



**Linnaea Mallette's
Speaking of Quotes
Words of Wit and Wisdom
2015**

**Featuring photographs by
Linnaea Mallette and Circe Denyer**

I think that everyone has something about themselves that they feel is their weakness... their 'disability.' And I'm certain we all have one, because I think of a disability as being anything which undermines our belief and confidence in our own abilities.

~Aimee Mullins





What's the secret to your longevity?"
the stranger asked the centurion.
She paused then smiled,
"I mind my own business"

*And as we let our own light shine, we unconsciously
give other people permission to do the same.
~Marianne Williamson*

*Without adversity,
you would never
develop the
qualities of
reliability, loyalty,
humility, and
perseverance that
are so essential to
enduring success.*
- Napoleon Hill





Recall a positive, fun feeling or a time you've had in life and try to re-experience it. In the lab experiments, it's been shown that experiencing these core heart feelings is what provides regeneration to the nervous system, the immune system, and the hormonal system, facilitating health and well-being.

~Doc Lew Childre and Howard Martin of the HeartMath Solution



**“Nothing is permanent in this wicked world,
not even our troubles.” — *Charles Chaplin***

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The Universe has understood the things you have been asking for and has answered perfectly. Don't work to orchestrate the how and where and when and who. Work to be in the receiving mode. Practice rampages of appreciation. Collect fun things, and beautiful things. Become an ambassador of Well Being. The things you have been asking for will unfold in a stunning continuum of extraordinary opportunities and life experiences. You've just got to get happy. That's all it takes. ~ Abraham-Hicks



“I made up my mind not to care so much about the destination, and simply enjoy the journey.”

~ David Archuleta



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- Napoleon Hill

The biggest challenge with adversity, blunders and chaos is that we take them too seriously, dreading their permanency and resist them. If we could understand, *I mean really understand*, that they are steps to the door of everything we want, that door would open to us more easily and quickly. – Linnaea Mallette





Gratitude is literally restructuring your brain to look for evidence of what is working in your life as well as what is important to you.

– M. Nemeth

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The greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

~ Martha Washington