

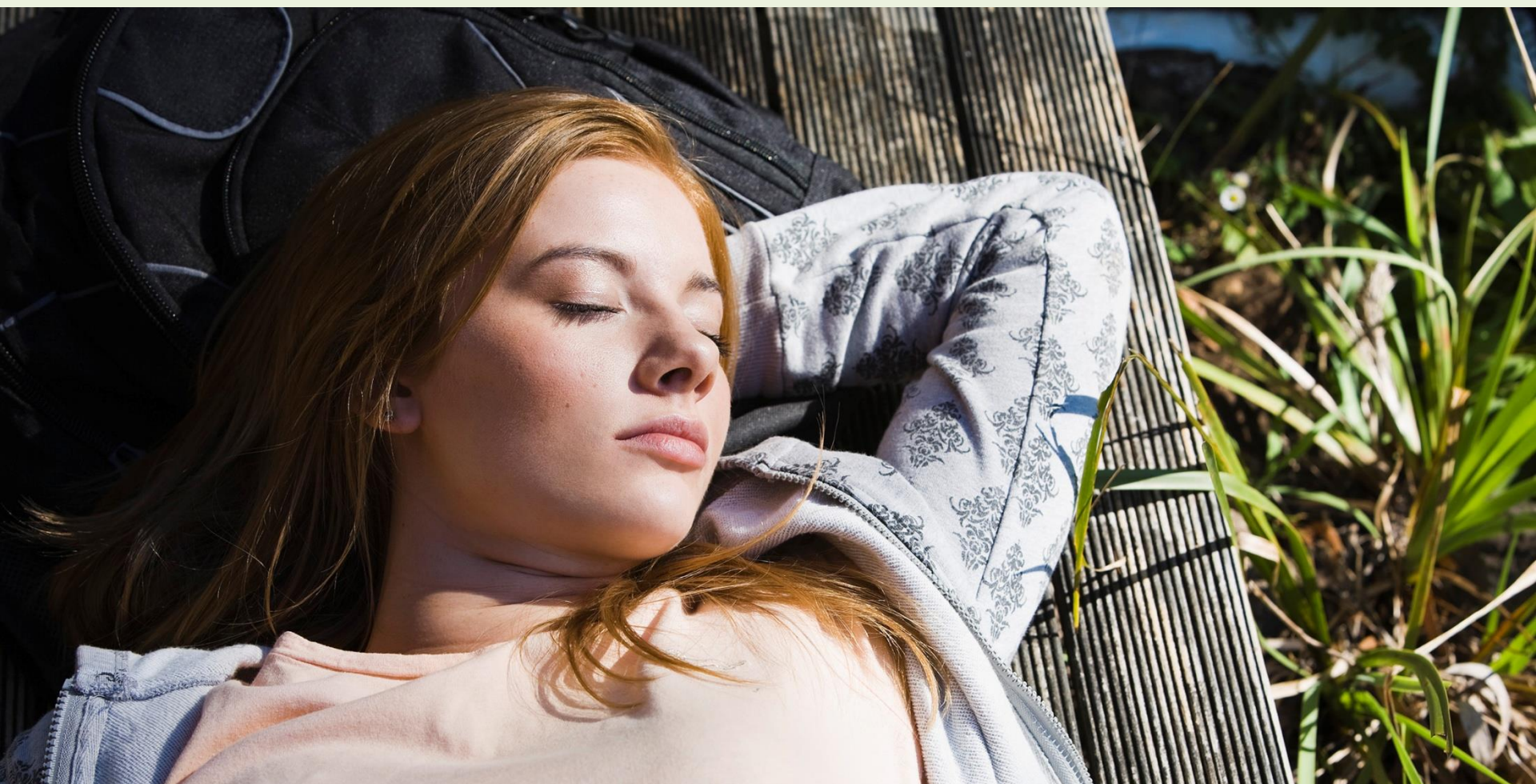
*"Remember  
this, that very  
little is needed  
to make a  
happy life."*

*-- Marcus Aurelius*



*There is no need to go to India or anywhere else to find peace. You will find that deep place of silence right in your room, your garden or even your bathtub.*

*-- Elisabeth Kubler-Ross*



*When we are unable to find tranquility within ourselves, it is useless to seek it elsewhere.*

*-- Francois de La Rochefoucauld*



*He enjoys true leisure  
who has time to  
improve his soul's estate.*

*-- Henry David Thoreau*

*One of the  
secrets of a  
happy life is  
continuous  
small treats.*

*-- Iris Murdoch*



*To be able to  
fill leisure  
intelligently  
is the last  
product of  
civilization,  
and at  
present very  
few people  
have reached  
this level.*

*Bertrand Russell*



*The pleasure  
which we most  
rarely experience  
gives us greatest  
delight.*

*-- Epictetus*





*The time to relax is when  
you don't have time for it.*

*Sydney J. Harris*





*Sanity and happiness are an impossible combination.*

*-- Mark Twain*



*This art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in our great men.*

*-- Captain J. A. Hadfield*



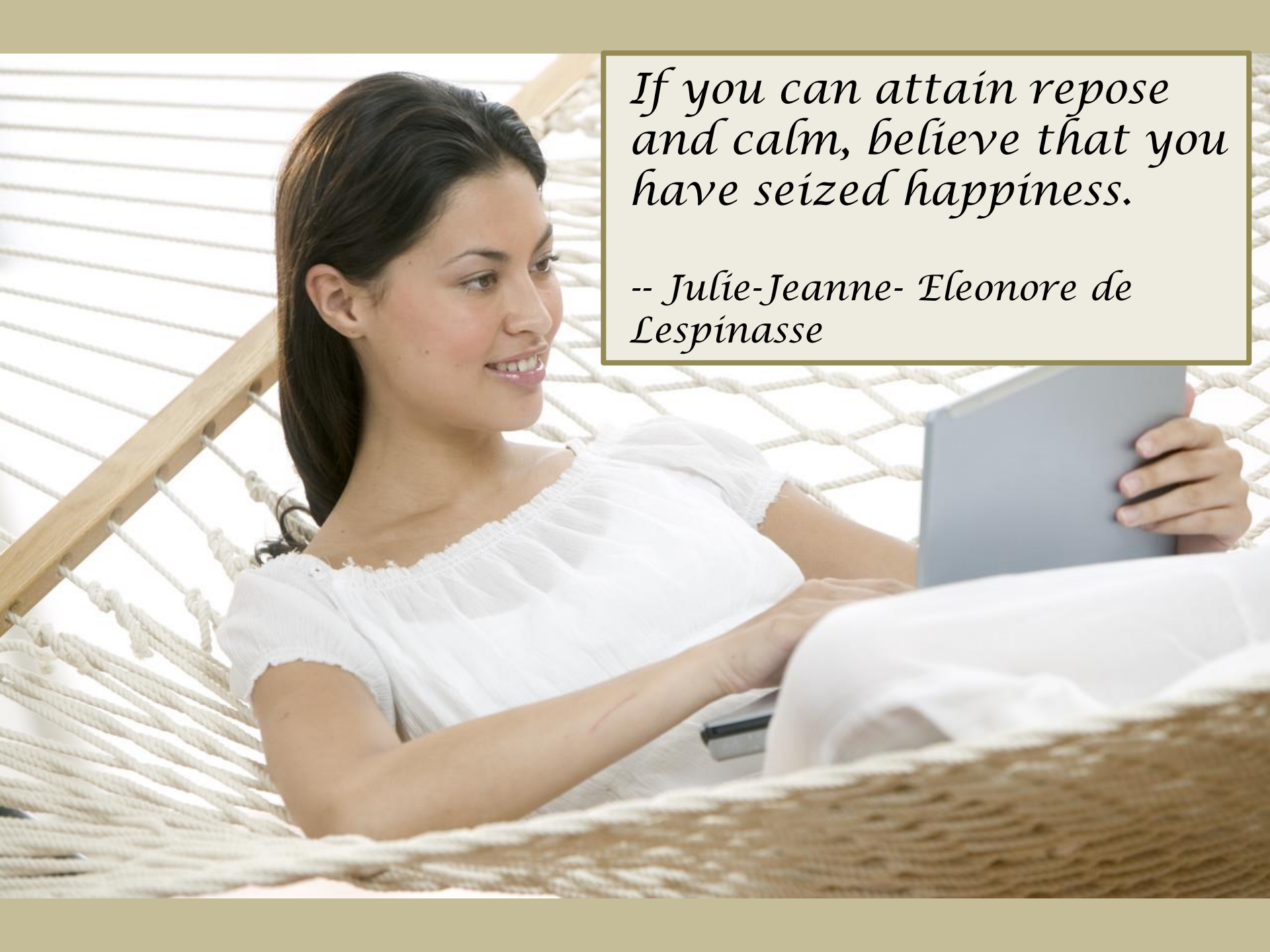
*Count your age by friends, not years.  
Count your life by smiles, not tears.*

*-- John Lennon*

*Learning to  
ignore  
things is one  
of the great  
paths to  
inner peace.*

*-- Robert J. Sawyer*





*If you can attain repose  
and calm, believe that you  
have seized happiness.*

*-- Julie-Jeanne- Eleonore de  
Lespinasse*

*Most folks are about as happy as they  
make up their minds to be.*

*~ Abraham Lincoln*



*I take it that  
what all men  
are really  
after is some  
form or  
perhaps only  
some formula  
of peace.*

*-- Joseph Conrad*

