

David J. Lieberman

Quotes

*Self, People, Advice, Thinking, Reality, Opinion, Want, Pain, Emotional,
Uncomfortable, Views, Silence, Moments, Values, Reflection, Desire, Support,
Decision, Revenge, Love Is*

Our focus is our reality. What we choose to focus on becomes our world. It produces our thoughts, values, attitudes, and beliefs.

~David J. Lieberman

When we rise above our temptations and resist them, we exercise self-control. And that's when we experience true freedom and emotional health.

~David J. Lieberman

Freedom is the crux of self-respect. It is difficult to feel good about ourselves when we are unnaturally dependent on someone or something.

~David J. Lieberman

Whenever you are questioning a person's desire for something, consider what he does, not necessarily what he says.

~David J. Lieberman

True freedom is not about being able to do whatever we feel like doing; rather, it is about being able to do what we truly want to do, in spite of what we feel like doing at the moment.

~David J. Lieberman

The next time you make a snap judgment about a situation, take a few moments to understand an opposing viewpoint.

~David J. Lieberman

The guilty are uncomfortable with silence.

~David J. Lieberman

We can find reasons to dislike anyone. But it's what you focus on and appreciate in a person that cultivates a positive relationship.

~David J. Lieberman

Never ask advice from someone who has something at stake or something to lose from your decision. The more objective the person is the greater value you should place on the input.

~David J. Lieberman

Whenever you are dealing with someone or something of unknown value the first one who places a value on it establishes its worth.

~David J. Lieberman

The reason why we often get poor advice is that it's hard to find a person who always has our best interest at heart, isn't envious in any way, and at no level thinks he knows what's best for you.

~David J. Lieberman

Sometimes people who adamantly assert an opinion or view don't even hold it themselves.

~David J. Lieberman

If you know how much reality is getting in, then you know a great deal about what a person sees to be true.

~David J. Lieberman

When a person gives, he loves the object of his giving more -- and so love is planted and grows.

~David J. Lieberman

Studies show that when we vocalize an opinion, whether or not we believe it to be true, in time we usually come to support it.

~David J. Lieberman

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