

# Hans Selye

## Quotes

*Stress, Science, Gratitude, Men, Emotion, Successful, Long, Enjoy, Health,  
Attitude, Leader, Death, Errors, Thinking, Heart, Miscarriage, Motivation,  
Purpose, Advice, Causes*

Every stress leaves an indelible scar, and the organism pays for its survival after a stressful situation by becoming a little older.

~Hans Selye

Its not stress that kills us, it is our reaction to it.

~Hans Selye

Adopting the right attitude can convert a negative stress into a positive one.

~Hans Selye

The healthiest of all human emotions is gratitude.

~Hans Selye

If you want to live a long life, focus on making contributions .

~Hans Selye

To make a great dream come true, you must first have a great dream.

~Hans Selye

Nothing erases unpleasant thoughts more effectively than conscious concentration on pleasant ones.

~Hans Selye

Stress, in addition to being itself, was also the cause of itself, and the result of itself.

~Hans Selye

Gratitude conserves the vital energies of a person more than any other attitude tested.

~Hans Selye

Man should not try to avoid stress any more than he would shun food, love or exercise

~Hans Selye

To be totally without stress is to be dead.

~Hans Selye

To remain healthy a man must have some goal, some purpose in life that he can respect and be proud to work for.

~Hans Selye

Stress is the spice of life.

~Hans Selye

My advice to any young person at the beginning of their career is to try to look for the mere outlines of big things with their fresh, untrained and unprejudiced mind.

~Hans Selye

Leaders are leaders only as long as they have the respect and loyalty of their followers.

~Hans Selye

Gratitude is the most important of all human emotions.

~Hans Selye

Who would enjoy a life of no runs, no hits, no errors?

~Hans Selye

The element of chance in basic research is overrated. Chance is a lady who smiles only upon those few who know how to make her smile.

~Hans Selye

As much as we thirst for approval we dread condemnation.

~Hans Selye

Unlock your natural drives by doing what you enjoy.

~Hans Selye

Even after the greatest defeats, the depressing thought of being a failure is best combated by taking stock of all your past achievements.

~Hans Selye

The true scientist never loses the faculty of amazement.

~Hans Selye

The builder of the best racing car is not necessarily its best driver.

~Hans Selye

Indeed, not all attacks-especially the bitter and ridiculing kind leveled at Darwin-are offered in good faith, but for practical purposes it is good policy to assume that they are.

~Hans Selye

Almost no germ is unconditionally dangerous to man; its disease-producing ability depends upon the body's resistance.

~Hans Selye

Complete freedom from stress is death

~Hans Selye

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