

Ellen Langer Quotes

*Growth, Wise, Mind, Learning, Ironic, Views, Artist, Thinking, People, Moments,
Creative, Ideas, Perspective, Knowledge, Encouragement, Play, Persons,
Attention, Worry, Essence*

Stress is a function not of events, but of our view of those events.

~Ellen Langer

Life consists only of moments, nothing more than that. So if you make the moment matter, it all matters

~Ellen Langer

Certainty is a cruel mindset. It hardens our minds against possibility.

~Ellen Langer

What we have learned to look for in a situation determines mostly what we see.

~Ellen Langer

Not only do we as individuals get locked into single-minded views, but we also reinforce these views for each other until the culture itself suffers the same mindlessness.

~Ellen Langer

People are at their most mindful when they are at play. If we find ways of enjoying our work blurring the lines between work and play the gains will be greater.

~Ellen Langer

When people are not in the moment, they're not there to know that they're not there.

~Ellen Langer

The rules you were given were the rules that worked for the person who created them.

~Ellen Langer

Virtually all of life's ills boil down to mindlessness. If you can understand someone else's perspective, then there's no reason to be

angry at them, envy them, steal from them.

~Ellen Langer

Wherever you put the mind, the body will follow.

~Ellen Langer

We should open ourselves to the impossible and embrace a psychology of possibility.

~Ellen Langer

To be mindfully engaged is the most natural, creative state we can be in.

~Ellen Langer

Mindfulness is the cure for everything; the essence of being alive.

~Ellen Langer

Once you've seen there is another perspective, you can never not see that there's another point of view.

~Ellen Langer

In the perspective of every person lies a lens through which we may better understand ourselves.

~Ellen Langer

Knowing what is and knowing what can be are not the same thing.

~Ellen Langer

Out of the questions of students come most of the creative ideas and discoveries.

~Ellen Langer

No worry before its time.

~Ellen Langer

My ideas sometimes get the better of me. Before I clearly explain one, another comes to mind and seizes my attention.

~Ellen Langer

All it takes to become an Artist is to start doing Art. By living a life full of Art, we may achieve an Artful life.

~Ellen Langer

Certainty is a cruel mindset.

~Ellen Langer

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