

Karl A. Menninger

Quotes

Love, Life, Inspirational, Hate, Fear, Ignorance, Mean, Love You, Children, Anxiety, Optimism, Appreciation, Anger, Weapons, Wise, America, House, Acceptance, Bad Guys, Different

Love cures people - both the ones who give it and the ones who receive it.

~Karl A. Menninger

What the teacher is, is more important than what he teaches.

~Karl A. Menninger

Once asked what action he would recommend if a person were to feel a nervous breakdown coming on: Lock up your house, go across the railroad tracks, and find someone in need and do something for him.

~Karl A. Menninger

Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward. When we are listened to, it creates us, makes us unfold and expand.

~Karl A. Menninger

What's done to children, they will do to society.

~Karl A. Menninger

Our lives are shaped by those who love us as well as those who refuse to love us.

~Karl A. Menninger

Love is a medicine for the sickness of the world; a prescription often given, too rarely taken.

~Karl A. Menninger

Unrest of spirit is a mark of life.

~Karl A. Menninger

One of the most untruthful things possible, you know, is a collection of facts, because they can be made to appear so many different ways.

~Karl A. Menninger

It is hard for a free fish to understand what is happening to a hooked one.

~Karl A. Menninger

Mental health problems do not affect three or four out of every five persons, but one out of one.

~Karl A. Menninger

Self love is not opposed to the love of other people. You cannot really love yourself and do yourself a favor without doing other people a favor, and vice versa.

~Karl A. Menninger

One does not fall in love; one grows into love, and love grows in him.

~Karl A. Menninger

Fears are educated into us, and can, if we wish, be educated out.

~Karl A. Menninger

The friends who listen to us are the ones we move toward, and we want to sit in their radius.

~Karl A. Menninger

Neurotic means he is not as sensible as I am, and psychotic means he's even worse than my brother-in-law.

~Karl A. Menninger

Attitudes are much more important than facts.

~Karl A. Menninger

To "know thyself" must mean to know the malignancy of one's own instincts and to know, as well, one's power to deflect it.

~Karl A. Menninger

Hope is an adventure, a going forward, a confident search for a rewarding life.

~Karl A. Menninger

It was his optimism that Freud bequeathed to America and it was the optimism of our youthfulness, our freedom from the sterner, sadder tradition of Europe which enabled us to seize his gift.

~Karl A. Menninger

Hope is a necessity for normal life and the major weapon against the suicide impulse.

~Karl A. Menninger

We need criminals to identify ourselves with, to secretly envy and to stoutly punish. They do for us the forbidden, illegal things we wish to do.

~Karl A. Menninger

Set up as an ideal the facing of reality as honestly and as cheerfully as possible.

~Karl A. Menninger

Police are not all bad guys. Nobody is all bad guys.

~Karl A. Menninger

[on the voice of the intelligence] It is drowned out by the roar of fear.

~Karl A. Menninger

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