

# Marci Shimoff

## Quotes

*Feelings, People, Happiness, Love Is, Heart, Thinking, Practice, Joy, Book,  
Two, Believe, Compassion, Differences, Support, Inspirational, Trying, Reality,  
Happy, Hard Times, Ocean*

When you forgive, you heal your own anger and hurt and are able to let love lead again. It's like spring cleaning for your heart.

~Marci Shimoff

Gratitude is absolutely the way to bring more into your life

~Marci Shimoff

Go for the sense of inner joy, of inner peace, of inner vision first and then all the other things from the outside appear.

~Marci Shimoff

When you're happy for no reason, you're unconditionally happy. It's not that your life always looks perfect - it's just that however it looks, you'll still be happy.

~Marci Shimoff

Once you begin to understand and truly master your thoughts and feelings, that's when you see how you create your own reality.

~Marci Shimoff

Everything we think and feel is creating our future. If you're worried or in fear, then you're bringing more of that into your life throughout the day.

~Marci Shimoff

Practice experiencing your feelings directly and completely by observing them as they move through your mind and body and then letting them go.

~Marci Shimoff

It is support that sustains us on the journey we've started.

~Marci Shimoff

Put your attention on happiness by practicing the Happiness Habits

each day.

~Marci Shimoff

Bring happiness to your everyday experiences rather than try to extract happiness from them and however life looks, you'll be happy.

~Marci Shimoff

So if you have over-indulged during the holidays, for example, please don't beat yourself up, but rather have compassion and forgiveness and perhaps, even try the Ho'oponono technique.

~Marci Shimoff

Like your weight set-point, which keeps the scale hovering around the same number, your happiness set-point will remain the same unless you make a concerted effort to change it.

~Marci Shimoff

I've found the best thing to do is to really be loving, kind, forgiving and compassionate with yourself. There are some wonderful practices for that which I talk about in Love For No Reason.

~Marci Shimoff

What would our lives be like if we could all be happy no matter what?

~Marci Shimoff

So, in life we have a one question final exam - and it's not the kind of exam you can cram for at the very end. One of the main reasons we're alive is to expand our capacity to love.

~Marci Shimoff

The challenges we've had personally and globally have been the catalysts needed to let go of old ways of being that aren't the vibration of love.

~Marci Shimoff

But i couldn't. Was nowhere near ready for a committed relationship, and it wouldn't be fair. I needed time - to become the right man for a woman like you.

~Marci Shimoff

Easy to read, yet filled with wisdom that will penetrate your heart, this book puts the power back in your hands. It's a must have.

~Marci Shimoff

Dump â€˜Em is the non-confrontationalist's dream. With her easy-to-follow scripts and step-by-step plans, Jodyne Speyer provides a clear roadmap for ending even the most difficult relationships.

~Marci Shimoff

Researchers tell us that we have about sixty thousand thoughts a day.

~Marci Shimoff

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