

Chris Prentiss

Quotes

*Believe, People, Ideas, Stress, Events, Way, New Experiences, Differences,
Past, Thinking, Waiting, Goal, Pain, Mistake, Path, Response, Substance,
Benefits, Information, Behavior*

The more you engage in any type of emotion or behavior, the greater your desire for it will become.

~Chris Prentiss

Who you allow into the circle of your life will make the difference in the quality of your life.

~Chris Prentiss

The Zen of doing anything is doing it with a particular concentration of mind, a calmness and simplicity of mind, that brings the experience of enlightenment and, through that experience, happiness.

~Chris Prentiss

The moment you make the internal changes necessary to obtain your goal, the outside world changes instantly.

~Chris Prentiss

People who believe they have bad luck create bad luck. Those who believe they are very fortunate, that the world is a generous place filled with trustworthy people, live in exactly that kind of world.

~Chris Prentiss

Everything that happens to me is the best possible thing that can happen to me.

~Chris Prentiss

Your life today is the result of a series of decisions you made that have caused you to arrive where you are.

~Chris Prentiss

The best way for you to get that new experience is to change your response to what happens.

~Chris Prentiss

The events that occur in my life are workout situations. They are there for my benefit so I can become strong and gain wisdom and information by working my way through those situations.

~Chris Prentiss

The answers are never 'out there. ' All the answers are 'in there, ' inside you, waiting to be discovered.

~Chris Prentiss

Whatever you are trying to achieve in life, it is essential that you surround yourself with people who believe that what you seek and what you believe in are not only possible but also very probable.

~Chris Prentiss

What determines each person's state of happiness or unhappiness is not the event itself, but what the event means to that person.

~Chris Prentiss

You are not alone in your quest to be who you want and have what you want.

~Chris Prentiss

You don't need to be a scientist to know how powerful your imagination is.

~Chris Prentiss

Embrace simplicityâ€"be content with what you have and are, and not one can despoil you.

~Chris Prentiss

Happiness comes from our response to the conditions of our lives.

~Chris Prentiss

You can be happy if you are willing to let go of your past and leave

yourself unencumbered so you can fly freely.

~Chris Prentiss

You can open to the idea that whatever happened to you in the past eventually turned out or will turn out to be a benefit to you.

~Chris Prentiss

choose to feel happy about whatever the situation is, knowing it will ultimately be to our benefit.

~Chris Prentiss

The path of the knowledgeable, successful person, which only leads to supreme good fortune and great success is always directly in front of you.

~Chris Prentiss

How you conduct yourself along the path that is your life determines how your life unfolds.

~Chris Prentiss

I wrote this book to show you that a cure is entirely possible because I've seen it happen over and over again.

~Chris Prentiss

Even if it is painful and lonely, associate with worthy companions.

~Chris Prentiss

If you examine your motive for doing anything, you'll soon discover that your reason is that you believe it will make you happy.

~Chris Prentiss

The Universe doesn't make mistakes.

~Chris Prentiss

A computer cannot manufacture new information. That's the difference between our brain and a computer.

~Chris Prentiss

Every person in the AA program who's successful is living proof that he or she does have power over addictive drugs and alcohol- the power to stop.

~Chris Prentiss

When people who believe themselves to be addicts or alcoholics come under great stress or trauma, they mentally give themselves permission to drink or use drugs as a remedy.

~Chris Prentiss

At the bottom of every person's dependency, there is always pain, Discovering the pain and healing it is an essential step in ending dependency.

~Chris Prentiss

Most of the time, we respond to life without taking a moment

~Chris Prentiss

Stress and anxiety cause our brains to release chemicals that put lines in our faces and tear us down emotionally and spiritually.

~Chris Prentiss

The true source of happiness is within each of us.

~Chris Prentiss

Stress comes from the way you relate to events or situations.

~Chris Prentiss

There is only one way to achieve lasting happiness. That is simply: Be happy.

~Chris Prentiss

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