# Patience is bitter, but its fruit is sweet.

Turkish Proverb

# Designed by Brent Payton

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Compiled December 3, 2023 from "patience\_is\_bitter.tex"

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Last updated: April 12, 2023

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### Interpretation

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"If you are neutral in situations of injustice, you have chosen the side of the oppressor."

—Desmond Tutu

"Do the best you can until you know better. Then, when you know better, do better."

-Maya Angelou

"Every act of creation is first of all an act of destruction."

—Pablo Picasso

"The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

—George Bernard Shaw

"The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion."

—Albert Camus

"To be completely honest with oneself is the very best effort a human being can make."

—Sigmund Freud

"The flourishing life is not achieved by techniques. You can't trick yourself into a life well-lived. Neither is it achieved by following five easy steps or some charismatic figure's dogma. A flourishing life depends on our responding, as best we can, to those things uniquely incumbent upon us."

—Epictetus

"If you are silent about your pain, they'll kill you and say you enjoyed it."

-Zora Neale Hurston

"In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you."

-Buddha

"In a real sense all life is inter-related. All men are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly."

-Rev. Martin Luther King, Jr.

"Against stupidity the gods themselves contend in vain."

—Friedrich Schiller

If people can hate for no reason, you can love for no reason.

"When the debate is lost, slander becomes the tool of the losers."

—Socrates

"Do not grow old no matter how long you live. Never cease to stand like curious children before the Great Mystery into which we were born."

—Albert Einstein

# "Be curious, not judgmental."

—Walt Whitman

"A free society is one where it is safe to be unpopular."

—Adlai Stevenson

"Few persons have courage enough to appear as good as they really are."

—J. C. and A. W. Hare.

"I don't trust people who don't love themselves and tell me 'I love you." . . . There is an African saying which is: 'Be careful when a naked person offers you a shirt.""

-Maya Angelou

# "A fool must now and then be right, by chance."

-William Cowper

# "Laughter is a force for democracy."

-John Cleese

"Being at ease with not knowing is crucial for answers to come to you."

—Eckhart Tolle

Trees are poems that earth writes upon the sky, We fell them down and turn them into paper, That we may record our emptiness.

-Kahlil Gibran

"It has never been man's gift to make wildernesses. But he can make deserts, and has."

—Wallace Stegner

"Integrity without knowledge is weak and useless, and knowledge without integrity is dangerous and dreadful."

—Samuel Johnson

"Never attribute to malice that which is adequately explained by stupidity."

—Robert J. Hanlon

"A state of war only serves as an excuse for domestic tyranny."

—Aleksandr Solzhenitsyn

"I have found that humanity is not incidentally engaged, but eternally and systematically engaged, in throwing gold into the gutter and diamonds into the sea."

-G. K. Chesterton

"Never be so arrogant that you fail to give people the benefit of being as stupid as they actually are."

-Arthur Jones

"We are bidden not merely to be harmless as doves, but also as wise as serpents."

-Theodore Roosevelt

"People say graffiti is ugly, irresponsible and childish. But that's only if it's done properly."

—Banksy

"Leave the beaten track behind occasionally and dive into the woods. Every time you do, you will be certain to find something you have never seen before."

# -Alexander Graham Bell

"The mass of men live lives of quiet desperation."

-Henry David Thoreau

"Maybe one day we shall be glad to remember even these things."

-Virgil

"If everybody likes you, you're pretty dull."

—Bette Davis

"The literal meaning of life is whatever you're doing that prevents you from killing yourself."

—Albert Camus

We mature with the damage, not with the years.

"The world will ask who you are, and if you do not know, the world will tell you."

-Carl Gustav Jung

There's always going to be someone who doesn't see your worth. Don't let it be you.

### "The best revenge is not to be like your enemy."

-Marcus Aurelius

## Anything that costs you your mental health is too expensive.

"What matters most is how well you walk through the fire."

-Charles Bukowski

"The smallest act of kindness is worth more than the grandest intention."

—Oscar Wilde

Good things come to those who believe.

Better things come to those with patience.

The best things come to those who don't give up.

## Honesty without kindness is brutality.

# Bees don't waste their time explaining to flies that honey is better than shit.

"Half of life is lost in charming others. The other half is lost in going through anxieties caused by others. Leave this play, you have played enough."

-Rumi

"You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life."

-Albert Camus

"Man cannot remake himself without suffering for he is both the marble and the sculptor.

-Alexis Carrel

You can be a kind person and still express your frustration.

You can be a kind person and still lose your patience.

You can be a kind person and confront an issue assertively.