

# Irvin D. Yalom

## Quotes

*People, Anxiety, Thinking, Way, Death, Looks, Needs, Growth, Would Be, Self,  
Men, Dream, World, Long, Patient, Pain, Comfort, Doors, Book, Ifs*

Every person must choose how much truth he can stand.

~Irvin D. Yalom

The act of revealing oneself fully to another and still being accepted may be the major vehicle of therapeutic help.

~Irvin D. Yalom

Only the wounded healer can truly heal. (97)

~Irvin D. Yalom

If we climb high enough, we will reach a height from which tragedy ceases to look tragic.

~Irvin D. Yalom

If you want to choose the pleasure of growth, prepare yourself for some pain.

~Irvin D. Yalom

To love means to be actively concerned for the life and the growth of another.

~Irvin D. Yalom

Live your life to the fullest; and then, and only then, die. Don't leave any un-lived life behind.

~Irvin D. Yalom

Life is a spark between two identical voids, the darkness before birth and the one after death.

~Irvin D. Yalom

When people don't have any curiosity about themselves, that is always a bad sign.

~Irvin D. Yalom

Despair is the price one pays for self-awareness. Look deeply into life, and you'll always find despair.

~Irvin D. Yalom

... sooner or later she had to give up the hope for a better past.

~Irvin D. Yalom

Living safely is dangerous.

~Irvin D. Yalom

The spirit of a man is constructed out of his choices.

~Irvin D. Yalom

Does a being who requires meaning find meaning in a universe that has no meaning?

~Irvin D. Yalom

Mature love is loving, not being loved.

~Irvin D. Yalom

I dream of a love that is more than two people craving to possess one another.

~Irvin D. Yalom

To care of another individual means to know and to experience the other as fully as possible.

~Irvin D. Yalom

Not to take possession of your life plan is to let your existence be an accident.

~Irvin D. Yalom

If one is to love oneself one must behave in ways that one can admire.

~Irvin D. Yalom

...the more un-lived your life, the greater your death anxiety. The more you fail to experience your life fully, the more you will fear death.

~Irvin D. Yalom

Death anxiety is the mother of all religions, which, in one way or another, attempt to temper the anguish of our finitude.

~Irvin D. Yalom

Perhaps the single most important therapeutic credo that I have is that the unexamined life is not worth living.

~Irvin D. Yalom

Though the physicality of death destroys us, the idea of death may save us.

~Irvin D. Yalom

A curious thought experiment. . . Nietzsche's message to us was to live life in such a way that we would be willing to repeat the same life eternally

~Irvin D. Yalom

Look out the other's window. Try to see the world as your patient sees it.

~Irvin D. Yalom

Never take away anything if you have nothing better to offer

~Irvin D. Yalom

Marriage and its entourage of possession and jealousy enslave the spirit.

~Irvin D. Yalom

The path to decision may be hard because it leads into the territory of both finiteness and groundlessness—domains soaked in anxiety.

~Irvin D. Yalom

One comprehends oneself in order not to be preoccupied with oneself.

~Irvin D. Yalom

Life is a miserable thing. I have decided to spend my life thinking about it.

~Irvin D. Yalom

If I had to pick out a therapist in a movie that I'd like to go see as a personal therapist, it would be Robin Williams in Goodwill Hunting.

~Irvin D. Yalom

The more un-lived your life, the greater your death anxiety.

~Irvin D. Yalom

To the extent that one is responsible for one's life, one is alone.

~Irvin D. Yalom

Live right, he reminded himself, and have faith that good things will flow from you even if you never learn of them.

~Irvin D. Yalom

The creative members of an orthodoxy, any orthodoxy, ultimately outgrow their disciplines.

~Irvin D. Yalom

Death loses its terror if one dies when one has consummated one's life!

~Irvin D. Yalom

He had learned long ago that, in general, the easier it was for anxious patients to reach him, the less likely they were to call. (107)

~Irvin D. Yalom

Despite the staunchest, most venerable defenses, we can never completely subdue death anxiety: it is always there, lurking in some hidden ravine of the mind.

~Irvin D. Yalom

I think my quarry is illusion. I war against magic. I believe that, though illusion often cheers and comforts, it ultimately and invariably weakens and constricts the spirit.

~Irvin D. Yalom

If one is to learn to live with the dead, one must first learn to live with the living!

~Irvin D. Yalom

The pain is there; when you close one door on it, it knocks to come in somewhere else.

~Irvin D. Yalom

I must stop him from being one of those who call themselves good because they have no claws.

~Irvin D. Yalom

One doesn't do existential therapy as a freestanding separate theory; rather it informs your approach to such issues as death, which many therapists tend to shy away from.

~Irvin D. Yalom

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