



Linnaea Mallette's WOWs

Words of Wit and Wisdom
2018

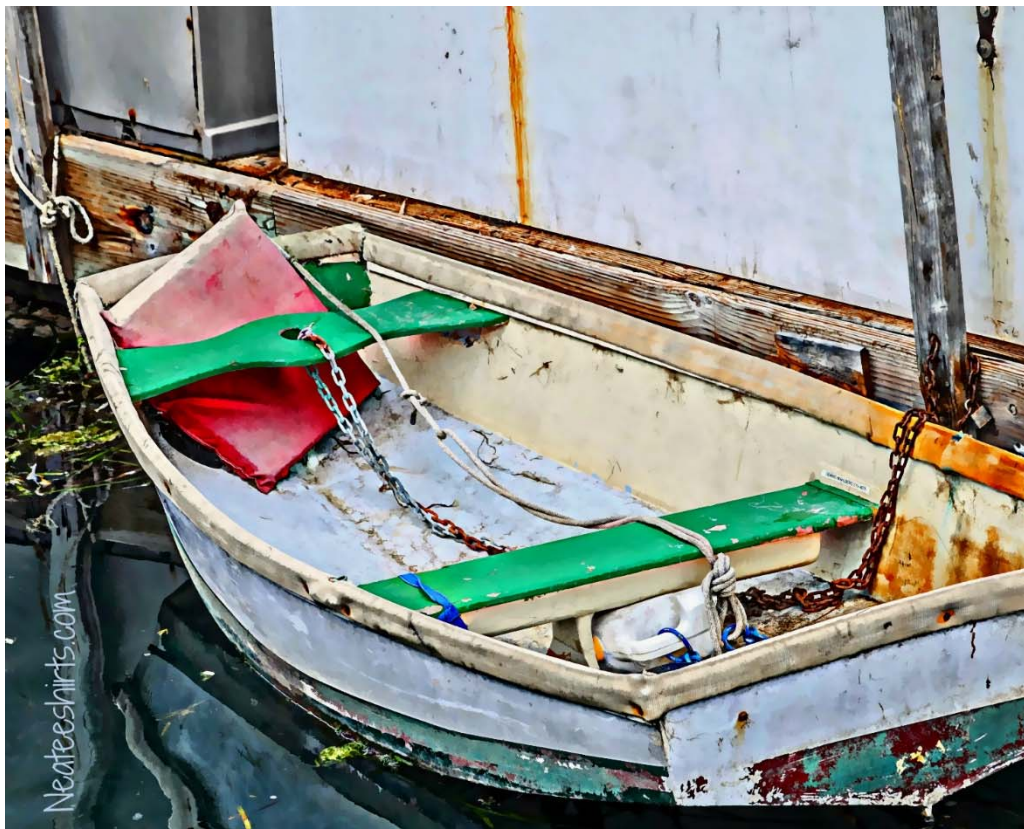
Featuring photographic art
by Linnaea Mallette

Thank you for reading my Words of Wisdom (WOWs) for 2018



I believe, through personal experience, that one of the secrets to accelerating your personal success is by reprogramming your subconscious mind. The awe of beautiful images opens your mind and lowers the resistance. The words of wisdom are then able to sink in much quicker and deeper . That is the beauty and power of these free WOW picture e-books.

<http://LinnaeaMalette.com>



Yesterday you said tomorrow.
Just do it

-Nike

A photograph of a sunset over a mountain range. The sun is low on the horizon, creating a bright glow and lens flare. The sky is filled with soft, golden clouds. In the foreground, there are silhouettes of a large tree on the left, utility poles, and a fence line. The overall mood is peaceful and nostalgic.

Make Memories
not regrets



"He drew a circle to shut me out, heretic rebel, a thing to flout.
But love and I had the wit to win, we drew a circle that took him in."
-Edwin Markham

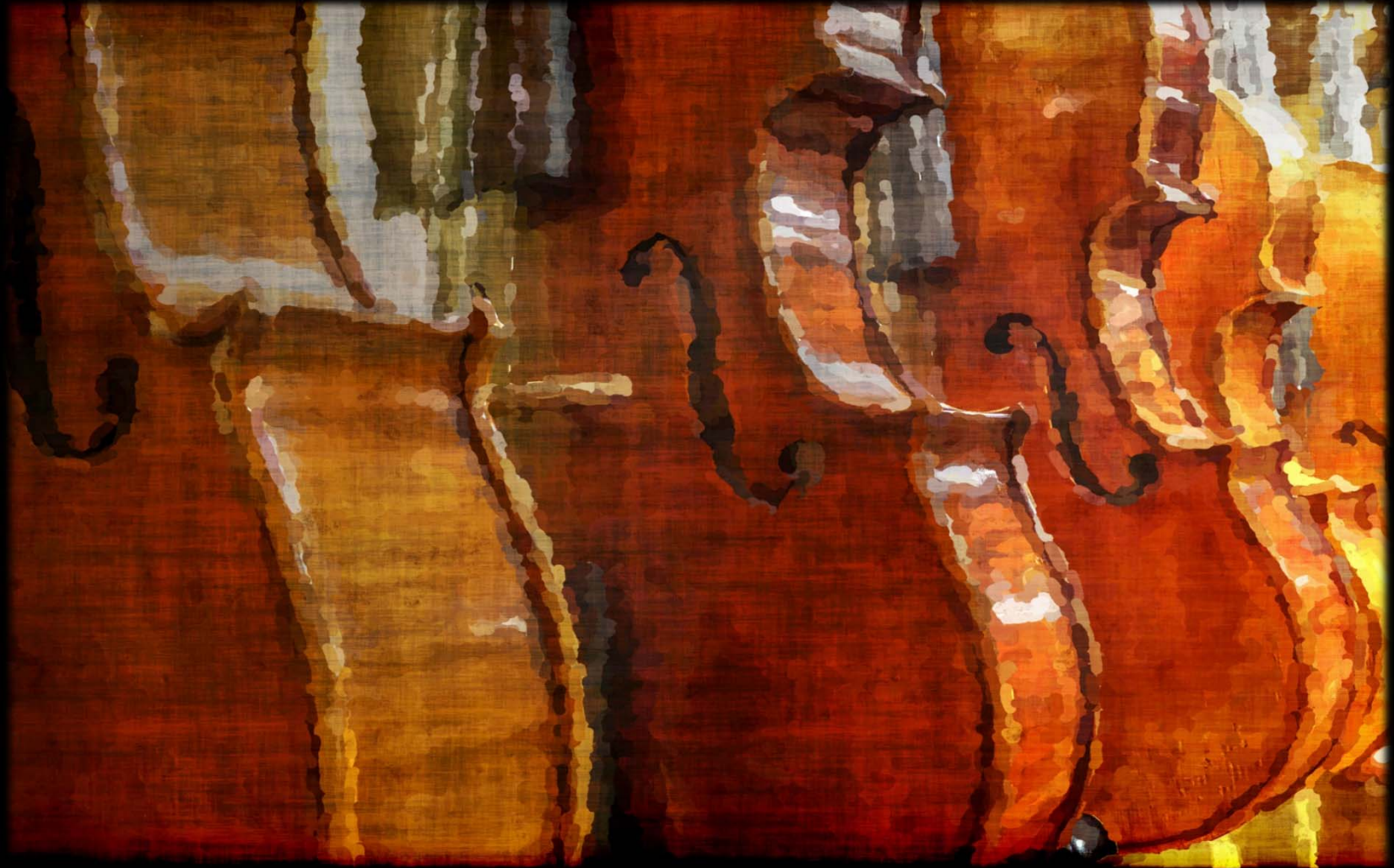
I have found that sitting in a place
where you have never sat before
can be inspiring.

Dodie Smith





LOVE



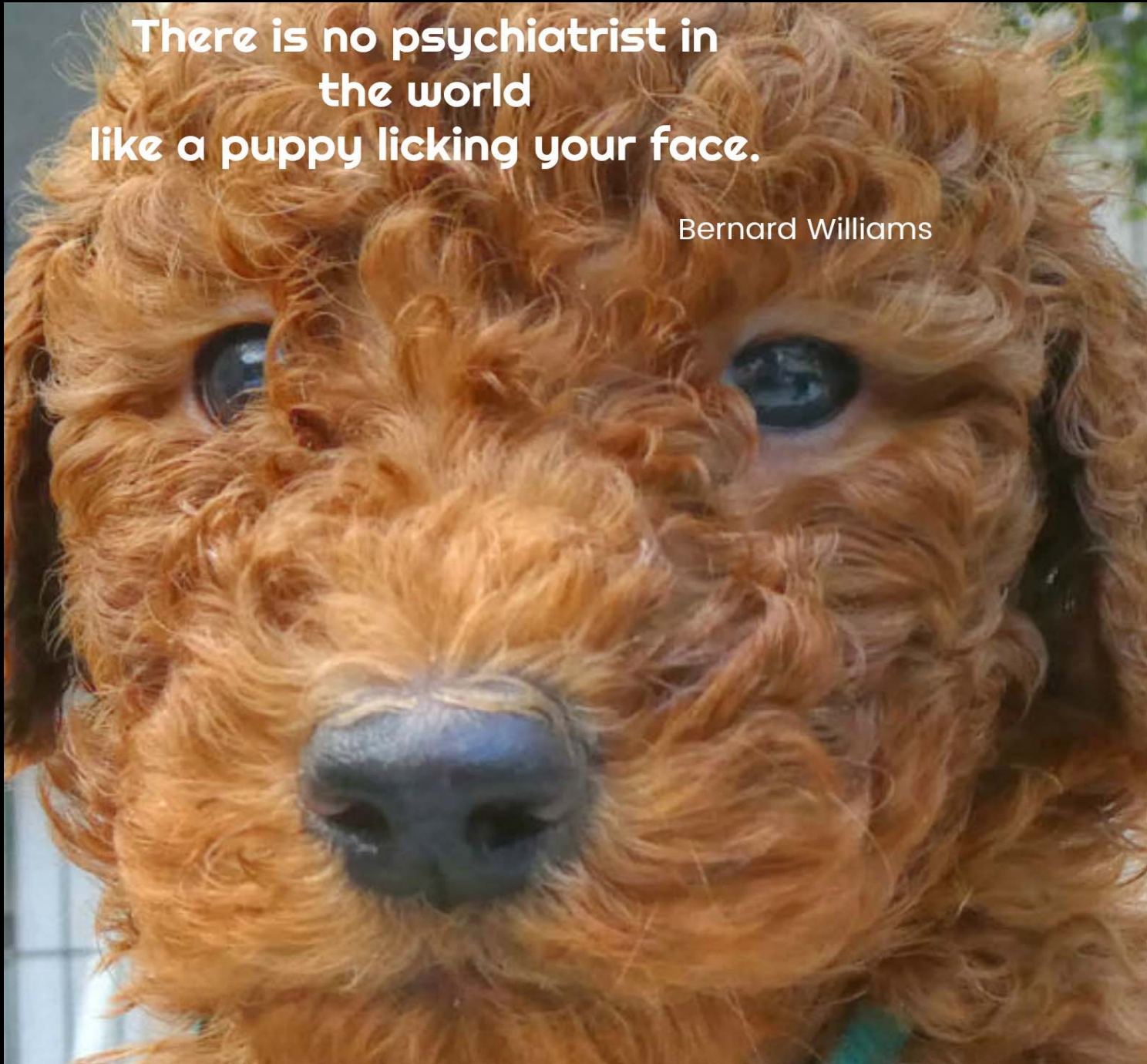
Without music, life is a journey
through a desert.



Pat Conroy

**There is no psychiatrist in
the world
like a puppy licking your face.**

Bernard Williams




A vibrant photograph of a large, blue wave crashing over a rocky shore. The water is a deep, rich blue, and the white foam of the wave is prominent. The rocks in the foreground are dark and covered in bright green seaweed. The overall scene is dynamic and powerful, capturing the raw energy of the ocean.

SOMETIMES IN THE
WAVES OF CHANGE
WE FIND OUR
TRUE DIRECTION



Rest until you feel like playing, then play
until you feel like resting, period.
Never do anything else.

-Martha Beck



*Seeing is believing, but
sometimes the most real things
in the world are the things we
can't see.*

- Polar Express

Recipe for Joy

Seek Joy first & foremost

Seek reasons to laugh

Seek reasons to offer words of praise to self & others

Seek beauty in nature, beasts & other humans

Seek reasons to love in every segment of every day

Look for something that brings forth within you a feeling of love

Seek that which uplifts you

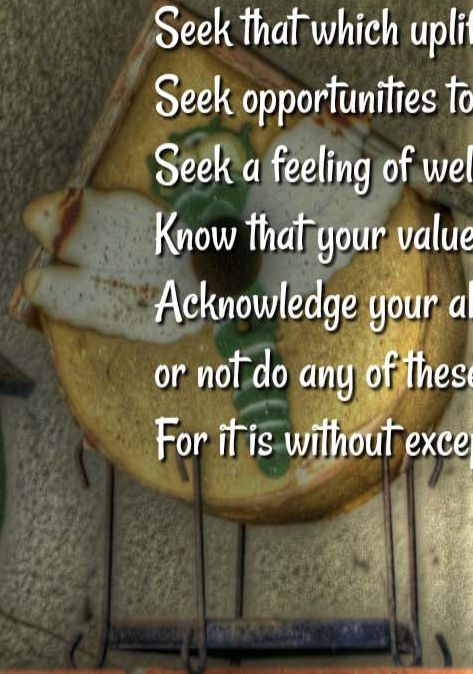
Seek opportunities to offer that which uplifts another

Seek a feeling of well being

Know that your value can only be measured in terms of joy.

Acknowledge your absolute freedom to do any of these things
or not do any of these things

For it is without exception your choice in every moment of every day.

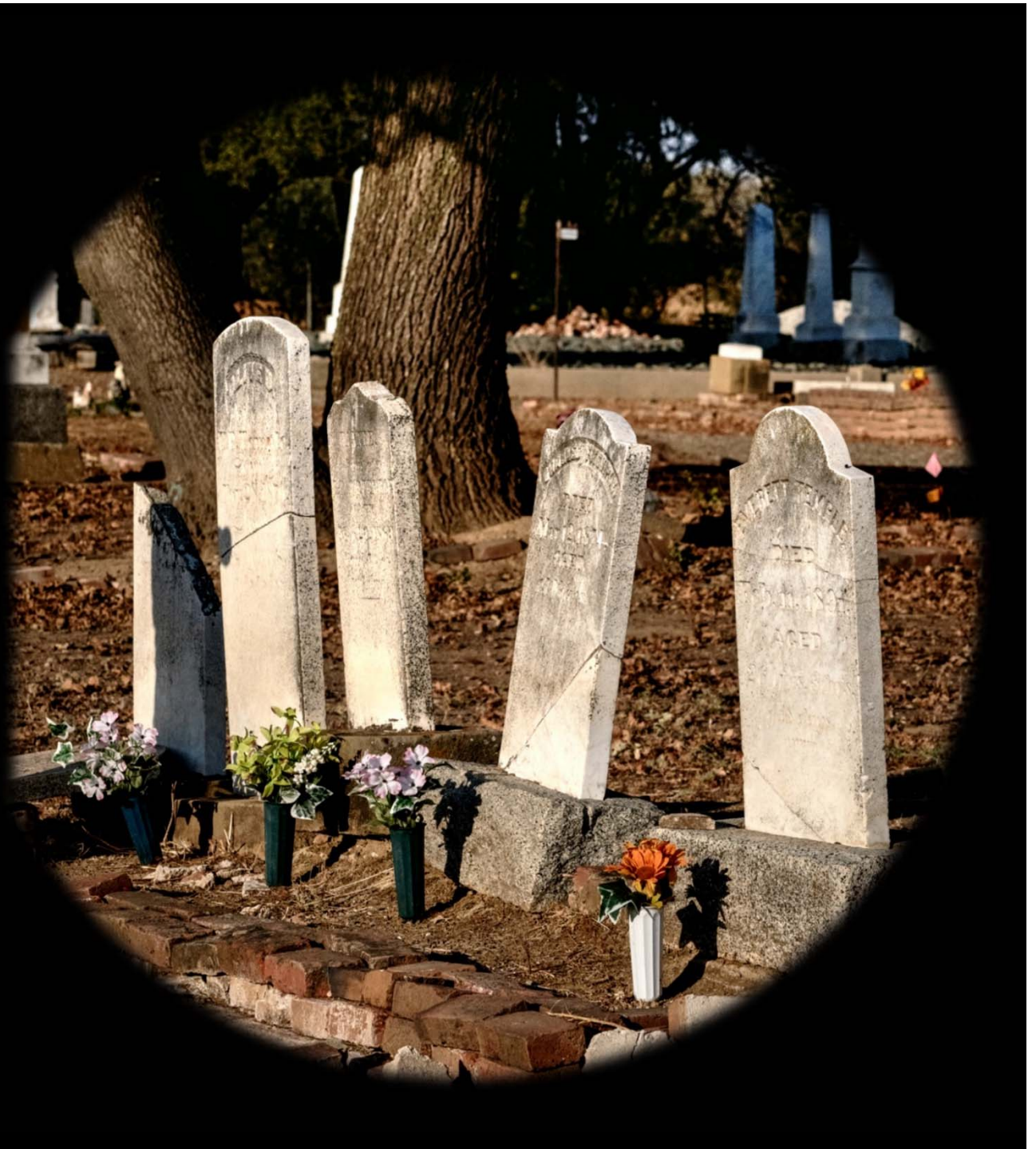


Resistance is what enables
a plane to fly.



You'll have
time to rest
when you're
dead

-Robert Di Nero





Autumn's the mellow time
-William Allingham





Quotes and Words of Wisdom, (WOWs I call them) are essentially thought-provoking and usually good-feeling phrases shared by people from all walks of life, living or deceased.* For me, quotes are vitamins for my soul. I discovered the power of quotes in 1981, when someone at work sold March of Dimes coupon books that had coupons on one side and a beautiful picture with a pithy quote on the other side. I NEVER used the coupons. I devoured the quotes. They were SO instrumental in shifting my way of showing up in the world. Let them do the same for you.

*Quotes with no attribution are anonymous.

Linnaea Mallette

LinnaeaMallette.com