



'I've Got 21 & I'm Sticking - Give Yourself A Winning Hand With These 21 Quotes!'

You know the deal - Sometimes you just can't find the right words to sum up how you feel, or express what you want to say.

To capture the moment in the moment with a pithy aphorism, or a bon mot.

One of the by-products of having written over **One Million** published words in the past couple of years on a range of subjects, including *leadership, change, navigating complexity, resilience, emotional intelligence, mental health, well being, well doing, well becoming* and *Mindfulness* is I've also done an awful lot of reading.

Ma Tete Est Un Chou

So my head sometimes feels like a cabbage, or as the french say rather more elegantly, "*Ma tete est un chou*"

But probably **David Bowie** sums it up best in his song 'Five Years', "*My Brain hurt like a warehouse, it had no room to spare*"

I'm a communicator, a story teller and connector of ideas, insights and inspiration—And in my quest to seek first to understand and then be understood, I've accumulated an *elephant's sufficiency* of great quotes, inspiring words, pithy aphorisms and the odd *bon mot*. To reach across and illuminate, accentuate, frame and nail the moment.

So, in service to you, here are my **Top 21**, in no particular order and clearly attributed where I know the source.

Please enjoy, use if the mood and moment are right—**And stay safe and well in these challenging COVID_19 times:**

- "*Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the [truth](#)*"—**Marcus Aurelius**
- "*Even in the midst of winter, I find within myself invincible summer*"—**Albert Camus**
- "*What is heaven for if a persons reach cannot exceed their grasp*"—**Robert Browning**
- "*Seek first to understand, then be understood*"—**Stephen R Covey**
- "*What you see and what you hear depends a great deal on where you are*"—**CS Lewis**
- "*No finite point has meaning without an infinite reference point*"—**Jean-Paul Sartre**
- "*Everything is foreseen, except naturally what is going to happen*"—**Rene Lardert de Lacharriere**
- "*The difficulty lies not in the new, but in escaping the old*"—**John Maynard Keynes**
- "*Everything must change in order to remain the same*"—**Giuseppe Tomasi di Lampedusa**

- *"The barrier to change is not too little caring, it's too much complexity"*—**Bill Gates**
- *"You can't solve an existing problem with the same mindset that created it"*—**Albert Einstein**
- *"When one door closes another can open, but we look so long at the closed door that we do not see the one which opened for us"*—**Helen Keller**
- *"Not everything you count, counts"*—**William Bruce Cameron**
- *"Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius—and a lot of courage—to move in the opposite direction"*—**E F Schumacher**
- *"Happiness doesn't lie in happiness, but in the achievement of it"*—**Fyodor Dostoevsky**
- *"An amateur borrows—A genius steals"*—**Pablo Ruiz Picasso**
- *"Monotony collapses time, novelty unfolds it"*—**Joshua Foer**
- *"Give me a place to stand and I will move the world"*—**Archimedes**
- *"E Pur Si Muove—The Earth is Moved"*—**Galileo**
- *"I found Rome built in clay, I leave it in marble"*—**Emperor Augustus of Rome**
- *"Ex Nihilo Nihil Fit—Nothing comes out of nothing"*—**Rene Descartes**

Paul Adam Mudd May 2020

the Mudd Partnership is all about making the complex less complex, the tough stuff not so tough and putting the unreachable within reach of everyone. I am author of *'Uncovering Mindfulness: In Search Of A Life More Meaningful'* (All new updated 2nd Edition coming Autumn 2018) available on Amazon and www.bookboon.com; the *'Coffee & A Cup of Mindfulness'* and the *'Mindful Hacks For Mindful Living & Mindful Working'* series. I am also a Contributing Author to [The Huffington Post](http://TheHuffingtonPost) and a Contributing Writer to [Thrive Global](http://ThriveGlobal). You can follow the continuing journey Uncovering Mindfulness on Twitter [@TheMindfulBook](https://twitter.com/TheMindfulBook) and at [@Paul_Mudd](https://twitter.com/Paul_Mudd)

