

Resources for Self Care

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Relaxation Tapes and Resources:

New Harbinger Publications (800-748-6273)

Mindbody, Inc. (800-666-6505)

Krames Communications (414-994-8800)

Columbus Public Libraries- Main Branch (614-645-2275)

FOOD FOR THOUGHT

“Sir, what is the secret of your success?”

a

reporter asked a bank president.

“Two words.”

“And, sir, what are they?”

“Right Decisions.”

“And how do you make the right decisions?”

“One word.”

“And, sir, what is it?”

“Experience.”

“And how do you get experience?”

“Two words.”
“And, sir, what are they?”
“Wrong decisions.”

BELIEVE & SUCCEED

Whether
you think you can
or you can't
- you are right.

- *Henry Ford*

- **Our life is what our thoughts make it.**
- Marcus Aurelius
- **Belief creates the actual fact.**
- Willaim James
- **What the mind of man can conceive and believe, the mind of man can achieve.**
- Napoleon Hill
- **There is a difference between wishing for something and being ready to receive it. No one is ready for a thing unless he believes he can acquire it.**
-Napolean Hill
- **Blessed is he that expects nothing, for he shall never be disappointed.**
-Benjamin Franklin
- **What we believe is true, what we believe is possible, becomes what's true, becomes what's possible.**
-Anthony Robbins

