

# Marty Nemko

## Quotes

*Jobs, Believe, People, Sleep, May, Giving, College, Expertise, Needs,  
Entrepreneurship, Moving, Balance, Trying, Cutting, Acceptance, Levels,  
Failing, Hurt, Coffee, Threat*

A half-hour before bedtime, I remind myself that I now deserve to prepare myself for a good night's sleep. You can't focus on your work if you're sleep-deprived even if you have a fascinating job.

~Marty Nemko

Being sleep-deprived not only hurts you at work, it hurts your health. You need to value yourself enough to have good sleep hygiene.

~Marty Nemko

Some parents let kids "learn on their own skin" and many of those kids end up, as adults, languishing on their parents' sofas.

~Marty Nemko

Senescence is an inevitability. All we can do is try to strike the balance between graceful acceptance and raging against the dying light.

~Marty Nemko

Education isn't a magic pill. There is no magic pill. But the closest we have is practical expertise and relentless drive.

~Marty Nemko

Many psychotherapists believe laziness is usually just the symptom. That the real problem is fear of failure, fear of success, or fear of authority.

~Marty Nemko

We're in an era in which we want to believe people have roughly equal potential. IQ gives the lie to that.

~Marty Nemko

It's absurd how aspirants to designer-label colleges become obsessed with perfection so they can get into one. I'm not convinced it's worth prostituting yourself for that.

~Marty Nemko

Only someone who already knows and likes you is likely to give you a good job with modest relevant experience.

~Marty Nemko

Answering ads rarely works for career changers because you have no experience in the job for which you're applying.

~Marty Nemko

I'm one of the many people for whom coffee helps but often, inattention is a symptom of something else: for example, that you're not getting six to eight hours of sleep.

~Marty Nemko

Sometimes, low-level jobs are challenging even to someone with CEO potential.

~Marty Nemko

You need to create a 30-minute buffer between the end of your work time and sleep time.

~Marty Nemko

Essayists write at a length that enables them, within a year, to explore a number of topics, whereas in a book, they'll likely only get to address one.

~Marty Nemko

If you have an ability, you want to exercise it, not anesthetize it.

~Marty Nemko

As a writer, you have control: You can play around with your own thoughts and when you find those insufficient, draw upon others': their wisdom, their humor, their failings.

~Marty Nemko

Entrepreneurship may be the most under-taught subject.

~Marty Nemko

What may create even more jobs is to develop more entrepreneurs, of course, ethical ones.

~Marty Nemko

Being a good writer may result in your being nicer to more people, having a bigger positive impact.

~Marty Nemko

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