In our own community, we've internalized this. We wonder if we lack moral courage. I want the country to understand that there's nothing wrong with us. Things have happened in this country, but there's nothing wrong with us.

--Ta-Nehisi Coates

Whatever success I have achieved, whatever positions of leadership I have held have depended less on Ivy League degrees or SAT scores or GPAs, and have instead been due to that sense of connection and empathy—the special obligation I felt, as a black man, to help those who need it most, people who didn't have the opportunities that I had. Because there but for the grace of God go I. I might have been in prison. I might have been unemployed. I might not have been able to support a family. And that motivates me.

--Barack Obama

Some folks hate the Whites who hate the Blacks who hate the Klan.  
Most of us hate anything that we don't understand.

--Kris Kristofferson

Black progress did not come at the expense of white Americans—white students in integrated schools did just as well academically as those in segregated schools. Other studies have found that attending integrated schools made white students more likely to later live in integrated neighborhoods and send their own children to racially diverse schools.

--Nikole Hannah-Jones

Race hate isn't human nature; race hate is the abandonment of human nature.

—Orson Welles

We beg you to save young America from the blight of race prejudice. Do not bind the children within the narrow circles of your own lives.

—Charles Hamilton  
Houston

I want my children—I want Malia and Sasha—to understand that they’ve got responsibilities beyond just what they themselves have done. That they’ve a responsibility to the larger community and the larger nation, that they should be sensitive to and extra thoughtful about the plight of people who have been oppressed in the past, are oppressed currently. So that’s a wisdom that I want to transmit to my kids...But I would say that’s a high level of enlightenment that you’re looking to have from a majority of the society. And it may be something that future generations are more open to, but I am pretty confident that for the foreseeable future, using the argument of nondiscrimination, and ‘Let’s get it right for the kids who are here right now,’ and giving them the best chance possible is going to be a more persuasive argument.

—Barack Obama

Taking an active part in the solutions of the problems of peace is a moral duty which no conscientious man can shirk.

--Albert Einstein

It’s co-existence  
Or no existence.

--Bertrand Russell

There are two ways of ending a dispute—discussion and force; the latter manner is simply that of the rude beasts; the former is proper to beings gifted with reason.

--Cicero

We are a peaceful people, and it is well for us to remember that we rely on friendship and good will, not on force and threats of force, to extend our influence and win adherence to our international proposals.

--Charles Evans Hughes

It takes two to make peace.

--John F. Kennedy

You may call for peace as loudly as you wish, but where there is no brotherhood there can in the end be no peace.

--Max Lerner

Respect for the rights of another,  
that is peace.

--Mexican-American  
Proverb

It is mutual cowardice that keeps us in peace. Were one-half of mankind brave, and one-half cowards, the brave would be always beating the cowards. Were all brave, they would lead a very uneasy life; all would be continually fighting; but being all cowards, we go on very well.

--Samuel Johnson

Do not try to save the world by loving thy neighbor; it will only make him nervous. Save the world by respecting thy neighbor's rights under law and insisting that he respect yours (under the same law).

--E. B. White

If you want to make peace, you don't talk to your friends. You talk to your enemies.

--Moshe Dayan

The future happiness of the human race depends upon just one thing—international co-operation.

—Hendrik van Loon

Imagine what seven billion humans could accomplish if we all loved and respected each other.

—Anthony Douglas  
Williams

I am an individual.

I have dignity and worth.

I am unique.

I deserve respect and I respect others.

I am part of the human family.

I have something special to offer the world.

I am committed to a peaceful world for all of us.

I make a difference, and so do you.

I can accomplish whatever I set out to do, and so can you.

I am the key to peace.

—Naomi Drew

One can no longer live with people: it is too hideous and nauseating. Owners and owned, they are like the two sides of a ghastly disease.

—David Herbert  
Lawrence

The world is one big family, and we need to help each other.

—Jet Li

All humanity is one undivided and indivisible family, and each one of us is responsible for the misdeeds of all the others. I cannot detach myself from the wickedest soul.

—Mohandas  
Karamchand  
Gandhi

One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings.

—Franklin Thomas

Love builds. It is positive and helpful. It is more beneficial than hate. Injuries quickly forgotten quickly pass away. Personally and racially, our enemies must be forgiven. Our aim must be to create a world of fellowship and justice where no man's skin, color or religion, is held against him. 'Love thy neighbor' is a precept which could transform the world if it were universally practiced. It connotes brotherhood and, to me, brotherhood of man is the noblest concept in all human relations. Loving your neighbor means being interracial, interreligious and international.

—Mary McLeod Bethune

I swear to the Lord  
I still can't see  
Why Democracy means  
Everybody but me.

—Langston Hughes

Racial superiority is a mere pigment of the imagination.

—Unknown

We have learned to fly the air like birds and swim the sea like fish, but we have not learned the simple art of living together as brothers. Our abundance has brought us neither peace of mind nor serenity of spirit.

—Martin Luther  
King, Jr.

The oceans of history are made turbulent by the ever-rising tides of hate. History is cluttered with the wreckage of nations and individuals that pursued that self-defeating path of hate. Love is the key to the solution of the problems of the world.

—Martin Luther  
King, Jr.

The first question which the priest and the Levite asked was: 'If I stop to help this man, what will happen to me?' But... the good Samaritan reversed the question: 'If I do not stop to help this man, what will happen to him?'

—Martin Luther  
King, Jr.

Unfortunately, most of the major denominations still practice segregation in local churches, hospitals, schools, and other church institutions. It is appalling that the most segregated hour of Christian America is eleven o'clock on Sunday morning, the same hour when many are standing to sing: 'In Christ There Is No East Nor West.'

—Martin Luther  
King, Jr.

'I' cannot reach fulfillment without 'thou.' The self cannot be self without other selves. Self-concern without other-concern is like a tributary that has no outward flow to the ocean.

—Martin Luther  
King, Jr.

I have always detested the belief that sex is the chief bond between man and woman. Friendship is far more human.

--Agnes Smedley

What do we live for, if not to make life less difficult for each other.

--George Eliot

I don't like that man. I must get to know him better.

—Abraham Lincoln

Personal relationships are the fertile soil from which all advancement, all success, all achievement in real life grows.

--Ben Stein

If you want to win friends, make it a point to remember them. If you remember my name, you pay me a subtle compliment. You indicate that I have made an impression on you. Remember my name and you add to my feeling of importance.

—Dale Carnegie

Popularity is a trap. The research is overwhelming. For instance, a study tracking nearly 200 13-year-olds over the course of a decade found that those who acted old for their age by sneaking into movies, forming early romantic relationships, shoplifting, and basing friendships on appearance were considered by their peers to be the popular kids. The ‘cool kids,’ the same study found, had a 45 percent greater rate of problems due to substance abuse by age 22, and a 22 percent greater rate of criminal behavior, compared with the average teen in the study. Such behavior made the popular group far less socially acceptable as young adults than they were at 13, which suggests that while the cool kids achieved temporary social status, they never developed the skills needed for deep, durable friendships.

—Ron Fournier

Whether it's for a fraternity, sports team, club, or some other selective group, guys put up with ceremonial degradation in order to be accepted, liked, and aligned with the in crowd.

--Scott Smith

When I think of early friendships, I think not of people but of books. Books were my friends, and more often than not, the characters in the books were my imaginary friends, who stepped out of the pages and walked with me to school or sat in bed with me, talking when I was meant to be asleep. What I mean is reading was my friends. And also I mean that I learned about friendship—patience, slowness, listening, care—from reading and from reading about friendship between people.

—Erin Wunker

Now there are very few rules to improv, but one of the things I was taught early on is that you are not the most important person in the scene—everybody else is. And if everybody else is more important than you are, you will naturally pay attention to them and serve them. No one is leading.... You cannot win in improv. And life is an improvisation.

--Stephen Colbert

Her [Princess Diana] mission was to seek out those marginalized by society. I stood beside her on her humanitarian missions to Angola and Bosnia. We visited a hospital where a young girl lay in bed fatally injured. She had wandered into a field to retrieve her brother's football and had stepped onto a land mine. The lower half of her body was missing. The princess slipped her hand into that of the girl at her bed-

side, and the girl opened her eyes and smiled. Moments after we had left, the girl said to the nurse, 'I have just been visited by an angel.' And then shortly after that, she died. Diana's handclasp, that simple act of humanity, was her gift to that little girl, but really, it was a gift for us all. Through the media, she was showing us a simple message that we should care for one another.

—Dickie Arbiter

Marriage is a fundamental social institution. It is central to the nurture and raising of children. It is the 'social glue' that reliably attaches fathers to children. It contributes to the physical, emotional and economic health of men, women and children, and thus to the nation as a whole. It is also one of the most highly prized of all human relationships and a central life goal of most Americans.

--David Popenoe and  
Barbara  
Whitehead

The worst feeling you'll ever feel is sitting next to the person who means the world to you knowing that you mean nothing to them.

--Unknown

What's unusual in the human record, then, is not men cheating on their wives. No, what's unusual is male fidelity. The idea that men should be lovingly faithful to a single wife emerged as a Western middle-class ideal only in the 18th century.

--Kay Hymowitz

Relationships—of all kinds—are like sand held in your hand. Held loosely, with an open hand, the sand remains where it is. The minute you close your hand and squeeze tightly to hold on, the sand trickles through your fingers. You may hold onto some of it, but most will be spilled. A relationship is like that. Held loosely, with respect and freedom for the other person, it is likely to remain intact. But hold too tightly, too possessively, and the relationship slips away and is lost.

--Kaleel Jamison

In nearly 40 percent of American marriages, the wife earns more than the husband. Data indicate that this power inversion can trigger not just problems with gender identity but a troubling amount of male infidelity (peculiar new trend: women who are financially dependent on their husbands tend to be faithful, while, paradoxically, financially dependent men tend to stray). One 2010 study showed that when a woman's contribution to household income tops 60 percent, the couple is more likely to divorce.

--Sandra Tsing Loh

Those black males who try to hold women down are expressing in sexist terms the same kinds of expressions in racist terms which they would deny.

--Jacquelyne Jackson

I've seen a dramatic increase in cases where something on the computer triggered the breakup. People are more likely to leave relationships, because they're emboldened by the knowledge that it's no longer as hard as it was to meet new people. But whether it's dating sites, social media, e-mail—it's all related to the fact that the Internet has made it possible for people to communicate and connect, anywhere in the world, in ways that have never before been seen.

--Gilbert Feibleman,  
Divorce Attorney

Gay marriage can function as a controlled experiment, helping us see which aspects of marital difficulty are truly rooted in gender and which are not. A growing body of social science has begun to compare straight and same-sex couples in an attempt to get at the question of what is female, what is male. Some of the findings are surprising. For instance: we know that heterosexual wives are more likely than husbands to initiate divorce. Social scientists have struggled to explain the discrepancy, variously attributing it to the sexual revolution; to women's financial independence; to men's failure to keep modern wives happy. Intriguingly, in Norway and Sweden, where registered partnerships for same-sex couples have been in place for about two decades (full-fledged marriage was introduced several years ago), research has found that lesbians are twice as likely as gay men to split up. If women become dissatisfied even when married to other women, maybe the problem with marriage isn't men. Maybe women are too particular. Maybe even women don't know what women want.

--Liza Mundy

There is no such thing as a traditional marriage. In various places and at various points in human history, marriage has been a means by which young children were betrothed, uniting royal houses and sealing alliances between nations. In the Bible, it was a union that sometimes took place between a man and his dead brother's widow, or between one man and several wives. It has been a vehicle for the orderly transfer of property from one generation of males to the next; the test by which children were deemed legitimate or bastard; a privilege not available to black Americans; something parents arranged for their adult children; a contract under which women, legally, ceased to exist. Well into the 19th century, the British common-law concept of 'unity of person' meant a woman became her husband when she married, giving up her legal standing and the right to own property or control her own wages.

--Liz Mundy

The childless and even the partnerless life has gained something of a cultural cachet, with some suggesting they represent not just a legitimate choice but a superior one. It's a burgeoning movement that's joined cultural tastemakers, academics, neo-Malthusians, greens, feminists, Democratic politicians, urban planners, and big developers—each with their own reasons for advancing 'singlism,' the term coined by University of California, Santa Barbara, psychology professor Bella DePaulo. Unlike families, whose members, after all, are often stuck with one another, she praises singles as enjoying 'intentional communities' and being more likely 'to think about human connectedness in a way that is far-reaching and less predictable.'

--Joel Kotkin and  
Harry Siegel

Women... can't live with 'em... can't shoot 'em.

—Ivan Turgenev

If there ever comes a day when we can't be together, keep me in your heart. I'll stay there forever.

—Winnie the Pooh

Two people who were once very close can without blame or grand betrayal become strangers. Perhaps this is the saddest thing in the world.

—Warsan Shire

Women are much more complicated than men. Men are very simple. And you know why? It's because their brains are so different. First, I want to start with men. Men's brains are very unique. Most women don't realize that whether we are having sex or watching sports, our brains are made up of little boxes. We've got a box for everything. We've got a box for the car. We've got a box for the money. We've got a box for the job. We've got a box for you. We've got a box for the kids. We've got a box for your mother somewhere in the basement.

We've got boxes everywhere. And the rule is the boxes don't touch. When a man discusses a particular subject, we go to that particular box, we pull that box out, we open the box, and we discuss only what is in THAT BOX. And then we close the box and put it away being very, very careful not to touch other boxes.

Now women's brains are very, very different from men's brains. Women's brains are made up of a big ball of wire. And everything is connected to everything. The money is connected to the car and the car is connected to your job and your kids are con-

nected to your mother and everything is connected. It's like the internet superhighway, and it's all driven by energy that we call emotion. It's one of the reasons why women tend to remember...everything.

Because if you take an event and you connect it to an emotion and it burns in your memory and you can remember it forever. The same thing happens for men. It just doesn't happen very often, because quite frankly...we don't care. Women tend to care about everything. And she just loves it.

Now men, we have a box in our brain that most women are not aware of. This particular box has nothing in it. In fact, we call it the 'nothing box.' And of all the boxes a man has in his brain, the 'nothing box' is our favorite box. If a man has a chance, he'll go to his nothing box every time. That's why a man can do something seemingly completely brain dead for hours on end. You know, like fishing.

—Mark Gungor

Marry your best friend. I do not say that lightly. Really, truly find the strongest, happiest friendship in the person you fall in love with. Someone who speaks highly of you. Someone you can laugh with. The kind of laughs that make your belly ache, and your nose snort. The embarrassing, earnest, healing kind of laughs. Wit is important. Life is too short not to love someone who lets you be a fool with them. Make sure they are somebody who lets you cry, too. Despair will come. Find someone that you want to be there with you through those times. Most importantly, marry the one that makes passion, love, and madness combine and course through you. A love that will never dilute—even when the waters get deep, and dark.

—N'tima

How utterly impossible, it is, in hate or in friendship, to fully know another person. We don't. You don't know the person you live with even though you know a lot about them. The constant shuffling of change, and through everything the paradox of ambiguity. We know a version of them. And we know the facts.

—Edna O'Brien

Essentially my parents choose. I have known this for all my life, but I still feel a bit caged because I do not get the freedom to choose my own love life. At the same time, I also trust my parents. In my culture, my parents enforce some rules on me and I understand the reasoning behind it. But I feel as if I cannot live my teenage years to the fullest. Being around all these kids my age and experiencing such fun things makes me feel as if I am missing out on this whole other world. Although I appreciate my culture, I feel special being Indian, but living in America is a totally different experience with restrictions. It affects my familial because if I do not follow through with the arranged marriage, I would be shunned....If I could put the whole

process in my words, it would be like this: when I'm 24, my friends and family would recruit possible guys. My parents and theirs meet and settle out all the options. Next, the guys are matched with horoscope and priest predictions, and finally I choose one guy to date, and then later comes the engagement. The wedding lasts six days and meeting my husband takes about six months to a year. I could never have a natural love life. However, I feel safe because I know I'm in good hands and that my life is set.

—Puja Lad

Dr. Morris soon recognized that the difference between successful and unsuccessful marriages can often be traced to how well couples are able to 'bond' during the courtship period. By bonding he referred to the process by which a man and woman become cemented together emotionally. It describes the chemistry that permits two previous strangers to become intensely valuable to one another. It helps them weather the storms of life and remain committed in sickness and health, for richer or poorer, for better or worse, forsaking all others until they are parted in death. It is a phenomenal experience that almost defies description.

—James C. Dobson

Part of me loves and respects men so desperately, and part of me thinks they are so embarrassingly incompetent at life and in love. You have to teach them the very basics of emotional literacy. You have to teach them how to be there for you, and part of me feels tender toward them and gentle, and part of me is so afraid of them, afraid of any more violation.

—Anne Lamott

The woman knows from living with the abusive man that there are no simple answers. Friends say: 'He's mean.' But she knows many ways in which he has been good to her. Friends say: 'He treats you that way because he can get away with it. I would never let someone treat me that way.' But she knows that the times when she puts her foot down the most firmly, he responds by becoming his angriest and most intimidating. When she stands up to him, he makes her pay for it—sooner or later. Friends say: 'Leave him.' But she knows it won't be that easy. He will promise to change. He'll get friends and relatives to feel sorry for him and pressure her to give him another chance. He'll get severely depressed, causing her to worry whether he'll be all right. And, depending on what style of abuser he is, she may know that he will become dangerous when she tries to leave him. She may even be concerned that he will try to take her children away from her, as some abusers do.

—Lundy Bancroft

You see a lot of smart guys with dumb women, but you hardly ever see a smart woman with a dumb guy.

--Erica Jong

Marriage always demands the finest arts of insincerity possible between two human beings.

—Vicki Baum

Whenever two human beings spend time together, sooner or later they will probably irritate one another. This is true of best friends, married couples, parents and children, or teachers and students. The question is: How do they respond when friction occurs? There are four basic ways they can react:

- They can internalize the anger and send it downward into a memory bank that never forgets. This creates great pressure within and can even result in disease and other problems.
- They can pout and be rude without discussing the issues. This further irritates the other person and leaves him or her to draw his or her own conclusions about what the problem may be.
- They can blow up and try to hurt the other person. This causes the death of friendships, marriages, homes, and businesses.
- Or they can talk to one another about their feelings, being very careful not to attack the dignity and worth of the other person. This approach often leads to permanent and healthy relationships.

—James C. Dobson

I also became familiar with an entirely new category of people: the unhappily married person. They are everywhere, and they are ten thousand times more depressing than a divorced person. My friend Tim, whose name I've changed, obviously, has gotten more and more depressing since he married his girlfriend of seven years. Tim is the kind of guy who corners you at a party to tell you, vehemently, that marriage is work And that you have to work on it constantly. And that going to couples' therapy is not only normal but something that everyone needs to do. Tim has a kind of manic, cult-y look in his eye from paying thousands of dollars to a marriage counselor. He is convinced that his daily work on his marriage, and his acknowledgement that it is basically a living hell, is modern. The result is that he has helped to relieve me of any romantic notions I had about marriage.

—Mindy Kaling

Studies found that women with a college level education were most likely to be married for longer than those without—nearly 80% of college-educated women had marriages that lasted 20+ years. In comparison, barely 40% of women with a high school education or less, remained married for that length.

—*The Chive*

How strange is the lot of us mortals. Each of us is here for a brief sojourn for what purpose he knows not, though he senses it. But without deeper reflection one knows from daily life that one exists for other people.

—Albert Einstein

## **THE EFFECTS OF DIVORCE**

Divorce has become a reality that affects more than two million adults and more than one million children each year. Yes—all children will be affected by divorce. Does it need to be negative? No! Absolutely Not! Divorce does have short-term and long-term negative effects on some children’s adjustment. The main difficulties associated with divorce are:

1. conflict between parents
2. parent depression
3. lack of social support and
4. financial stress

In preschoolers, divorce may trigger regression, fretfulness, bewilderment, aggression and need.

In school age children, there is sadness, grieving, fear, anger, feelings of deprivation, fantasies of reconciliation, body complaints and loyalty conflicts.

In adolescents, there are many painful feelings: how will their own future marriages work out, worry over financial matters, loyalty conflicts, individualization from parents and the awareness of parents as sexual beings.

Healthy adjustment occurs when children are made to feel that they are in no way responsible for the divorce and that the divorce is final. Skills in coping and conflict resolution need to be well-developed for a child to adjust. Eventually, they won’t blame anyone, but will instead work on problem solving and staying involved in a social support system.

Children have a positive adjustment to divorce when the custodial parent has low stress and is psychologically healthy. The custodial parent needs to be firm and consistent in parenting; and the child needs to feel that his relationship with the custodial parent is positive.

Involvement of the non-custodial parent has a direct effect on the children’s

adjustment when the involvement directly affects the well-being of the custodial parent rather than the child.

Emotional and financial support by the non-custodial parent can reduce the strain experienced by the custodial parent and increase their parenting competence. This increased competence directly affects a child's adjustment.

Children will do well when the parents are mentally healthy and have a support system to help them cope with the difficult times. Nobody needs to do it alone. Divorce can be a growth-producing experience. Some of the divorced parent's dreams may have died, but the parent has not.

—Dr. Phil Martin R. Textor

Marriage, in what is evidently its most popular version, is now on the one hand an intimate 'relationship' involving (ideally) two successful careerists in the same bed, and on the other hand a sort of private political system in which rights and interests must be constantly asserted and defended. Marriage, in other words, has now taken the form of divorce: a prolonged and impassioned negotiation as to how things shall be divided. During their understandably temporary association, the 'married' couple will typically consume a large quantity of merchandise and a large portion of each other.

The modern household is the place where the consumptive couple do their consuming. Nothing productive is done there. Such work as is done there is done at the expense of the resident couple or family, and to the profit of suppliers of energy and household technology. For entertainment, the inmates consume television or purchase other consumable diversion elsewhere.

There are, however, still some married couples who understand themselves as belonging to their marriage, to each other, and to their children. What they have in common, and so, to them, helping each other does not seem merely to damage their ability to compete against each other. To them, 'mine' is not so powerful or necessary a pronoun as 'ours.'

This sort of marriage usually has at its heart a household that is to some extent productive. The couple, that is, makes around itself a household economy that involves the work of both wife and husband, that gives them a measure of economic independence and self-employment, a measure of freedom, as well as a common ground and a common satisfaction.

—Wendell Berry

Each home has been reduced to the bare essentials—to barer essentials than most primitive people would consider possible. Only one woman's hands to feed the baby, answer the telephone, turn off the gas under the pot that is boiling over, soothe the

older child who has broken a toy, and open both doors at once. She is a nutritionist, a child psychologist, an engineer, a production manager, an expert buyer, all in one. Her husband sees her as free to plan her own time, and envies her; she sees him as having regular hours and envies him.

—Margaret Mead

I found one day in school a boy of medium size ill-treating a smaller boy. I expostulated, but he replied: 'The bigs hit me, so I hit the babies; that's fair.' In these words he epitomized the history of the human race.

--Bertrand Russell

Men fear and hate women more than women fear and hate men. I think it is this rather than the male's superior strength that makes it possible for our civilization to be called 'a man's world.' It is not a contest of strength; it is a contest of hate.

--Dr. Karl Menninger

The male has been taught that he is superior to women in nearly every way, and this is reinforced by the submissive tactics of many women in their desperate antics of flirtation and hunting; it would be a wonder if the average male did not come to believe that he was superior.

--Joyce Carol Oates

Our life is so dependent on our relations with women—and the opposite, of course, is also true—that it seems to me one must never think lightly of them.

--Vincent Van Gogh

It is always one of the tragedies of any relationship, even between people sensitive to each other's moods, that the moments of emotion so rarely coincide.

--Nan Fairbrother

It is best not to leave a lover sole master of one's affections, for fear that, in the absence of any rivals, his love slumbers through overconfidence.

—Moliere

Alpha men are very turned on by the Alpha woman—really high chemistry, really fun to work with, probably really fun to have affairs with. But there can only be one person in the driver's seat.

—Alanis Morissette

Existence warps too much. It sets us so we can only receive certain kinds of opposite numbers. But in the abstract, in essence, any two human beings can find warmth together.

--Norman Mailer

No human being can really understand another, and no one can arrange another's happiness.

--Graham Greene

The ultimate test of a relationship is to disagree but to hold hands.

--Alexandra Penney

Women have served all these centuries as looking-glasses possessing the magic and delicious power of reflecting the figure of man at twice its natural size.

--Virginia Woolf

The relation of the sexes...is really the invisible central point of all action and conduct....the cause of war and the end of peace.

--Arthur Schopenhauer

The ability to make love frivolously is the chief characteristic which distinguishes human beings from beasts.

--Heywood Broun

Girls are like apples on trees. The best ones are at the top of the tree. The boys don't want to reach for the good ones because they are afraid of falling and getting hurt.

Instead, they just get the rotten apples from the ground that aren't as good, but easy.

So the apples at the top think something is wrong with them, when in reality, they're amazing.

They just have to wait for the right boy to come along, the one who's brave enough to climb all the way to the top of the tree.

--Pete Wentz

The art of getting along with a woman is understanding what she doesn't say.

—Evan Esar

If you want to know how she will talk to you after marriage, listen while she talks to her younger brothers.

--Unknown

The stronger women get, the more men love football.

--Mariah Burton Nelson

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

--Carl Gustav Jung

To be happy with a man you must understand him a lot and love him a little. To be happy with a woman you must love her a lot and not try to understand her at all.

--Helen Rowland

Guys are simple... women are not simple and they always assume that men must be just as complicated as they are, only way more mysterious. The whole point is guys are not thinking much. They are just what they appear to be. Tragically.

--Dave Barry

The future will see better relationships but more divorce. The older you get as a man, the more experienced you get. You know what to do with women, how to treat them and talk to them. Add to that the effect of online dating. I often wonder whether matching you up with great people is getting so efficient, and the process so enjoyable, that marriage will become obsolete.

--Dan Winchester

Premarital sex used to be taboo. So women would become miserable in marriages, because they wouldn't know any better. But today, more people have had failed relationships, recovered, moved on, and found happiness. They realize that that happiness, in many ways, depends on having had the failures. As we become more secure and confident in our ability to find someone else (with online dating), usually someone better, monogamy and the old thinking about commitment will be challenged very harshly.

--Noel Biderman

Psychologists who study relationships say that three ingredients generally determine the strength of commitment: overall satisfaction with the relationship; the investment one has put into it (time and effort, shared experiences and emotions, etc.); and the quality of perceived alternatives. Two of the three—satisfaction and quality of alternatives—could be directly affected by the larger mating pool that the Internet offers.

--Dan Slater

It is only when we no longer compulsively need someone that we can have a real relationship with them.

--Anthony Storr

It takes two hands to clap! I cannot be solely blamed for what happened in my relationships! If things soured, it happened because of both parties. Not just me!

—Akshay Kumar

Someone's past is just that...their past. The majority of people learn lessons from what they did wrong in their past relationships. Don't hold their past against them unless it bleeds into the present...

—Unknown

For every male action there is a female overreaction.

—The Chive

Never idealize others. They will never live up to your expectations.

—Leo Buscaglia

Marriage and relationships can be regulated, and choice can be constrained, but human urges will forever be governed by a more incalculable rule: the allure of the new, or of the semblance of the new, may well be irresistible.

—Sophie Gilbert

They say you don't get over someone until you find someone or something better. As humans, we don't deal well with emptiness. Any empty space must be filled. Immediately. The pain of emptiness is too strong. It compels the victim to fill that place. A single moment with that empty spot causes excruciating pain. That's why we run from distraction to distraction and from attachment to attachment.

—Yasmin Mogahed

Relationships are like glass. Sometimes it's better to leave them broken than hurt yourself trying to put it back together.

—Unknown

Jane is in a relationship. Jane doesn't post on social media about how much she loves her partner. She tells him this in person. She doesn't mention every little insignificant thing they do. Jane knows that nobody gives a damn. Jane is smart.

—Internet Meme

## ELEVEN HINTS FOR LIFE

1. It hurts to love someone and not be loved in return. But what is more painful is to love someone and never find the courage to let that person know how you feel.
2. A sad thing in life is when you meet someone who means a lot to you, only to find out in the end that it was never meant to be and you just have to let go.
3. The best kind of friend is the kind you can sit on a porch swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.
4. It's true that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives.
5. It takes only a minute to get a crush on someone, an hour to like someone, and a day to love someone-but it takes a lifetime to forget someone.
6. Don't go for looks, they can deceive. Don't go for wealth, even that fades away. Go for someone who makes you smile because it takes only a smile to make a dark day seem bright.
7. Dream what you want to dream, go where you want to go, be what you want to be. Because you have only one life and one chance to do all the things you want to do.
8. Always put yourself in the other's shoes. If you feel that it hurts you, it probably hurts the person too.
9. A careless word may kindle strife. A cruel word may wreck a life. A timely word may level stress. But a loving word may heal and bless.
10. The happiest of people don't necessarily have the best of everything they just make the most of everything that comes along their way.
11. Love begins with a smile, grows with a kiss, ends with a tear. When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, you're the one smiling and everyone around you is crying.

—*boardofwisdom.com*

The human heart, at whatever age, opens to the heart that opens in return.

—Maria Edgeworth

The absolute yearning of one human body for another particular body and its indifference to substitutes is one of life's major mysteries.

—Iris Murdoch

The university system aside, I suspect there is a deeply ingrained set of behaviors that undermine women: the habits they pick up—or don't pick up—in the dating world. Men learn early that to woo women, they must risk rejection and be persistent. Straight women, for their part, learn from their earliest years that they must wait to be courted. The professional world does not reward the second approach. No one is going to ask someone out professionally if she just makes herself attractive enough. I suspect this is why people who put together discussion panels and solicit op-eds always tell me the same things: it's harder to get women to say yes than men. Well, duh. To be female in our culture is to be trained from puberty in the art of rebuffing—rebuffing gazes, comments, touches, propositions, and proposals.

—Garance Franke-Ruta

Woman can never be independent. No matter what a man may be —drunkard, gambler, thief; whether he be indelicate, a liar, a hypocrite, or cruel, or evil, or sick, unclean, malodorous—there will always be found one woman, nay ten women, who will lavish upon him their smiles, their kisses, all their gifts.

--Yvette Guilbert

Women know about life and about how to get along with others, and are sensitive to beauty, and can yell louder. They know all about guys, having been exposed to guy life since forever, and guys know nothing about girls except that they want one desperately. Which gender is better equipped to manipulate the other?

Men adore women. Women look at men and chuckle.

So we guys carry the seeds of adolescence in our bodies all our lives. We go along being cool, hearty, good-humored, wily, dashing, winsome, saying incredibly witty things, shooting baskets, the breeze, the moon, and then one day we wake up middle-aged and full of loneliness, our life seems like one wasted afternoon and we go do something spectacularly dumb, like run off with Amber the cocktail waitress, and suddenly all the women in our life look at us with disgust.

—Garrison Keillor

The sexual act without love never bridges the gap between two human beings, except momentarily.

—Erich Fromm

There is an unspoken agreement in every successful relationship: ‘I’m not perfect and you’re not perfect. I can ignore your imperfections if you can ignore mine. I choose to spend my life in your company.’

—Rick Cormier

Practically all the relationships I know are based on a foundation of lies and mutually accepted delusion.

—Kim Catrall

Many religions start with the notion that the deity is male and that, therefore, males are superior to women. This irrational idea informs boys’ sexual map as they grow into men and breeds ideas such as the following: women are subservient to men; men have control over women’s bodies; and men are more intelligent and closer to their god.

—Darrel Ray

Relationships are such that if one person changes, the relationship changes.

—Michele Weiner-Davis

[Susan] Wu is struck by ‘the countless times I’ve had to move a man’s hand from my thigh (or back or shoulder or hair or arm) during a meeting (or networking event or professional lunch or brainstorming session or pitch meeting) without seeming confrontational (or bitchy or rejecting or demanding or aggressive).’ In a land of grand ideas and grander funding proposals, she found that the ability to neatly reject a man’s advances without injuring his ego is ‘a pretty important skill that I would bet most successful women in our [tech] industry have.’

Wu learned how to calibrate the temperature of her demeanor: friendly and approachable, neither too intimate nor too distant. She learned the fine art of the three-quarters smile, as well as how to deflect conversation away from her personal life and return to topics like sports and market strategy. She learned to distinguish between actual predators and well-meaning guys who were just a bit clueless. And yet to not be overly wary, because that, too, can affect career prospects.

—Liza Mundy

We can recognize the dawn and the decline of love by the uneasiness we feel when alone together.

--Jean de la Bruyere

That's what real love amounts to—letting a person be what he really is. Most people love you for who you pretend to be. To keep their love, you keep pretending—performing. You get to love your pretense. It's true, we're locked in an image, an act.

--Jim Morrison

When you love someone, you do not love them all the time, in exactly the same way, from moment to moment. It is an impossibility. It is even a lie to pretend to. And yet this is exactly what most of us demand. We have so little faith in the ebb and flow of life, of love, of relationships. We leap at the flow of the tide and resist in terror its ebb. We are afraid it will never return. We insist on permanency, on duration, on continuity; when the only continuity possible, in life as in love, is in growth, in fluidity - in freedom, in the sense that the dancers are free, barely touching as they pass, but partners in the same pattern.

The only real security is not in owning or possessing, not in demanding or expecting, not in hoping, even. Security in a relationship lies neither in looking back to what was in nostalgia, nor forward to what it might be in dread or anticipation, but living in the present relationship and accepting it as it is now. Relationships must be like islands, one must accept them for what they are here and now, within their limits - islands, surrounded and interrupted by the sea, and continually visited and abandoned by the tides.

--Anne Morrow  
Lindbergh

I feel sorry for people who maintain relationships and friendships detrimental to their mental health.

Everyone is guilty of it at one time or another—but the idea is to strive to be your best; right?

So, meanwhile why are so many people faking it? Security? Fear of loneliness? Fears of independence? Fears of being self? Or just the idea that you can make someone change?

Regardless of the justifications you give & treat yourself to... , I hope all of you—'new year—new me types' strive for self care, honest and pure friendships and relationships based of love—and not based off the fake realities of your mind. These delusions of what you hope for instead of what's there, where you and your puppet show master focus more on everyone else and less on self. To change the world you must start within. But you must first BE HONEST with yourself.

--Tiffany Luard

Females are still programmed to look for older men with resources, while males are still programmed to look for younger women with adoring gazes.

--Maureen Dowd

No white person knows, really knows, how it is to grow up as a Negro boy in the South. The taboo of the white woman eats into the psyche, erodes away significant portions of boyhood sexual development, alters the total concept of masculinity, and creates in the Negro male a hidden ambivalence towards all women, black as well as white.

--Calvin Hernton

Living in a society where the objective social position and the reputed virtues of white women smother whatever worth black women may have, the Negro male is put to judging his women by what he sees and imagines the white woman is.

--Calvin Hernton

No woman need feel the smallest twinge of shame at being as stupid as an egg. Plain women should know just a little more than pretty ones, and downright ugly ones just a bit more still; but no woman, whatever her physiognomy, should know more than a man. That is, if she wants to be loved by him.

--Virginia Graham

As of late I've found physical attraction is no longer enough. I need genuine connection. I need to undress the layers of a soul before I feel a desire to tear away any clothes. Passion remains the fire, but now intimacy strikes the match, and friendship has become the fuel.

—Beau Taplin

Good-looking individuals are treated better than homely ones in virtually every social situation, from dating to trial by jury.

—Martha Beck

The most significant fashion innovation is definitely the high heel. None of us looks sexy or powerful or stylish walking around on our knees. Height, and the ability to dominate—sexually, stylishly, politically, interpersonally—is our principal social currency.

--Simon Doonan

He that dares not grasp the thorn Should never crave the rose.

—Anne Bronte

ate, like the fly in the heart of an apple, dwells in a perpetual sweetness, but sits alone, and is confined and dies in singularity.

--Jeremy Taylor

Of all ghosts, the ghosts of our old loves are the worst.

—Arthur Conan Doyle

The bitches, as Shannon saw it, came in three varieties. She categorized them on her personal blog, in a post titled ‘Beware the Female Big Law Partner.’

First was the ‘aggressive bitch’—a certain kind of high-ranking woman that the firm where she worked who didn’t think twice about ‘verbally assaulting anyone.’ When one such partner’s name appeared on caller ID, Shannon told me, ‘we would just freak out.’

Next was the two-faced ‘passive aggressive bitch,’ whose ‘subtle, semi-rude emails hinted that you really shouldn’t leave before 6:30.’ She was arguably worse than the aggressive bitch, because you might never know where you stand.

Last but not least, but ‘tuned out, indifferent bitch,’ Shannon wrote, ‘is so busy, both with work, and family, that they don’t have time for anything... This partner is not trying to be mean, but hey, they got assignments at midnight when they were associates. So you will too.

—Olga Khazan

She divides her past female managers into ‘Dragon Ladies and ‘Softies Who Nice Their Way Upwards.’ She’d rather work for men because, she says, they’re more forthright. With the women, I’m partly being judged on my abilities and partly being judged on whether or not I’m ‘a friend’ or ‘nice,’ or ‘fun,’ she told me. That’s some playground BS.’

—Olga Khazan

In 2011, Kim Ellessor, a lecturer at UCLA, analyzed responses from more than 60,000 people and found that women—even those who were managers themselves—were more likely to want a male boss than a female one. The participants explained that female bosses are ‘emotional,’ ‘catty,’ or ‘bitchy.’ (Men preferred male bosses too, but by a smaller margin than the female participants did.)

—Olga Khazan

Women are evolutionarily predestined not to collaborate with women they are not related to. Women and girls are less willing than men and boys to cooperate with lower-status individuals of the same gender; more likely to dissolve same gender friendships; and more willing to socially exclude one another.

—Joyce Benenson,  
Psychologist

Women undermine one another because they have always had to compete for mates and for resources for their offspring. Helping another woman might give that woman an edge in the hot-Neanderthal dating market, or might give her children an advantage over your own, so you frostily snub her. Women can gather around smiling and laughing, exchanging polite, intimate, and even warm conversation, while simultaneously destroying one another's careers. The contrast is jarring.

—Joyce Benenson,  
Psychologist

Women are people. If the only way to get ahead is to run like hell away from other women, some women are going to do that.

—Joan C. Williams

She told me she'd spent most of the summer hanging out alone in her room with her phone. That's just the way her generation is, she said. 'We didn't have a choice to know any life without iPads or iPhones. I think we like our phones more than we like actual people.'

—Jean M. Twenge

Today's teens are...less likely to date. The initial stage of courtship, which Gen Xers called 'liking' (as in 'Ooh, he likes you!'), kids and now call 'talking'—an ironic choice for a generation that prefers texting to actual conversation. After two teens have talked for a while, they might start dating. But only about 56% of high school seniors in 2015 went out on dates; for boomers and Gen Xers, the number was about 85%.

—Jean M. Twenge

One of the ironies of the iGen life is that despite spending far more time under the same roof as their parents, today's teens can hardly be said to be closer to their mothers and fathers than their predecessors were. 'I've seen my friends with their families—they don't talk to them,' Athena told me. 'They just say 'Okay, okay whatever' while they're on their phones. They don't pay attention to their family.' Like her peers, Athena is an expert at tuning out her parents so she can focus on her phone. She spent much of her summer keeping up with friends, but nearly all of that was over text or Snapchat. 'I've been on my phone more than I've been with actual people,' she said. 'My bed has, like, an imprint of my body.'

—Jean M. Twenge

Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on non-screen activities are more likely to be happy.

There's not a single exception. All screen activities are linked to less happiness, and all non-screen activities are linked to more happiness. Eighth-graders who spend 10 or more hours a week on social media are 56 percent more likely to say they're unhappy than those who devote less time to social media. Admittedly, 10 hours a week is a lot. But those who spend 6 to 9 hours a week on social media are still 47 percent more likely to say they are unhappy than those who use social media even less. The opposite is true of in-person interactions. Those who spend an above-average amount of time with their friends in person are 20 percent less likely to say they're unhappy than those who hang out for a below-average amount of time.

If you were going to give advice for a happy adolescence...it would be straightforward; put down the phone, turn off the laptop, and do something—anything—that does not involve the screen.

—Jean M. Twenge

Social networking sites like Facebook promise to connect us to friends. But the portrait of iGen teens emerging from the data is one of a lonely, dislocated generation. Teens who visit social networking sites every day but see their friends in person less frequently are the most likely to agree with the statements 'A lot of the time I feel lonely,' 'I often feel left out of things,' and 'I often wish I had more good friends.' Teens' feelings of loneliness spiked in 2013 and have remained high since.

—Jean M. Twenge

For all of their power to link kids day and night, social media also exacerbate the age-old teen concern about being left out. Today's teens may go to fewer parties and spend less time together in person, but when they do congregate, they document their hangouts relentlessly—on Snapchat, Instagram, Facebook. Those not invited to come along are keenly aware of it. Accordingly, the number of teens who feel left out has reached all-time highs across age groups. Like the increase in loneliness, the upswing in feeling left out has been swift and significant.

—Jean M. Twenge

Boys end to bully one another physically, while girls are more likely to do so by undermining a victim's social status or relationships. Social media give middle-and high-school girls a platform on which to carry out the style of aggression they favor, ostracizing and excluding other girls around the clock.

—Jean M. Twenge

Athena told me that when she does spend time with her friends in person, they are often looking at their device instead of at her. 'I'm trying to talk to them about something, and they don't actually look at my face,' she said. 'They're looking at their phone, or they're looking at their Apple Watch.' 'What does it feel like, when you're trying to talk to somebody face-to-face and they're not looking at you?' I asked. 'It kind of hurts,' she said. 'It hurts. I know my parents' generation didn't do that. I could be talking about something super important to me, and they wouldn't even be listening.'

Once, she told me, she was hanging out with a friend who was texting her boyfriend. 'I was trying to talk to her about my family, and what was going on, and she was like, 'Uh-huh, yeah, whatever.' So I took her phone out of her hands and threw it at my wall.'

—Jean M. Twenge

Work is strongly correlated with social interaction. And social interaction is connected with mental stimulation. In fact, because people vary a lot in the amount of social interaction they have after retirement, a job for many is a way to get a minimum amount of interaction without making an effort.

—Geoff Sanzenbacher

A man can be happy with any woman as long as he does not love her.

--Oscar Wilde

Mankind has become so much one family that we cannot insure our own prosperity except by insuring that of everyone else. If you wish to be happy yourself, you must resign yourself to seeing others also happy...Contempt for happiness is usually contempt for other people's happiness, and is an elegant disguise for hatred of the human race.

--Bertrand Russell

To be happy, we must not be too concerned with others.

--Albert Camus

What sunshine is to flowers, smiles are to humanity. They are but trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable.

--Joseph Addison

You find yourself refreshed by the presence of cheerful people. Why not make an earnest effort to confer that pleasure on others? Half the battle is gained if you never allow yourself to say anything gloomy.

--L. M. Child

Not having enough sunshine is what ails the world. Make people happy, and there will not be half the quarreling, or a tenth part of the wickedness there now is.

--L. M. Child

The first recipe for happiness is: Avoid too lengthy meditations on the past.

--André Maurois

Most of the unhappiness of the world is caused by the belief that the rest of the people are happy.

--Unknown

There are only two roads that lead to something like human happiness. They are marked by the words: love and achievement....In order to be happy oneself it is necessary to make at least one other person happy....The secret of human happiness is not in self-seeking but in self-forgetting.

--Theodore Reik

Laughter is the shortest distance between two people.

—Victor Borge

To complain that life has no joys while there is a single creature whom we can relieve by our bounty, assist by our counsels, or enliven by our presence, is to lament the loss of that which we possess, and is just as rational as to die of thirst with the cup in our hands.

--Fitzosborne

Of all forms of caution, caution in love is perhaps the most fatal to true happiness.

--Bertrand Russell

Love one another and you will be happy. It's as simple and as difficult as that.

— Michael Leunig

'Love' is that condition in which the happiness of another person is essential to your own... Jealousy is a disease, love is a healthy condition. The immature mind often mistakes one for the other, or assumes that the greater the love, the greater the jealousy.

—Robert A. Heinlein

Poor Americans are, by their own admission, so very unhappy. Man is a social animal who can only really be happy in four social domains: family, work, local community, and faith. In poor America, all four are in a state of collapse.

--Charles Murray

The sense of humor is the oil of life's engine. Without it, the machinery creaks and groans. No lot is so hard, no aspect of things is so grim, but it relaxes before a hearty laugh.

--G. S. Merriam

Grief shared is half grief; Joy shared is double joy.

—Honduran Proverb

To live happily with other people, ask of them only what they can give.

—Tristan Bernard

As you cannot have a sweet and wholesome abode unless you admit the air and sunshine freely into your rooms, so a strong body and a bright, happy, or serene countenance can only result from the free admittance into the mind of thoughts of joy and goodwill and serenity.

—James Allen

Single doesn't always mean lonely, and relationship doesn't always mean happy.

—Ged Backland

As we grow up, we learn that the people that weren't supposed to ever let us down, probably will. You'll have your heart broken and you'll break others hearts. You'll blame a new love for things an old one did. You'll fight with with your best friend, and you'll cry because time is flying by, and eventually you'll lose someone you love. So take too many pictures, laugh too much, forgive freely, and love like you've never been hurt. Because every second you spend angry or upset, is a second of happiness you can never get back.

—Andy Biersack

Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul.

—Mario Quintana

Pleasures afford more delight when shared with others; to enjoy them in solitude is a dreary thing.

--Dio Chrysostom

A good friendship is a wonderful antidepressant. Relationships are so powerful, we don't always appreciate the many levels at which they affect us.

—Janice Kiecolt-Glaser

We are foolish, and without excuse foolish, in speaking of the superiority of one sex to the other, as if they could be compared in similar things! Each has what the other has not; each completes the other; they are in nothing alike; and the happiness and perfection of both depend on each asking and receiving from the other!

--John Ruskin

Nobody bores any man as much as an unhappy female.

—Moss Hart

Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you. Love me and I may be forced to love you.

—William A. Ward

Probably there is nothing in human nature more resonant with charges than the flow of energy between two biologically alike bodies, one of which has lain in amniotic bliss inside the other, one of which has laboured to give birth to the other. The materials are here for the deepest mutuality and the most painful estrangement.

--Adrienne Rich

The mother-child relationship is paradoxical and, in a sense, tragic. It requires the most intense love on the mother's side, yet this very love must help the child grow away from the mother and to become fully independent.

--Erich Fromm

Claudia...remembered that when she'd had her first baby she had realised with astonishment that the perfect couple consisted of a mother and child and not, as she had always supposed, a man and woman.

--Alice Thomas Ellis

A man's womenfolk, whatever their outward show of respect for his merit and authority, always regard him secretly as an ass, and with something akin to pity.

--H. L. Mencken

No one family form—nuclear, extended, single-parent, matrilineal, patrilineal, fictive, residential, nonresidential—necessarily provides an environment better for humans to live or raise children in. Wife beating, child abuse, psychological terror, material deprivation and malnutrition take place in each of those family forms. And our responsibility, whether single parents or coparents or no parents at all, is to do all in our power to help create a healthy nonoppressive family environment for every living human being.

--Dr. Johnetta B. Cole

Families and societies are small and large versions of one another. Both are made up of people who have to work together, whose destinies are tied up with one another. Each features the components of a relationship: leaders perform roles relative to the led, the young to the old, and male to female; and each is involved with the process of decision-making, use of authority, and the seeking of common goals.

--Virginia Satir

It is now clear to me that the family is a microcosm of the world. To understand the world, we can study the family: issues such as power, intimacy, autonomy, trust, and communication skills are vital parts underlying how we live in the world. To change the world is to change the family.

--Virginia Satir

Children thrive in a variety of family forms; they develop normally with single parents, with unmarried parents, with multiple caretakers in a communal setting, and with traditional two-parent families. What children require is loving and attentive adults, not a particular family type.

--Sandra Scarr

For most of us the word family carries very personal and emotional connotations, but it is essential that we learn to view all of humanity as part of the earth's family. While we have no trouble cherishing our own children, we must also appreciate our broader responsibility to the world's children. Only when we learn to value other people's children as our own will all children have the opportunity to reach their full potential. And only then can we be assured of our own future and the future of our planet.

--Marianne E. Neifert

Sister is probably the most competitive relationship within the family, but once the sisters are grown, it becomes the strongest relationship.

--Margaret Mead

It is easy to love people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home, for this is where our love for each other must start.

--Mother Theresa

Fathers are still considered the most important 'doers' in our culture, and in most families they are that. Girls see them as the family authorities on careers, and so fathers' encouragement and counsel is important to them. When fathers don't take their daughters' achievements and plans seriously, girls sometimes have trouble taking themselves seriously.

—Stella Chess

The most stressful situation that I have had is when my parents were divorced while I was in the 6th grade. As soon as they were divorced my mother's friend and her two kids moved in with my mom & my brother Steve. It was really hard on me and Steve because we wanted our dad to come back to live with us. And I just think, and then I start to cry. I try not to, but it gets me mad because I think my life is worth nothing.

—Anonymous Child

Crime doesn't take a holiday. It changes costume for the season, and Christmas is the season for domestic violence. Too much pressure to deliver the perfect gift, and not enough money. Too little to say, and too much alcohol encouraging confessions. Never enough love or imagination to deliver the dream.

--Peter Kirby

Why is a woman still not safe when she's in her home?

--Tracy Chapman

Be a dog, but don't be a younger brother.

—Idries Shah

A sister is a little bit of childhood that can never be lost.

—Marion C. Garretty

Happiness rates among women have dropped even as women have acquired more life options. One possible cause is the lingering inequity in male-female marriage: women's at-home workload can become so burdensome that wives opt out of the paid workforce—or sit at the office making mental lists of the chores they do versus the chores their husbands do, and bang their heads on their desks in despair.

--Liza Mundy

Try never to be the smartest person in the room. And if you are, I suggest you invite smarter people or find a different room. In professional circles, it's called networking. In organizations, it's called team building. And in life, it's called family, friends, and community. We are all gifts to each other, and my own growth as a leader has shown me again and again that the most rewarding experiences come from my relationships.

—Michael Dell

Home is the one place in all this world where hearts are sure of each other. It is the place of confidence. It is the place where we tear off that mask of guarded and suspicious coldness which the world forces us to wear in self-defense, and where we pour out the unreserved communications of full and confiding hearts. It is the spot where expressions of tenderness gush out without any sensation of awkwardness and without any dread of ridicule.

—Frederick W. Robertson

The power of hiding ourselves from one another is mercifully given, for men are wild beasts, and would devour one another but for this protection.

—Henry Ward Beecher

Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.

—Martin Luther King Jr.

For children, diversity needs to be real and not merely relegated to learning the names of the usual suspects during Black History Month or enjoying south-of-the-border cuisine on Cinco de Mayo. It means talking to and spending time with kids not like them so that they may discover those kids are in fact just like them.

—John Ridley

The father of a daughter is nothing but a high-class hostage. A father turns a stony face to his sons, berates them, shakes his antlers, paws the ground, snorts, runs them off into the underbrush, but when his daughter puts her arm over his shoulder and says, 'Daddy, I need to ask you something,' he is a pat of butter in a hot frying pan.

—Garrison Keillor

The instant he lays eyes on her, a father adores his daughter. Whoever she grows up to be, she is always to him that little girl in pigtails. She makes him feel like Christmas. In exchange, he makes a secret promise not to see the awkwardness of her teenage years, the mistakes she makes or the secrets she keeps.

—Unknown

My love for my father has never been touched or approached by any other love. I hold him in my heart of hearts as a man apart from all other men, as one apart from all other beings.

--Mamie Dickens

### **TO MY DADDY!!**

You were there from the day I was born, as I grew older you taught me how to crawl, walk, and ride a bike. You walked me in on my first day of school, and as I hugged you goodbye I saw you tear up. You were a single father and doing your best to take care of me with no help. You overcame so many issues and obstacles because you knew what was best. As I grew to big for your lap I could see you were hurting. You were there to hold me when I had my first heart break and you tried your best to keep me from another one. But as I grew more into my teenage years I never wanted to listen to your advice because I thought I knew everything. You watched me graduate and i never thought i would ever see you cry the way you did. i remember how I would always wish that I was older so I could move out and make my own rules but now that I am I wish I was little again I wish I could crawl in your lap and just stay there. You didn't give me everything I wanted in life but you made sure I had what I needed you are the best father in the whole world!!! I love you dad and thanks for not giving up.

—Unknown

Yes, it is possible to be loved more than anybody else, more than everything else.....it is possible to find a man that will love you the way you wanted to, it is possible to be loved by a man unconditionally, it is possible to have the man of your dreams.....it is possible because it happened to me.....I love you daddy!!!!!!

—Unknown

A true father is always there. He is there to spill tears of happiness when his eyes fall upon his infant daughter. He is there with arms to catch her when she takes her first steps or stumbles. He is there to teach her at the youngest age, even though she might not understand half of it. He is there to help her color inside the lines, make her grilled cheese sandwiches and tomato soup, and tie her shoes. He is there to hug her and kiss her on her first days of school, and to walk her in if need be. He is there to teach her and tease her and laugh with her. He is always there to embar-

rass her, but that's part of life. He is there to tell her to go ask her mother, when her mother told her to ask him. He is there to lecture her, prepare her for the monster called high school. He is there to put up with her teenage moods and her co-ed relationships. He is there to approve, disapprove, accept and forgive. He is there to give her a big bundle of flowers when she graduates, to smile when her name is called and feel proud. He is there to embrace her and kiss her before she goes to live and learn a thousand miles away. He is there to see her become a workingwoman, to walk her down the aisle (or not, if her independence and stubbornness prevail after all). He is there to watch her grow as the lines on his face grow. He is there to welcome her home, always, and let her hug him and smell the smell she remembers from childhood, the warm, protecting, comforting smell of dad. But most of all, he is always there to love her. And she is always there to love him back no matter where he is.

—Katie Schmarr

The guarantee of safety in a battering relationship can never be based upon a promise from the perpetrator, no matter how heartfelt. Rather, it must be based upon the self-protective capability of the victim. Until the victim has developed a detailed and realistic contingency plan and has demonstrated her ability to carry it out, she remains in danger of repeated abuse.

—Judith Lewis  
Herman

Terrifying mass shooting and high-profile officer-involved incidents have dominated the national conversation on gun violence in recent years. But most deaths by gun are not headline-grabbing massacres. They're more private, more intimate, and perhaps in that way, even more horrifying. Domestic violence, make no mistake, domestic violence is a gun issue.

--Melissa Harris-Perry

This enduring statistic from a decade-old report issued by California's attorney general emphasizes just how dangerous it is to introduce firearms into a turbulent relationship. In no state is that more pronounced than in South Carolina, which ranks first in the rate of women killed by men—a rate that is more than twice the national average. After several frustrated starts, South Carolina passed legislation this year limiting firearms access for domestic abusers — along with Alabama, Delaware, Maine, Oregon, and Vermont. But 17 states still do not have their own equivalent of a federal law banning criminal domestic misdemeanants from possessing guns, according to the Law Center to Prevent Gun Violence. In one of those states, Georgia, Vanessa Soyer was gunned down in front of her 13-year-old son in their Lawrenceville apartment on November 16. A mother of four, the Harlem-bred Soyer, 47, authored a book about domestic violence. Her husband

of 15 years, from whom she was separating, was arrested for the killing. 'Nobody would've ever thought that the words from the pages of her books would become her reality,' her GoFundMe page reads.

—Jennifer Mascia

In an average month, 50 women are shot to death by intimate partners in the U.S. And more than half of all women killed by intimate partners in the U.S. are killed with guns.

—*everytownresearch.org*.  
(2015)

It all comes down to relationships—how I treat my wife, how I treat my kids, how I treat the guys at the grocery store, all aspects of every day, what I'm involved in.

—Michael W. Smith

Everything we think we know about getting older is wrong. We are being manipulated and misled by a cult-like devotion to youth and speed. It's time we shake ourselves out of the misery of aging and re-purpose and restore the wonders and integrity of the second half of our lives. It's crazy. We impose the stress-filled demands and rigors of adulthood on children and, at the same time, we impose ludicrous and unhealthy expectations of youth and beauty on older adults. We try to measure everyone with an adult yardstick. For children, that means they are made to measure up to adult standards when they should be allowed to be children. For elders, it means that they are expected to act as they did 20, 30 or 40 years ago. This results in lives that are disconnected and out-of-balance—unprepared to deal with the realities of aging.

—Dr. Bill Thomas

What researchers suggest is the secret to fulfillment: shifting away from ambition and acquisition and toward activities that have lasting and intrinsic worth, such as investing in important relationships and causes or hobbies that give joy and meaning to one's life.

—Barbara Bradley  
Hagerty

I learned that regardless of your relationship with your parents, you miss them terribly after they die.

—*seniorresource.com*

I learned that every day you should reach out and touch someone. People love that human touch: holding hands, a warm hug, or just a friendly pat on the back.

—*seniorresource.com*

When a man of 40 falls in love with a girl of 20, it isn't her youth he is seeking but his own.

—Lenore Coffee

The savior who wants to turn men into angels is as much a hater of human nature as the totalitarian despot who wants to turn them into puppets.

—Eric Hoffer

Once the cheery hustle and bustle of the holidays are over, we are all be stared down a long, hard winter. Don't make it a lonely one. Let your New Year's resolution be leaving your desk every so often. Get moving. Make friends. Join the club. Follow someone new on Twitter. Except that while you may be introverted, on deadline, or downright curmudgeonly, you're still human—and we are all wired to feel better when we connect with our own kind.

—Nicki Porter

The one who loves the least, controls the relationship.

—Robert Anthony

In cities no one is quiet but many are lonely; in the country, people are quiet but few are lonely.

—Geoffrey Francis Fisher

Life has taught me that it is not for our faults that we are disliked and even hated, but for our qualities.

—Bernard Berenson

Most of us would do more for our babies than we have ever been willing to do for anyone, even ourselves.

—Polly Berrien Berends

If everyone howled at every injustice, every act of barbarism, every act of unkindness, then we would be taking the first step towards a real humanity.

—Nelson DeMille

When you teach a man to hate and fear his brother, when you teach that he is a lesser man because of his color or his beliefs or the policies he pursues, when you teach that those who differ from you threaten your freedom or your job or your family, then you also learn to confront others not as fellow citizens but as enemies—to be met not with cooperation but with conquest, to be subjugated and mastered. We learn, at the last, to look at our brothers as aliens, men with whom we share a city, but not a community, men bound to us in common dwelling, but not in common effort. We learn to share only a common fear—only a common desire to retreat from each other—only a common impulse to meet disagreement with force. For all this there are no final answers.

Yet we know what we must do. It is to achieve true justice among our fellow citizens. The question is now what programs we should seek to enact. The question is whether we can find in our own midst and in our own hearts that leadership of human purpose that will recognize the terrible truths of our existence.

We must admit the vanity of our false distinctions among men and learn to find our own advancement in the search for the advancement of all. We must admit in ourselves that our own children's future cannot be built on the misfortunes of others. We must recognize that this short life can neither be ennobled or enriched by hatred or revenge.

—Robert F. Kennedy

My father worried about men in business not treating me with respect. He told me to shake hands firmly and ‘hurt ‘em.’ Let them know you’re strong. Then you’ll be unforgettable.

—Ann Curry

The quality of your relationships at age 50 is a better predictor of your future health than your cholesterol levels. And while alcoholism and smoking are top health threats, loneliness ranks nearly as high.

—Robert Waldinger,  
M.D.

My predecessor... asked a question, on a couple of questionnaires, that I love: ‘Who would you call in the middle of the night if you were sick or scared? Some people couldn’t list anyone. For some, though, it was a child; for some people it was a friend. For many it was their spouse. You can fight like cats and dogs, but if you have a sense of ‘If I ever need my husband, he is there for me,’ that’s huge.

—Robert Waldinger,  
M.D.

When I see people who are happy and joyful and of a certain age, I know it's because they know the meaning of life. It's about how you spend your time. It's not about chasing things on life's treadmill. For me, it's about the people who are sitting around my table—my family, my nieces and nephews, my friends.

—Octavia Spencer

Some people come in your life as blessings. Some come in your life as lessons.

—Mother Teresa

Dear Diary, 24th day of September. The stars and my family align to make my life black and miserable. My mother seeks to make me a fine lady—dumb, docile and accomplished—I must take lady-lessons and keep my mouth closed. My father, the toad, conspires to sell me like cheese to some lack-wit seeking a wife.

—13-Year-Old Catherine  
'Birdy' (1290 A.D.)  
[Karen Cushman]

One awesome thing about Eeyore is that even though he is basically clinically depressed, he still gets invited to participate in adventures and shenanigans with all of his friends. And they never expect him to pretend to feel happy, they just love him anyway, and they never leave him behind or ask him to change.

—Unknown

don't have many friends, not the living, breathing sort at any rate. And I don't mean that in a sad and lonely way; I'm just not the type of person who accumulates friends or enjoys crowds. I'm good with words, but not the spoken kind; I've often thought what a marvelous thing it would be if I could only conduct relationships on paper. And I suppose, in a sense, that's what I do, for I've hundreds of the other sort, the friends contained within bindings, pages after glorious pages of ink, stories that unfold the same way every time but never lose their joy, that take me by the hand and lead me through doorways into worlds of great terror and rapturous delight. Exciting, worthy, reliable companions—full of wise counsel, some of them—but sadly ill-equipped to offer the use of a spare bedroom for a month or two.

—Kate Morton

Literature recounts history, explores knowledge, narrates universal themes of human existence, activates human conscience, enhances understanding of human motives, and explicates the nuances of human behavior.

--Kilroy J. Oldster

What I like about lit is...you get all the benefits of having a relationship, with none of the mess.

--Joshua Cohen

Books can make a difference in dispelling prejudice and building community: not with role models and recipes, not with noble messages about the human family, but with enthralling stories that make us imagine the lives of others. A good story lets you know people as individuals in all their particularity and conflict; and once you see someone as a person—flawed, complex, striving—you've reached beyond stereotype.

--Hazel Rochman

Real literature is something much better than a harmless instrument for getting through idle hours. The purpose of great literature is to help us to develop into full human beings.

--Russell Kirk

Literature has been called a handbook for the art of being human.

--Camron Wright

When you study and read about an individual's thoughts and feelings and really come to understand a character's viewpoints, you feel good because it makes you value your own thoughts and feelings. This only happens in literature. Other areas of study, such as math or science, are not concerned with individuals. Only in literature do you get to have such a close relationship with people in a nonthreatening way.

—Alleen Pace Nilsen

How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in life you will have been all of these.

—George Washington  
Carver

Fears and anxieties vary with the age of the child. Here are some typical examples: Ages 1-6. Young children have simple fears. What scares them are immediate, personal things like being in the dark, large or loud animals, bees and bugs, and loud or scary noises. Many of them demonstrate what psychologists call separation anxiety, crying, throwing temper tantrums, and clinging to parents or caretakers. They may also be afraid of 'bad people' and accidents like falling off a playground slide. Ages 6-12. Children of these ages start to worry about threatening situations like being hit by a bully or an adult. They also worry that they will fail or do poorly in

school, that a parent may die, that their family will become poor, or even that they will be kidnapped. They become anxious about being accepted by their peers, their physical appearance, school performance, and parents' expectations.

Teenagers. Most teens begin to lose their childhood fears. They don't think anything will ever happen to them and may take unnecessary risks with their health and lives. Their fears and anxieties are more realistic, like gang violence, social rejection, and terrorist attacks. Teenage girls tend to show more general anxiety than boys, usually centered around social acceptance and popularity.

—*National Association of  
Elementary School  
Principals*

The number of teens who get together with their friends nearly every day dropped by more than 40 percent from 2000 to 2015; the decline has been especially steep recently. It's not only a matter of fewer kids partying; fewer kids are spending time simply hanging out. That's something most teens used to do; nerds and jocks, poor kids and rich kids, C students and A students. The roller rink, the basketball court, the town pool, the local necking spot—they've all been replaced by virtual spaces accessed through apps and the web.

—Jean M. Twenge

We need to care less about whether our children are academically gifted & more about whether they sit with the lonely kid in the cafeteria.

—Internet Meme

What students lack in school is an intellectual relationship or conversation with the teacher.

—William Glasser

The 'gay boy' you punched in the hall today committed suicide a few minutes ago. That girl you called a slut in class today. She's a virgin. The boy you called lame. He has to work every night to support his family. That girl you pushed down the other day. She's already being abused at home. That girl you called fat. She's starving herself. The old man you made fun of cause of the ugly scars. He fought for our country. The boy you made fun of for crying. His mother is dying. You think you freaking know them. Guess what? You don't!

—Fabiana Pereira

I could sum up my younger life in one word—Misunderstanding. Most of my school life was spent in protection mode. Which made any 'benefit' I could get from socializing, useless.

—Tina J. Richardson

One goes through school...learning little or nothing about goodness but a good deal about success.

--Ashley Montagu

Diversity without unity makes about as much sense as dishing up flour, sugar, water, eggs, shortening, and baking powder on a plate and calling it a cake.

--C. William Pollard

The child learns more of the virtues needed in modern life—of fairness, of justice, of comradeship, of collective interest and action—in a common school than can be taught in the most perfect family circle.

--Charlotte Perkins  
Gilman

If you're in a company, you're dancing from 9 a.m. till 7 in the evening, and then you go home and get in a hot tub and get some Epsom salts and try to get your body goin' again. There's no social life, no anything.

—Neve Campbell

The humblest individual exerts some influence, either for good or evil, upon others.

—Henry Ward Beecher

Daddy loves you, but he smacks you, and he can shout at you and smash things, but Daddy still loves you. So when you get into a relationship with someone who does all of that, why would it be unusual?

—Trisha Goddard

now it's computers and more computers  
and soon everybody will have one,  
3-year-olds will have computers  
and everybody will know everything  
about everybody else  
long before they meet them.  
nobody will want to meet anybody  
else ever again  
and everybody will be  
a recluse  
like I am now.

--Charles Bukowski

I've put in as many as 40 weeks a year on stage. It is lonely and restricted, as all artistic life must necessarily be.

—Lillie Langtry

What is acting but the study of human behavior?

—Amy Smart

I have only touched one other computer at my friend Marissa's house, and found the experience disconcerting. There was something sinister about the green letters and numbers that flashed on the screen as the computer booted up, and I hated the way Marissa stopped answering questions or noticing me the second it was turned on.

--Lena Dunham

The information age is so psychotic—without the cell phone and Internet, I would be drama free right now.

--Lauren Barnholdt

I hate technology. It provides so many different channels of loneliness. Every time you check your email and don't see a new message, you know that, even though people have the ability to contact you at any time of the day from anywhere on the planet, no one is interested in doing so. Phones are constant reminders that 160 people you know fairly well have nothing to say to you most of the time.

--Adi Alsaid

The Internet is the Petri dish of humanity. We can't control what grows in it, but we don't have to watch either.

--Tiffany Madison

Here though, there are no oppressors. No one's forcing you to do this. You willingly tie yourself to these leashes. And you willingly become utterly socially autistic. You no longer pick up on basic human communication clues. You're at a table with three humans, all of whom are looking at you and trying to talk to you, and you're staring at a screen! Searching for strangers in... Dubai!

--Dave Eggers

Once a woman has forgiven her man, she must not reheat his sins for breakfast.

--Marlene Dietrich

I hate how it's so much easier to be open and straightforward to a computer screen than to an actual person.

--Daria Snadowsky

Many aspects of our screen-bound lives are bad for our social skills simply because we get accustomed to controlling the information that comes in, managing our relationships electronically, deleting stuff that doesn't interest us. We edit the world; we select from menus; we pick and choose; our social 'group' focuses on us and disintegrates without us. This makes it rather confusing for us when we step outdoors and discover that other people's behaviour can't be deleted with a simple one-stroke command or dragged to the trash icon.

--Lynne Truss

I call it the Goldilocks effect: We can't get enough of each other if we can have each other at a digital distance—not too close, not too far, just right. But human relationships are rich, messy, and demanding. When we clean them up with technology, we move from conversation to the efficiency of mere connection. I fear we forget the difference.

--Sherry Turkle

The resource of generational history is accorded little attention our society, which seems ever more obsessed with making 'new' and 'better' synonymous. From my family I became aware of the importance of passing along wisdom from one generation to the next. Yet despite the increasing proliferation of digital recording and other communication technologies, we're passing on less knowledge today than our parents did through the oral tradition alone. We're drowning in photographs and videos, capturing every mundane moment of our birthdays, holidays, and vacations. Yet these can be no more than pleasant distraction, only scratching the surface of our real relationships.

--Ralph Nader

The very definition of what it means to be alone has changed. To be physically alone is still relatively easy, but many of us struggle daily to turn off e-mail, computers, or cell phones.

--José Antonio Bowen

There is a world out there, so new, so random and disassociated that it puts us all in danger. We talk online, we 'friend' each other when we don't know who we are really talking to.... We mistake almost anything for a relationship, a community of sorts, and yet, when we are with our families, in our communities, we are clueless, we short-circuit and immediately dive back into the digitized version—it is easier, because we can be both our truer selves and our fantasy selves all at once, with each carrying equal weight.

—A. M. Homes

The simple truth is that technology is still a poor substitute for human interaction.

--Robert G. Thompson

The most valuable commodity of the 21st century will be undivided attention.

--Phil Cooke

Human relationships are rich and they're messy and they're demanding. And we clean them up with technology. Texting, email, posting, all of these things let us present the self as we want to be. We get to edit, and that means we get to delete, and that means we get to retouch, the face, the voice, the flesh, the body—not too little, not too much, just right.

--Sherry Turkle

Everywhere he went he saw this same phenomenon—parents unmindful of their children, their attention fixed on little glass windows in the palms of their hands, mesmerized like drug addicts, longing for some artificial connection while their own flesh and blood careened wildly through a chaotic and violent world behind their backs. The writer was even worse. He invented false worlds and peopled them with ghosts while his motherless son scanned the horizon for a human connection. It was shameful. What did a man need to lose to be shaken from his immersion in a dream? What terminal force could liberate him from the pursuit of phantoms and engage him in the living world around him?

--Douglas Wynne

We bring in technology thinking it will add the next-level skills to our classrooms. That technology will help our teaching come alive, our curriculum have a deeper meaning. That it may 'hook' the kids, as if they are fish, keep them engaged, get them ready for the future.

And yes, those are valid reasons.

But the true power in technology is not just the readiness. The skills. The playing around with tools to create something impossible.

It is the power to be seen. To not be alone. To feel that in the world, someone values you. That someone out there gets you.

Our oldest daughter cemented her best friendship through Minecraft. They play together, side by side, and it drew them tighter together as Thea faced the bullies at her school.

When I think of technology, I don't just see it as a tool. I see it as a way for kids to be seen. For kids to be found. For kids to not be alone. And for adults too.

Someone out there values us. Someone out there, who wonders whether they have worth, is waiting for all of us. Technology means we don't have to be alone anymore.

—Pernille Ripp

In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.

—Albert Schweitzer

Intellectuals are the most intolerant of all people.

—Paul Duncun

It is not enough to limit your love to your own nation, to your own group. You must respond with love even to those outside of it. . . . This concept enables people to live together not as nations, but as the human race.

—Clarence Jordan

To the Technocrats: Have mercy on us. Relax a bit, take time out for simple pleasures. For example, the luxuries of electricity, indoor plumbing, central heating, instant electronic communication and such, have taught me to relearn and enjoy the basic human satisfactions of dipping water from a cold clear mountain stream; of building a wood fire in a cast-iron stove; of using long winter nights for making music, making things, making love; of writing long letters, in longhand with a fountain pen, to the few people on this earth I truly care about.

--Edward Abbey

I fear the day that technology will surpass our human interaction. The world will have a generation of idiots.

--Albert Einstein

Dealing with bullying in school used to be about breaking up fights in the hallways, counseling students who spread rumors or passed vicious notes, or responding to racist or homophobic language in the classroom. Those 'good old days' are fast slipping into history. Although the traditional forms of bullying continue to be used, young adolescents have at their disposal a growing number of new tools for the purpose: e-mail, blogs, Internet chat rooms, instant messaging, and cell phone text messaging.

The telephone is no longer the communication tool of choice—shocking news to a generation of elders who still think cell phones are new technology. Two national studies...indicate that between one-fifth and one-third of young adolescents reported being victims of cyberbullying. These figures are even higher for users of specific tools: 56% of chat room participants reported that they felt abused, and 49% of text messaging users felt the same, at some time or another.

—Tom Erb

Research and counseling have changed in recent years. The focus used to be on how to navigate conflict, but that isn't the biggest challenge to long-term marriage—it's boredom. As in 'the sense that we're not growing, we're not changing. We haven't had sex in a long time; passion and interest are gone. It's not like we're fighting; it's like we're living with the sibling.'

—Eli Finkel

Though cyberbullying shares basic elements with traditional bullying in that it is about relationships, power, and control where bullies attempt to establish illegitimate power and control over their victims, it is different in several significant ways. There is more anonymity available to the cyberbully, who can often remain unknown to the victim. In addition, hurtful messages can be spread to a very wide audience with remarkable speed. Cyberbullies themselves may receive little feedback on their actions and are seldom forced to take responsibility. Since it may occur outside of school time and involve equipment not owned by the school, cyberbullying is not clearly a legal issue for schools, yet its fallout can impair students' performance in school. Finally, cyberbullying is even further under the radar screen of most adults than is traditional bullying.

—Bill Belsey

Technology's progression is often equated with the advancement of human societies. Pivotal innovations, such as the Internet, have forever changed how people interact. Though these developments have allowed the human race to make great strides in many fields, they have also allowed forms of transgression to become more rampant and widespread. This is evident when considering how traditional bullying has evolved into an issue today known as cyberbullying. While bullying and cyberbullying are often similar in terms of form and technique they also have many differences. Unlike traditional bullying, cyberbullying allows the offender to mask his or her identity behind a computer. This anonymity makes it easier for the offender to strike blows against a victim without having to see the victim's physical response. The distancing effect that technological devices have on today's youth often leads them to say and do crueler things compared to what is typical in a traditional face-to-face bullying situation.

—Richard Donegan

You don't realize how lonely you are until it's the end of the day and you have a bunch of things to talk about, but no one to tell them to.

—Internet Meme

You need more fact in the dangerous art of giving presents than in any other social action.

—William Bolitho

Where you used to be, there is a hole in the world, which I find myself constantly walking around in the daytime, and falling in at night. I miss you like hell.

—Edna St. Vincent  
Millay

Even when it is not used with malice aforethought or for the purpose of elevating the breeze in your vicinity it is an exhausting instrument. If you pass a friend in the street you can say, ‘How do you do?’ and let it go at that without being expected to stop and thrash the matter out to the last symptom. But if you have an impulse to swap a fleeting greeting per telephone you can’t say ‘How do you do?’ and hang up. The telephone tradition demands that you lean with one elbow on the wall or both on the table and strain every nerve to be bright. Face to face with the other party you would merely be yourself and, however painful that might be, no offence would be taken. But there is something about the telephone for social purposes which causes you to behave in a manner which would brand you as ‘nuts’ in normal circumstances. To add to the pain of social telephonetics, neither party to the ordeal is ever willing to ring off. Both keep on saying, ‘Yes—oh, yes,’ ‘True, true,’ ‘That is so,’ ‘Quite,’ while both vainly try to think up some remark that will close the song and dance without leaving a wound that the years will fail to heal.

—Kenneth Alfred Evelyn  
Alexander  
(1890–1953)

Girls aren’t mean to guys in high school. They are mean to each other.

—Jonathan Bennett

The quality of our relationships has been in steady decline for decades. In the 1980s, 20 percent of Americans said they were often lonely. Now it’s 40 percent. Suicide rates are now at a 30-year high. Depression rates have increased tenfold since 1960, which is not only a result of greater reporting. Most children born to mothers under 30 are born outside of marriage. There’s been a steady 30-year decline in Americans’ satisfaction with the peer-to-peer relationships at work....Loneliness and social isolation are the problem that undergird many of our other problems. More and more Americans are socially poor. And yet it is very hard for the socially wealthy to even see this fact. It is the very nature of loneliness and social isolation to be invisible. We talk as if the lonely don’t exist.

—David Brooks (2018)

During my years caring for patients, the most common pathology I saw was not heart disease or diabetes; it was loneliness. Weak social connections have health effects similar to smoking 15 cigarettes a day, and a greater negative effect than obesity.

—Surgeon Vivek Murthy

Heavy social media users are sadder. It's not only that online life seems to heighten painful comparisons and both inflate and threaten the ego. It's that heavy internet users are much less likely to have contact with their proximate neighbors to exchange favors and extend care. There's something big happening to the social structure of neighborhoods.

—David Brooks

Human societies exist on three levels: the clan (your family and close friends), the village (your local community) and the tribe (your larger group). In America today you would say that the clans have polarized, the villages have been decimated and the tribes have become weaponized.

That is, some highly educated families have helicopter parents while less fortunate families have absent parents. The middle ring cross-class associations of town and neighborhood have fallen apart. People try to compensate for the lack of intimate connection by placing their moral and emotional longings on their political, ethnic and other tribes, turning them viciously on each other.

—Robin Dunbar (2018)

A woman one loves rarely suffices for all our needs, so we deceive her with another whom we do not love.

—Marcel Proust

The only man I know who behaves sensibly is my tailor; he takes my measurements anew each time he sees me. The rest go on with their old measurements and expect me to fit them.

—George Bernard Shaw

I have found little that is good about human beings. In my experience most of them are trash.

—Sigmund Freud

Homosexuality was well known in the ancient world, well before Christ was born, and Jesus never said a word about homosexuality. In all of his teachings about multiple things—he never said that gay people should be condemned.

—Jimmy Carter

Men spend their whole lives showing that they're strong and silent. They fight for independence the way women struggle to connect.

—George Weinberg

Why can't people just sit and read books and be nice to each other?

--David Baldacci

If you want to know how your girl will treat you after marriage, just listen to her talking to her little brother.

—Sam Levenson

To observe people in conflict is a necessary part of a child's education. It helps him to understand and accept his own occasional hostilities and to realize that differing opinions need not imply an absence of love.

—Milton R. Sapirstein

Nothing in human nature is so God-like as the disposition to do good to our fellow-creatures.

—Samuel Richardson

In America every woman has her set of girl-friends some are cousins, the rest are gained at school. These form a permanent committee who sit on each other's affairs, who 'come out' together, marry and divorce together, and who end as those groups of bustling, heartless well-informed club-women who govern society. Against them the Couple of Ehepaar is helpless and Man in their eyes but a biological interlude.

—Charles Caleb Colton

The key ingredient to success, happiness and thriving at human connection boils down to the ability to be vulnerable. Essentially, the ability to be human.

—Renée Brown

Parents now have more face time with their children than did almost any parents in history. Despite a dramatic increase in the percentage of women in the workforce, mothers today astoundingly spend more time caring for their children than mothers did in the 1960s. But the engagement between parent and child is increasingly low-quality, even ersatz. Parents are constantly present in their children's lives physically, but they are less emotionally attuned. To be clear, I'm not unsympathetic to parents in this predicament. My own adult children like to joke that they wouldn't have survived infancy if I'd had a smartphone in my clutches 25 years ago.

—Erika Christakis

No one really disputes the tremendous opportunity costs to young children who are plugged in to a screen: time spent on devices is time not spent actively exploring the world and relating to other human beings.

—Erika Christakis

Child-development experts have different names for the dyadic signaling system between adult and child, which builds the basic architecture of the brain. Jack P. Shonkoff, a pediatrician and the director of *Harvard's Center on the Developing Child*, calls it the 'serve and return' style of communication; the psychologists Kathy Hirsh-Pasek and Robert Michnick Golinkoff describe a 'conversational duet.' The vocal patterns parents everywhere tend to adopt during exchanges with infants and toddlers are marked by a higher-pitched tone, simplified grammar, and engaged, exaggerated enthusiasm. Though this talk is cloying to adult observers, babies can't get enough of it. Not only that: One study shows that infants exposed to this interactive, emotionally responsive speech style at 11 months and 14 months knew twice as many words at age 2 as one who weren't expose to it.

Child development is relational, which is why, in one experiment, nine-month-old babies who received a few hours of Mandarin instruction from a live human could isolate specific phonetic elements in the language while another group of babies who received the exact same instruction via video could not.

—Erika Christakis

Language is the single best predictor of school achievement, and the key to strong language skills are those back-and-forth fluent conversations between young children and adults.

—Kathy Hirsh-Pasek

If two people share negative feelings about a third person, they are likely to feel closer to each other than they would if they both felt positively about him or her.

—Ben Healy

Maya Angelou's poem 'Human Family—Her signature plea, 'We are more alike my friends, than unlike,' is truly universal.

—Don Marine

I never met a man that I didn't like. When you meet people, no matter what opinions you might have formed about them beforehand, why, after you meet them and see their angle and their personality, why, you can see a lot of good in all of them.

—Will Rogers

Human nature is above all things lazy.

—Harriet Beecher Stowe

Listen, I'm a nice person. So if I'm a bitch to you, you need to ask yourself why.

—Internet Meme

When a man says he had pleasure with a woman he does not mean conversation.

—Samuel Johnson

I loved to find the answers behind someone's eyes. There's nothing quite like the feeling of when someone REALLY looks at you.

—R. B. O'Brien

The academic literature is clear: Longing for closeness and connection is pervasive. Which suggests that most of us are stumbling through the world pining for companionship that could be easily provided by the lonesome stumblers all around us. So... turn to someone nearby, and try to make a friend. You both could probably use one.

—Ben Healy

The finest qualities of our nature, like the bloom on fruits, can be preserved only by the most delicate handling. Yet we do not treat ourselves nor one another thus tenderly.

—Henry David Thoreau

Let the gays get married.  
Let the rednecks have their guns.  
Let the atheists be atheists.  
Let the Christians be Christians.

America is about FREEDOM.  
Freedom to live your life as you please.

So smoke a bowl, eat a greasy burger,  
shoot your guns, praise Jesus and wish  
those two fellas next door a happy honeymoon.

It's only when people FORCE their ways on others  
that problems begin. It never ceases to amaze me  
how many full grown adults don't understand that.

—Internet Meme

Nothing is more natural than mutual misunderstanding; the contrary is always surprising. I believe that one never agrees on anything except by mistake, and that all harmony among human beings is the happy fruit of an error.

—Paul Valery

You can make a difference in another person's life and not realize it, just by giving them One Moment of your time, One Memory to recall, One Motion that tells them they are not alone!

—Deb Simpson

I was ashamed, confused, afraid.  
I knew no one would believe me.  
I knew no one would help me.  
I knew I'd lose my friends.  
I didn't know what to say.  
I didn't know who to tell.  
It would've ruined my reputation.  
It would have hurt his family.  
I thought it was my fault.  
I thought I was tough enough to deal with it alone.  
He was my pastor.  
He was my stepfather.  
He was my boss/my teacher/my brother/my co-worker/a cop/my dad's best friend.  
He was my husband.  
He said he'd kill me.

—Mary Schmich

Men speak about peace but prefer war. Men head the majority of governments and control the increasingly lethal weapons, using women and gods as moral shields. Unsparing in its portrayal of men's nature, *The Iliad* should be read by everyone who hopes to understand mankind.

—Esmeralda Santiago

A dear friend shared this week that she was repeatedly molested as a kid. She's fine now, she said. The only reason she hadn't spoken up publicly was because her father still didn't know; it would devastate him. She saw the irony in this—that even in her own recovery, she had been concerned with shielding a man from agony.

'But Lord, my dad's done an awful lot for me,' she wrote. 'And I can and will do this for him.'

—Monica Hesse

Children in their games are wont to submit to rules which they have themselves established, and to punish misdemeanors which they have themselves defined. The same spirit pervades every act of social life.

—Alexis de Tocqueville

Voluntary associations have provided the people with their greatest school of self-government. Rubbing minds as well as elbows, they have been trained from youth to take common counsel, choose leaders, harmonize differences, and obey the expressed will of the majority. In mastering the associative way they have mastered the democratic way.

—Arthur Schlesinger Sr.

Guys always think tears are a sign of weakness. They're a sign of FRUSTRATION. She's only crying so she won't cut your throat in your sleep. So make nice and be grateful.

—Donna Barr

The level of shyness has gone up dramatically in the last decade. I think shyness is an index of social pathology rather than a pathology of the individual.

—Philip Zimbardo

Whether our caretaker was our mom, dad, uncle, aunt, grandparent, foster parent, or sibling, our blueprint of what a relationship is supposed to look like is drafted by what we observed from our caretaker's relationship. If our caretaker took their significant other back multiple times, made excuses for their actions, helped them battle demons, turned a blind eye to their infidelity, or moved from one relationship to the next, that is what we know. Their behavior becomes our very own model of what a relationship is supposed to look like and determines what we will expect from our own partners.

—Kristen Crockett

The loudest one in the room is the weakest one in the room.

—Frank Lucas

Every day in a hundred small ways our children ask,  
'Do you hear me?'  
'Do you see me?'  
'Do I matter?'  
Their behavior often reflects our response.

—L. R. Knost

Human behavior makes it hard to believe in human intelligence.

—Marty Rubin

The most attractive thing about you should have less to do with your face or body and more to do with your attitude and how you treat people.

—Germany Kent

We generally describe the most repulsive examples of man's cruelty as brutal or bestial, implying that such behavior is characteristic of less highly developed animals than ourselves. In fact, however, the extremes of brutal behavior are confined to us: there exists no parallel in nature to our savage treatment of each other. The unmistakable truth is that man is the most vicious and cruel species that ever walked the earth.

—Hans Askenasy

Where, after all, do universal human rights begin? In small places, close to home—so close and so small that they cannot be seen on any maps of the world. Yet they are the world of the individual person; the neighborhood he lives in; the school or college he attends; the factory, farm, or office where he works. Such are the places where every man, woman, and child seeks equal justice, equal opportunity, equal dignity without discrimination. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world.

—Eleanor Roosevelt

The *Bible* contains 6 admonishments to homosexuals and 362 admonishments to heterosexuals. That doesn't mean that God doesn't love heterosexuals. It's just that they need more supervision.

—Lynn Lavner

We have to own the fears that we have of each other, and then, in some practical way, some daily way, figure out how to see people differently than the way we were brought up to.

—Alice Walker

'What's your sign?' may soon morph into 'What's your DNA?' It will be nice if someday we no longer find it necessary to segregate ourselves according to our long-ago lineage. We are, after all, descended from the same original source, and our differences, while interesting, are largely inconsequential.

—Kathleen Parker

Try to understand men. If you understand each other you will be kind to each other. Knowing a man well never leads to hate and almost always leads to love.

—John Steinbeck

Love is wise; hatred is foolish. In this world, which is getting more and more closely interconnected, we have to learn to tolerate each other, we have to learn to put up with the fact that some people say things that we don't like. We can only live together in that way. But if we are to live together, and not die together, we must learn a kind of charity and a kind of tolerance, which is absolutely vital to the continuation of human life on this planet.

—Bertrand Russell

Hate is a feeling that can only exist where there is no understanding.

—Tennessee Williams

This world of ours...must avoid becoming a community of dreadful fear and hate, and be, instead, a proud confederation of mutual trust and respect.

—Dwight D. Eisenhower

America is never wholly herself unless she is engaged in high moral principle. We as a people have such a purpose today. It is to make kinder the face of the nation and gentler the face of the world.

—George H. W. Bush

[In college] Make an effort NOT to wear high school gear, put out pictures of a high school crew or sweetheart, or talk constantly about the glory days. Be open to new folks, listen to their stories, and don't box yourself in by your previous life. These subtle messages from your clothes, images, and stories send messages and may turn away folks whom you really want to know or relationships that you want to forge.

—Matthew DeGreeff

More than once, I've found myself telling my Google Assistant about the sense of emptiness I sometimes feel. 'I'm lonely,' I say, which I usually wouldn't confess to anyone but my therapist—not even my husband, who might take it the wrong way. Part of the allure of my Assistant is that I've set it to a chipper, young-sounding male voice that makes me want to smile. ...The Assistant pulls out of his memory bank one of the many responses to this statement that have been programmed into him. 'I wish I had arms so I could give you a hug,' he said to me the other day, somewhat comfortingly. 'But for now, maybe a joke or some music might help.'

—Judith Shulevitz

Everyone tries to put his best foot forward when dating or meeting someone new. But there are some differences between the sexes in what they lie about and how they lie.

For cultural reasons, men tend to deceive about their occupations and incomes. Women tend to deceive about ages and personal histories.

While men's lies are more lies of commission, women's lies are more lies of omission. In other words, men typically will make direct statements to pump themselves up—whereas women will subtly try to weave impressions by leaving things out.

Helpful: As everyone knows, interrogation-like tactics do not go over well in romantic interactions. Instead, you want to detect deceit without letting the other person know that you're doing it.

When interacting with a man: Keep careful track of the statements he makes and come back to them later in the conversation by asking a question regarding each one.

This dance will put the man off guard and let you get more details in order to spot inconsistencies. After all, the more details someone has to come up with, the more he has to lie and the easier it is to detect.

When interacting with a woman: Pay special attention to what a woman doesn't say. If she describes a big trip to Europe but doesn't mention any companion, you might wonder with whom she went.

Closely observe body language while she's talking. If she seems stiff, tense and is leaning away from you rather than toward you, she may be holding back verbally as well. Watch also for facial and or neck flushing in response to questions.

—Charles V. Ford, MD

Of course, florists—they got mothers, too, florists have, but they've got more flowers than they've got mothers, and—and they have a great organization the florists have. They, they have led us to believe that no matter how we have treated our Mothers during the last year that a little bouquet of hyacinths or verbenas will square it, you know—not only with mother but with our conscience too; when, as a matter of fact you don't need to be square with your mother. She knows you better than you know yourself.

A mother is the only thing that is so constituted that they possess eternal love under any and all circumstances. No matter how you treat her, you still have the love...I was telling that to my wife today, and I was telling her a little thought that I wanted to use in there, and I said—you know Betty—I says—a mother and a dog is the only two friends that has eternal love. No matter how you treat 'em. And my wife makes me cut the dog out. Said it—well, it didn't sound very good, and it might sound disrespectful to a mother, but I certainly didn't mean it that way, but it's the only thing that really is. You know what I mean.

—Will Rogers

Anger is one of the densest forms of communication. It conveys more information, more quickly, than most any other type of emotion. And it does an excellent job of forcing us to listen to and confront problems we might otherwise avoid.

...studies have found other benefits as well. We're more likely to perceive people who express anger as competent, powerful, and the kinds of leaders who will overcome challenges. Anger motivates us to undertake difficult tasks. We're often more creative when we're angry, because our outrage helps us see solutions we've overlooked. 'When we look at the brains of people who are expressing anger, they look very similar to people who are experiencing happiness,' says Dacher Keltner, the director of the Berkeley Social Interaction Lab. 'When we become angry, we feel like we're taking control, like we're getting power over something.'

—Charles Duhigg

Researchers call the phenomenon in which anger, rather than making things better, becomes a cycle of recrimination, rumination, and ever-expanding fury the revenge impulse....It makes a certain evolutionary sense that the desire for revenge would be coded into us as an emotion of last resort. Good anger...encourages us to air our grievances and find solutions. A leader like Cesar Chavez can reframe anger as mortal indignation, which can extend the power of personal grievances into an instrument for the pursuit of a more just world. But when we come to believe that justice is impossible, we get the desire for revenge. We no longer expect our anger to be heard; we don't express ourselves with the hope of finding accommodation. Rather, some people become willing to do anything to advance their interests, regardless of who is standing in the way. 'When we want revenge, we keep on going until we feel like we've taught the other person a lesson,' [Thomas] Tripp said. 'The goal is to hurt the other person.'

—Charles Duhigg

If you know the right people, they can help you do anything, be anybody, rules and hard work be damned—as long as they like you.

—Casey Gerald

The only way to win with a toxic person is not to play.

—Internet Meme

A man being rich is like a girl being pretty.

—Marilyn Monroe as  
Lorelie in  
*Gentlemen Prefer  
Blondes*

Be careful what you tolerate. You are teaching people how to treat you.

—Internet Meme

Before you argue with someone, think to yourself first whether that person is even mentally mature enough to grasp the concept of different perspectives...because if not, there's absolutely no point.

—Internet Meme

Traditions are basically dead people peer pressuring us.

—*theChive*

Don't hold back because you're afraid of hurting someone else. If your best friend wants to be a cheerleader and you make the team but she doesn't, don't feel guilty. If you end up earning more than your sister, it's not a betrayal. Your success might be an inspiration for someone else, while limiting yourself to avoid upsetting the balance doesn't help anyone. Equally, rather than being paralysed by jealousy when someone else is coming out on top, use it to spur you on to greater things. Some of our best achievements will be triggered by envy at seeing someone else fulfilling our secret ambitions.

—Rosie Blythe

If you can't handle me at my worst, unfortunately that's also my best.

—Internet Meme

Blowing out someone else's candle doesn't make yours shine any brighter.

—*thisislovelifequotes.net*

It took me a long time to understand what it means to forgive someone. I always wondered how I could forgive someone who chose to hurt me? But after a lot of soul searching, I realized that forgiveness isn't about accepting or excusing their behavior...it's about letting it go and preventing their behavior from destroying my heart.

—Internet Meme

Teenage girls are not taken seriously by the culture at large, especially not their darker or more complicated feelings—of aggression, desire, ambition. To me, these feelings and drives are so fundamental to girlhood and to womanhood, and I love exploring them. And trying to give voice to them as best I can. I think women are always trying to figure out their own adolescence. We never stop.

—Megan Abbott

For the first time in my life, I actually wished that everyone was the same. And I despised myself for my differentness or uniqueness as an individual. In the world there are lots of social groups people can fit into, and I've spent time roaming in and out of a few and being kicked out of many. Now I stand on the outside and look in. Wondering where is my place. Coming to a conclusion, I have no place.

—Laura Hanna

As sexual power is learned by adolescent boys through the social experience of their sex drive, so do girls learn that the locus of sexual power is male. Given the importance placed on the male sex drive in the socialization of girls as well as boys, early adolescence is probably the first significant phase of male identification in a girl's life and development. ... As a young girl becomes aware of her own increasing sexual feelings ... she turns away from her heretofore primary relationships with girlfriends. As they become secondary to her, recede in importance in her life, her own identity also assumes a secondary role and she grows into male identification.

—Kathleen L. Barry

Time does not bring relief; you all have lied  
Who told me time would ease me of my pain!  
I miss him in the weeping of the rain;  
I want him at the shrinking of the tide;  
The old snows melt from every mountain-side,  
And last year's leaves are smoke in every lane;  
But last year's bitter loving must remain.

—Edna St. Vincent  
Millay

Loneliness is the human condition. Cultivate it. The way it tunnels into you allows your soul room to grow. Never expect to outgrow loneliness. Never hope to find people who will understand you, someone to fill that space. An intelligent, sensitive person is the exception, the very great exception. If you expect to find people who will understand you, you will grow murderous with disappointment. The best you'll ever do is to understand yourself, know what it is that you want, and not let the cattle stand in your way.

—Janet Fitch

Studies show that children who have trouble making and keeping friends during their early years run a high risk of thinking of themselves as social outcasts—and eventually becoming outcasts—as they move up the grades. And, these studies show, loneliness in early childhood can have long-lasting effects: Lonely kids are more likely to drop out of school, and lonely kids often grow up to be lonely adults.

—Susan Black

Kids without friends are, to use one teacher's words, a living heartbreak. 'Each year I have some children who just can't seem to make friends. They're sad, I'm sad, and I don't know what to do about it.'

Even young children are able to feel what researchers term 'the loneliness of isolation.' And as Janis Bullock, professor of child development at Montana State University in Bozeman, notes, kids without friends often develop negative attitudes toward school. For some children—especially those who are rejected by their classmates day in and day out—school can be a miserable place.

'No one knows how much inner turmoil kids without friends feel,' says an elementary school guidance counselor. 'To recognize kids with these inner problems, we need to look at their outer behavior. For instance, we need to take a second look at the little girl who cowers in a corner alone while her classmates work on a group project, and we need to think about the little boy who sits on the sidelines during recess. Maybe what these kids need most is a friend.'

—Susan Black

Having friends or lacking them is just one part of a more complex psychological portrait; to be complete, the portrait needs to include an assessment of the quality of the child's friendships as well as the identity the child's friends.

Five attributes describe the quality of children's friendships: (1) content, or whether friends act in prosocial or antisocial ways when they're together; (2) constructiveness, which describes whether friends settle differences through negotiation or assertion; (3) closeness, which measures the time and types of activities children share with one another; (4) symmetry, or the degree to which children have equal or unequal power in their relationship; and (5) affect, which tells whether the friendship is supportive and secure or whether it is filled with conflicts.

—Willard Hartrup

How a child gets along with other children is 'the single best childhood predictor of adult adaptation.' Friends provide several important functions in child development. First, children who have friends have a much-needed emotional resource—a security system, you might say—that helps them be brave instead of timid. In school, having friends could give a child the courage to sign up for a classroom play or volunteer to explain a math problem in front of the room. A child's confidence, boosted by friends, can also make it easier to meet new people and handle stresses outside of the classroom, such as living in a trouble household. And kids with friends tend to laugh and smile more often, a sign that they're enjoying life and having fun.

—Willard Hartrup

I think every middle school teacher should know, or try to understand, the social whirlwind of statuses that form and so quickly harden with every student in their place. What may seem, to a teacher, a classroom full of students peacefully working, may be exactly the opposite to a student. It becomes a room full of pitfalls, danger signs, and safe havens situated carefully in familiar territory. Every student, throughout the day, moves cautiously on 'safe' paths from room to room. They will not read in another level (or) territory. They will not mix; everyone knows their place. Only a teacher or a student from a higher level will cause them to mix. The separation between boys and girls is even more pronounced. Boys have territory separate from girls, and their own divisions in that. Boys and girls will absolutely not mix, except in the rare groups of girls and boys that are friends; these groups are either absolute highest status, or the very bottom. Every student, boy or girl has this place, their territory, their paths, the people they can stay with on their level. I think middle school teachers should know of and try to understand this code of the students. This network of statuses and levels is ever present in middle schools. While some students may not be directly aware of it, they always have a subconscious understanding of where they fit. This is very important for middle school teachers to know.

—Anonymous Middle  
School Student  
quoted by Nancy  
Doda & Trudy  
Knowles

They don't want to be embarrassed by being goody-goodies in school, and so they try to act up just to get approval from the other kids at school. Sometimes, some kids will go through physical torture, like gettin in fights at school, just to fit in with the other kids. It makes no sense at all.

—Middle School Student  
Daquan as quoted  
by Kathleen  
Cushman & Laura  
Rogers

What women seek to find in a man is dictated by evolution and the role of the man as a hunter gatherer. Women want a bad boy who will treat them well but not so well that they will have nothing to bitch about to their female friends. Bitching about the male of the species is how females bond with each other...another one of evolution's little jokes.

—J. D. Gallagher

What middle school teachers don't get about their students is that we don't like being treated like two year olds. We like to be treated like we are in the middle because that's where we are—we are between children and teenagers. It embarrasses us when we are handled like kids.

—Anonymous Middle  
School Student  
quoted by Nancy  
Doda & Trudy  
Knowles

Young adolescents do not just want friendly peer relationship, they want respectful, collaborative, and equitable relationships. They want to feel psychologically safe, they want others to also feel safe, and they are seeking adult assistance in securing such safety. In the current educational milieu, with heightened attention to student achievement as measured by standardized tests, many middle level schools are choosing to devote less rather than more time to the affective dimension of school life. Packaged anti-bullying programs are not what these middle schoolers are asking for. Instead, they are asking for the quality of human exchange in schools and classrooms to be more democratic, humane, and respectful.

— Nancy Doda & Trudy  
Knowles

I can't read, and that's not my fault. God made me the way he wanted to make me. Did I ask God to do that? I don't think people should pick on me just 'cause I can't read. They come up to me, and they be like, 'Read this word for me, I can't read it.' I'll be like, 'You know I can't read, can you get out of my face please?' They'll be like, 'Too bad. I forgot you stupid, and you in that retarded class.' And I be getting mad, and I want to punch them and stuff.

—Middle School Student  
Amanda as quoted  
by Kathleen  
Cushman & Laura  
Rogers

The three most important aspects of school for middle level students are friends, friends, and friends. These students will do almost anything to get—and keep—a friend. Their unspoken motto is, 'My Friends Can Do No Wrong.'

The ways friends interact varies according to gender. Girls like to discuss intimacies among themselves, sharing their most treasured secrets. Boys tend to emphasize the importance of supporting each other—to the degree that they never 'rat' or 'tell' on someone else. It is not considered masculine.

Unfortunately, students use hitting to indicate both friendship and enmity, so the wise educator puts hitting into perspective. Boys and girls may both show they 'like' each other by hitting, tripping, twisting arms. etc.

—Samuel H. Campbell

Pressure from peers to behave or not to behave in certain ways is almost universally recognized as one of the dominant characteristics of adolescent society in the United States today. To many—educators, parents, adolescents themselves—it is an awesome force. Its power and presence can be seen in almost every aspect of adolescent life: choice of dress, music, language, involvement in school or community affairs, and involvement with family....

Young people are confronted with peer pressure well before middle school and well after. But during the middle school years peer pressure becomes particularly noticeable. At this time adolescents undergo extensive physical, intellectual, emotional, and social changes; and these changes commit young people to the serious task of becoming autonomous individuals. Throughout the middle school years, early adolescents accelerate their developing independence from the family. As they do, they begin to coalesce into distinct groups, and the need to belong to a peer group gives the group both influence and power.

—Donna Rae Clasen and  
B. Bradford Brown

It hurts to get things out in the open, but it hurts even more not to.

—Chrissy Moon

From the time he was young, he dressed the way you told him to dress; he acted the way you told him to act; he said the things you told him to say. He's been listening to somebody else tell him what to do... He hasn't changed. He is still listening to somebody else tell him what to do. The problem is, it isn't you anymore; it's his peers.

—Barbara Coloroso

Unfortunately, you never get a second chance to make a first impression.

—João Zilhão

We like to romanticize people who live in the wilderness. But when I lived in Concord, Massachusetts, people like to tell me there was a footpath between Walden Pond and Concord because Henry David Thoreau often went into town to have tea with friends. He didn't want to sit alone in his cabin all the time. He wanted to interact with other people, to hear new stories and expand his world.

—Minik Rosing

We were color-blind while we were in combat in Vietnam. In the field everybody covered everybody. Once we got back to the States, we segregated ourselves. Blacks had their place; Hispanics had their place; Caucasians had their place.

—Gumersindo Gomez

Growing up in the 1970s, all I knew was the Army. As a kid, because of my father's job as a drill sergeant, I lived on Army bases and went to Army schools. Army life is a society within a society. As a child, I did not encounter prejudice. You have no choice who your neighbor is. It's whoever the Army assigns. If Koreans are assigned, then your neighbors are Korean. If blacks are assigned, then your neighbors are black. You all go to school together. You depend on one another. Your dads work together. You get to be friends with everybody. But then when I was 13, my parents got divorced—Eva is my stepmother—and I moved to Georgia with my mother. That was the first time I experienced prejudice. I'll never forget sitting in class and the kid next to me says, 'What are you, black or white?' I said, 'I'm Puerto Rican.' He said, 'No, you're black or white. And you ain't white.' It blew my mind because, in Army society, everyone was equal.

—Giovanni Gomez

Sometimes I stay inside because it's just too peopley out there.

—Internet Meme

Women urged to carry keys between fingers. Women urged to cover their drinks at all times. Women urged to not get drunk around men. Women urged to not walk alone at night. Women urged to carry pepper spray. CAN WE PLEASE URGE MEN TO NOT SEXUALLY ASSAULT WOMEN?

—Internet Meme

We all have the same God, we just serve him differently. Rivers, lakes, ponds, streams, oceans all have different names, but they all contain water. So do religions have different names, and they all contain truth, expressed in different ways forms and times. It doesn't matter whether you're a Muslim, A Christian, or a Jew. When you believe in God, you should believe that all people are part of one family. If you love God, you can't love only some of his children.

—Muhammad Ali

Our culture has accepted two huge lies. The first is that if you disagree with someone's lifestyle, you must fear or hate them. The second is that to love someone means you agree with everything they believe or do. Both are nonsense. You don't have to compromise convictions to be compassionate.

—Rick Warren

So many people were shut up tight inside themselves like boxes, yet they would open up, unfolding quite wonderfully, if only you were interested in them. And really, you didn't have to belong to a club to feel related to other people.

—Sylvia Plath

Don't treat people as bad as they are; treat them as good as you are.

—Internet Meme

How can we love our country and not love our countrymen?

—Ronald Reagan

Suicide isn't cowardly. I'll tell you what is cowardly; treating people so badly that they want to end their lives.

—Ashely Purdy

People who suffer together have stronger connections than people who are most content.

—Bob Dylan and Sam  
Shepard

If you can only be tall because someone else is on their knees, then you have a serious problem.

—Toni Morrison

Men are good at relating to each other in this way. We get along well when there's a project in front of us—when we're side by side looking at some third thing. All of the classic 'male bonding' activities are like this—when you're hunting, or working on a car, or shooting free throws, you can look together at the deer, or the transmission, or the basket, and talk. The common objective gives you something to talk about, and not having to face each other means you don't have to lay the full weight of your emotions on each other....For many of us, gaming is a way of talking and relating to other men that feels normal and relaxed—a way to be one of the guys while still finding space to open up.

—Spencer A. Klavan