

Edward Hallowell

Quotes

People, Brain, Important, Excellence, Stress, Trying, Communication, Forgiveness, Survival, Mean, Suffering, Airplane, Disconnection, World, Children, Persist, Recovery, Problem, Joy, Hard Work

In order to do what really matters to you, you have to, first of all, know what really matters to you.

~Edward Hallowell

When we forgive, the slave we free is ourselves.

~Edward Hallowell

Your brain does its best when it is doing a task it can do well. That's basic brain science.

~Edward Hallowell

Young people beginning a career need to realize that there are lots of "buses" in life. More often than not, selecting which one to be on determines success or failure, joy or despair.

~Edward Hallowell

Lack of respect for the worker. This nourishes disconnection, fear, anger, phoniness, and all the bad stuff that impedes excellence.

~Edward Hallowell

All connections matter, but the people you depend upon matter most.

~Edward Hallowell

No work is "most important." Or, put differently, all work is important but work done poorly becomes most important.

~Edward Hallowell

It is the greatest feeling in the world. When we shine, we defy death for the moment. We enter into a state of immersion in the craft we ply, a state in which we become one with what we do.

~Edward Hallowell

I agree with Stephen Covey that too many people spend too much time on doing what is urgent rather than on doing what is import.

~Edward Hallowell

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