

A. J. Jacobs Quotes

*Nice, Years, Thinking, Book, People, Believe, Moving, Feel Better, Guy, Should,
Self, Old Testament, Jobs, Trying, Powerful, Shapes, World, Three, Health,
Ideas*

Unconditional love is an illogical notion, but such a great and powerful one.

~A. J. Jacobs

Scrabble - The game is available in Braille. That's a nice fact. This makes me feel better about humanity for some reason. I can't really explain why.

~A. J. Jacobs

More people die on a per mile basis from drunk walking than from drunk driving.

~A. J. Jacobs

Probably 90 percent of our life decisions are powered by the twin engines of inertia and laziness.

~A. J. Jacobs

Plus, in one of his e-mails, the guy said he didn't like pancakes. What kind of asshole doesn't like pancakes?

~A. J. Jacobs

I know that knowledge and intelligence are not the same thing - but they do live in the same neighborhood. I know once again, firsthand, the joy of learning.

~A. J. Jacobs

Paintings! They're like TV, but they don't move.

~A. J. Jacobs

The Bible talks a lot about thankfulness, and I'm more thankful than I ever was. I try to concentrate on the hundreds of things that go right in a day, instead of the three or four that go wrong.

~A. J. Jacobs

I was what they call 'skinny fat' - a body that resembled a python after swallowing a goat.

~A. J. Jacobs

How do you gag the voice in your head that says, 'You don't have to [do it] today. There's always tomorrow.'?

~A. J. Jacobs

A 2002 Oxford study showed counting sheep actually delays the onset of sleep. It's just too dull to stop us from worrying about jobs and spouses.

~A. J. Jacobs

I'm addicted to self-improvement. The thing is, there's so damn much about myself to improve.

~A. J. Jacobs

The key to making healthy decisions is to respect your future self. Honor him or her. Treat him or her like you would treat a friend or a loved one.

~A. J. Jacobs

After decimating several vegetables, I decide juicing is my favorite form of food preparation. There's something perversely appealing about subjecting an innocent plant to that much violence.

~A. J. Jacobs

I prefer the earlier birth control techniques, which ranged from the delicious (using honey as a spermicide) to the aerobic (jumping backward seven times after coitus).

~A. J. Jacobs

I am officially Jewish, but I'm Jewish in the same way the Olive Garden is an Italian restaurant.

~A. J. Jacobs

Very few people changed the world by sitting on their couch.

~A. J. Jacobs

I thought religion would make me live with my head in the clouds, but as often as not, it grounds me in this world.

~A. J. Jacobs

I love to live things, so I wanted to immerse myself and get into the mindset - and sandals - of my forefathers.

~A. J. Jacobs

The World Health Organization ... estimated that 1.6 million years of healthy living are lost every year in Europe because of noise pollution.

~A. J. Jacobs

Taking the Bible too literally is a mistake. It should be read as a guidebook of wisdom and insight.

~A. J. Jacobs

I love it when the Bible gives Emily Post-like tips that are both wise and easy to follow.

~A. J. Jacobs

Its sort of my job to feel good.

~A. J. Jacobs

A loud noise will get your fight-or-flight response going. This, over the years, can cause real cardiovascular damage.

~A. J. Jacobs

Sometimes miracles occur only when you jump in.

~A. J. Jacobs

I have little shame, no dignity - all in the name of a better cause.

~A. J. Jacobs

Jealousy is a useless, time-wasting emotion that's eating me alive.

~A. J. Jacobs

Since I was relatively new to the Bible, I was surprised by the Old Testament God. He's wrathful, but at other times, He's incredibly compassionate. He's not a one-dimensional figure at all.

~A. J. Jacobs

I've rarely said the word "Lord," unless it's followed by "of the Rings.

~A. J. Jacobs

I find placebos uplifting and exhilarating. It means that taking action--no matter what the action is--might help you feel better.

~A. J. Jacobs

I thought religion would eventually wither away and we'd all be worshiping at the altar of science.

~A. J. Jacobs

When I was with the serpent-handlers in Tennessee, it was the most bizarre method of worship I could think of. Yet when you sit with these people, you can kind of see how it makes sense.

~A. J. Jacobs

It's a different way of looking at the world. Your life isn't about rights. It's about responsibilities."--Mr Bill Berkowitz

~A. J. Jacobs

One of the interesting things to me is that God grows throughout the Old Testament. He evolves, sort of matures, and becomes kinder.

~A. J. Jacobs

Behavior shapes beliefs.

~A. J. Jacobs

Giulia Melucci has written a wonderfully funny and moving book. It's like *Eat, Pray, Love*, with recipes.

~A. J. Jacobs

The best we can do, to paraphrase Pollan, is to eat whole foods, mostly plants, and not too much.

~A. J. Jacobs

I'd recommend learning to accept rejection. Become friends with rejection. Be nice to rejection, because it's a huge part of being a writer, no matter where you are in your career.

~A. J. Jacobs

It's hard to be in a bad mood when you're walking around looking like you're about to play the semifinals at Wimbledon.

~A. J. Jacobs

When I went to Israel, it was a little disorienting, because there are so many people who look crazy and were dressed like me. There, I was just one of the apocalyptic crowd.

~A. J. Jacobs

I found there were things about religion that I really loved; things like the sense of gratefulness that it brings.

~A. J. Jacobs

In trying to avoid one sin I've committed another.

~A. J. Jacobs

I grew up in a very secular home with no religion at all, so I was starting from zero.

~A. J. Jacobs

I know that you should always say yes to adventures or you'll lead a very dull life.

~A. J. Jacobs

Med students panic their first year when they learn all the diseases. It's not until the second year that they learn the cures.

~A. J. Jacobs

I've never before been so aware of the thousands of little good things, the thousands of things that go right every day.

~A. J. Jacobs

My reading list grows exponentially. Every time I read a book, it'll mention three other books I feel I have to read. It's like a particularly relentless series of pop-up ads.

~A. J. Jacobs

There's a beauty to forgiveness, especially forgiveness that goes beyond rationality. Unconditional love is an illogical notion, but such a great & powerful one

~A. J. Jacobs

Behavior shapes emotions.

~A. J. Jacobs

It comes back to the old question: How can the Bible be so wise in some places and so barbaric in others? And why should we put any faith in a book that includes such brutality?

~A. J. Jacobs

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