

Andrew Bernstein

Quotes

*Stress, Men, Believe, Hero, Thinking, Needs, Negative, People, Remember,
Balance, Engagement, Mind, Jobs, Want, Moving, Essence, Numbers, Arsenic,
Supernatural Beings, Conflict*

Nothing is given to man on earth - struggle is built into the nature of life, and conflict is possible - the hero is the man who lets no obstacle prevent him from pursuing the values he has chosen.

~Andrew Bernstein

A hero has faced it all: he need not be undefeated, but he must be undaunted.

~Andrew Bernstein

We all enjoy pushing ourselves to accomplish our objectives. But we don't need stress to get there.

~Andrew Bernstein

If you're successful and stressed out, you're succeeding in spite of your stress, not because of it.

~Andrew Bernstein

The truth is that stress doesn't come from your boss, your kids, your spouse, traffic jams, health challenges, or other circumstances. It comes from your thoughts about these circumstances.

~Andrew Bernstein

Remember that stress doesn't come from what's going on in your life. It comes from your thoughts about what's going on in your life.

~Andrew Bernstein

Negative thoughts stick around because we believe them, not because we want them or choose them.

~Andrew Bernstein

The reason humans experience so much more stress than other species isn't just because we think more, but also because we think differently.

~Andrew Bernstein

Stress is the negative whirlwind of emotions that gets imposed on top of our stimulation and engagement.

~Andrew Bernstein

Look closer at the stress in your own life and you can identify that negative emotions are always built on counterfactual statements.

~Andrew Bernstein

Some people are so used to experiencing stress that they don't remember what life was like without it.

~Andrew Bernstein

The more you worry, the more you throw off the delicate balance of hormones required for health.

~Andrew Bernstein

Statism - the subordination of the individual to the state - leads inevitably to the most hideous oppression.

~Andrew Bernstein

Stress is not the spice of life any more than arsenic is. And without it, you won't feel bored.

~Andrew Bernstein

It's time we learned the truth about stress. It's time we identified the thoughts that actually create our stress and learned to dismantle them one by one.

~Andrew Bernstein

A hero holds purposes appropriate to man and is, therefore, a thinker.

~Andrew Bernstein

The hero is valorous because he stands up to every threat directed against his values. Heroism requires value conflict.

~Andrew Bernstein

You can't tell yourself that your stress is produced in your head and feel better. You still need to learn how to create a change.

~Andrew Bernstein

When a friend is sick, I see the situation for what it is, not what it isn't, and I offer to help as much as she wants, not as much as I want.

~Andrew Bernstein

The less you think counterfactually, the less you experience stress. Stress, in this light, isn't a bad thing. It's simply a warning system telling you that your mind has lost touch with what's real.

~Andrew Bernstein

The elusive truth is that there is nothing stress-producing in the physical world. Things simply are. Molecules move. Light and sound appear.

~Andrew Bernstein

People often say that stress is a motivator. What we're referring to when we say this is really better described as stimulation and engagement.

~Andrew Bernstein

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