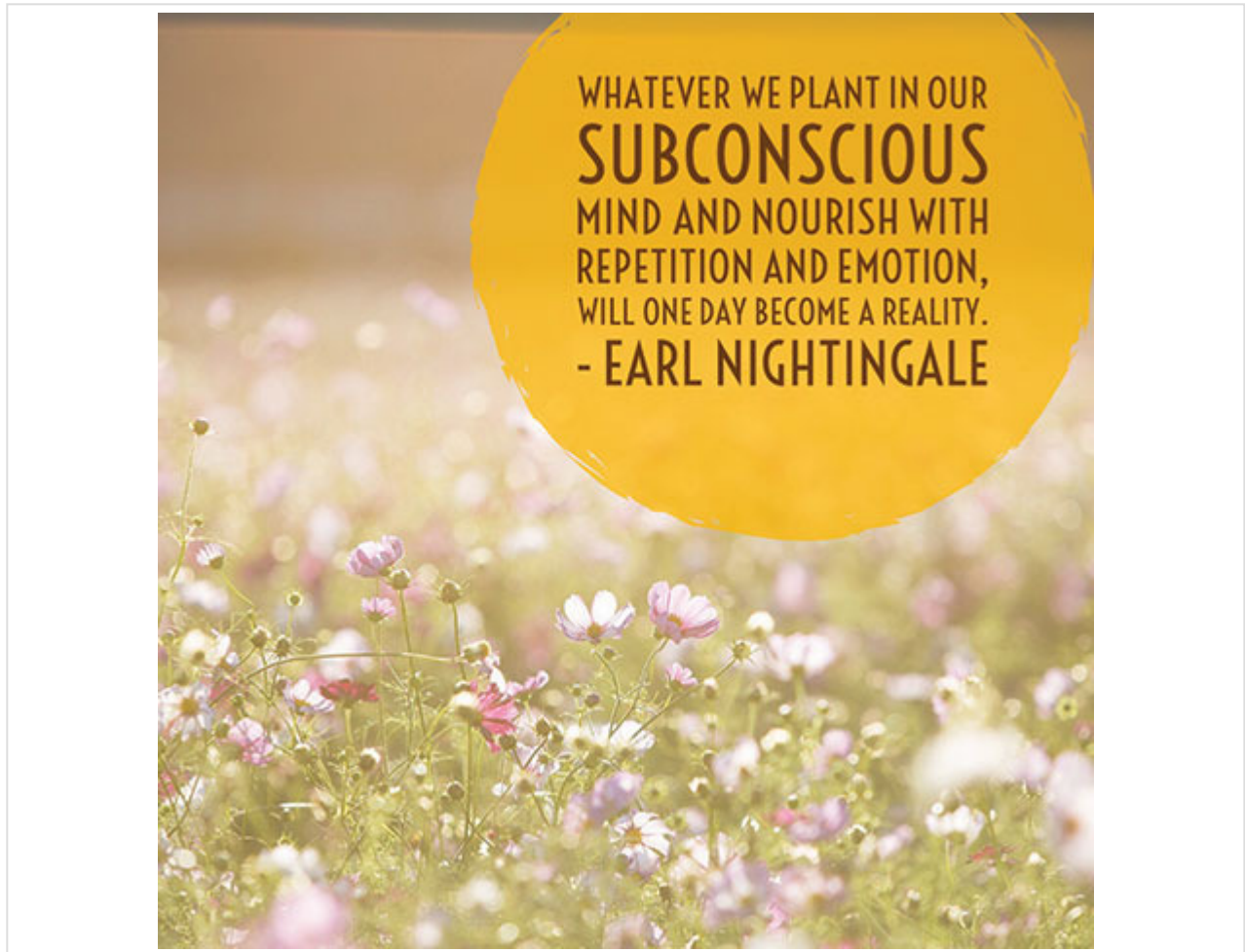


## On the Power of Emotion





Take advantage of every opportunity to practice your communication skills, so that when important occasions arise, you will have the gift, the style, the sharpness, the clarity, and the emotions to affect other people.

—*Jim Rohn*

Human behavior flows from three main sources: desire, emotion, and knowledge.

—*Plato*

We can learn to condition our minds, bodies, and emotions to link pain or pleasure to whatever we choose. By changing what we link pain and pleasure to, we will instantly change our behaviors.

—*Tony Robbins*

Men are governed by lines of intellect; women by curves of emotion.

—*James Joyce*

All emotions are pure which gather you and lift you up; that emotion is impure which seizes only one side of your being and so distorts you.

—*Rainer Maria Rilke*

True compassion means not only feeling another's pain, but also being moved to help relieve it.

—*Daniel Goleman*

Use pain as a stepping stone, not a campground.

—*Alan Cohen*

We are dangerous when we are not conscious of our responsibility for how we behave, think, and feel.

—*Marshall B. Rosenberg*

We plant seeds that will flower as results in our lives, so best to remove the weeds of anger, avarice, envy, and doubt.

—*Dorothy Day*

For news of the heart, ask the face.

—*West African saying*

Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it.

—*Vincent Van Gogh*

Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend them all the care, kindness and understanding you can muster. Your life will never be the same again.

—*Og Mandino*

Your intellect may be confused, but your emotions will never lie to you.

—*Roger Ebert*

There are certain emotions that will kill your drive: frustration and confusion. You can change these to a positive force. Frustration means you are on the verge of a breakthrough. Confusion can mean you are about to learn something. Expect the breakthrough and expect to learn.

—*Kathleen Spike*

The only way to change someone's mind is to connect with them from the heart.

—*Rasheed Ogunlaru*

If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far.

—*Daniel Goleman*

All learning has an emotional base.

—*Plato*

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

—*Maya Angelou*