

Norman Cousins Quotes

*Men, Laughter, Life, People, Peace, May, Needs, Inspirational, Thinking, War,
Literature, World, Motivational, Pain, Purpose, Powerful, Body, Attitude, Hope,
Education*

Death is not the greatest loss in life. The greatest loss is what dies inside us while we live.

~Norman Cousins

People are never more insecure than when they become obsessed with their fears at the expense of their dreams.

~Norman Cousins

Respect for the fragility and importance of an individual life is still the mark of an educated man.

~Norman Cousins

Laughter is a form of internal jogging. It moves your internal organs around. It enhances respiration. It is an igniter of great expectations.

~Norman Cousins

Laughter is inner jogging.

~Norman Cousins

If something comes to life in others because of you, then you have made an approach to immortality.

~Norman Cousins

A library is the delivery room for the birth of ideas, a place where history comes to life.

~Norman Cousins

Drugs are not always necessary. Belief in recovery always is.

~Norman Cousins

Life is an adventure in forgiveness.

~Norman Cousins

Where is the indignation about the fact that the US and USSR have

thirty thousand pounds of destructive force for every human being in the world?

~Norman Cousins

The control center of your life is your attitude.

~Norman Cousins

Each patient carries his own doctor inside him.

~Norman Cousins

Ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep.

~Norman Cousins

He who keeps his cool best wins.

~Norman Cousins

Never deny a diagnosis, but do deny the negative verdict that may go with it.

~Norman Cousins

The growth of the human mind is still high adventure, in many ways the highest adventure on earth.

~Norman Cousins

You are younger today than you will ever be again. Make use of it for the sake of tomorrow.

~Norman Cousins

If the United Nations is to survive, those who represent it must bolster it; those who advocate it must submit to it; and those who believe in it must fight for it.

~Norman Cousins

Optimism doesn't wait on facts. It deals with prospects. Pessimism is a waste of time.

~Norman Cousins

Wisdom consists of the anticipation of consequences.

~Norman Cousins

The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started.

~Norman Cousins

War is an invention of the human mind. The human mind can invent peace with justice.

~Norman Cousins

The eternal quest of the individual human being is to shatter his loneliness.

~Norman Cousins

Your heaviest artillery will be your will to live. Keep that big gun going.

~Norman Cousins

Pain is part of the body's magic. It is the way the body transmits a sign to the brain that something is wrong.

~Norman Cousins

A human being fashions his consequences as surely as he fashions his goods or his dwelling. Nothing that he says, thinks or does is without consequences.

~Norman Cousins

The individual is capable of both great compassion and great indifference. He has it within his means to nourish the former and

outgrow the latter.

~Norman Cousins

In a democracy, the individual enjoys not only the ultimate power but carries the ultimate responsibility.

~Norman Cousins

Laughter is a powerful way to tap positive emotions

~Norman Cousins

It is reasonable to expect the doctor to recognize that science may not have all the answers to problems of health and healing.

~Norman Cousins

The marvelous pharmacy that was designed by nature and placed into our being by the universal architect produces most of the medicines we need.

~Norman Cousins

All things are possible, once enough human beings realize that everything is at stake.

~Norman Cousins

Time given to thought is the greatest time saver of all.

~Norman Cousins

Laughter serves as a blocking agent. Like a bullet-proof vest, it may help protect you against the ravages of negative emotions that can assault you in disease.

~Norman Cousins

The heart of the matter is that some people like to cause injury or death to living things. And many of those who do not are indifferent to those who do.

~Norman Cousins

It makes little difference how many university courses or degrees a person may own. If he cannot use words to move an idea from one point to another, his education is incomplete.

~Norman Cousins

Integration is a basic law of life; when we resist it, disintegration is the natural result, both inside and outside of us. Thus we come to the concept of harmony through integration.

~Norman Cousins

A book is like a piece of rope; it takes on meaning only in connection with the things it holds together.

~Norman Cousins

History is a vast early warning system.

~Norman Cousins

Hearty laughter is a good way to jog internally without having to go outdoors.

~Norman Cousins

The purpose of education is to enable us to develop to the fullest that which is inside us

~Norman Cousins

Hope, purpose and determination are not merely mental states. They have electrochemical connections that affect the immune system.

~Norman Cousins

The starting point for a better world is the belief that it is possible.

~Norman Cousins

What was most significant about the lunar voyage was not that men set foot on the moon but that they set eye on the earth.

~Norman Cousins

The main failure of education is that it has not prepared people to comprehend matters concerning human destiny.

~Norman Cousins

Nothing is more powerful than an individual acting out their conscience, thus helping bring the collective conscience to life.

~Norman Cousins

Cynicism is intellectual treason.

~Norman Cousins

Second only to freedom, learning is the most precious option on earth.

~Norman Cousins

Progress begins with the belief that what is necessary is possible.

~Norman Cousins

We will not have peace by afterthought.

~Norman Cousins

Hope is independent of the apparatus of logic.

~Norman Cousins

The sense of paralysis proceeds not so much out of the mammoth size of the problem but out of the puniness of the purpose.

~Norman Cousins

Infinity converts the possible into the inevitable.

~Norman Cousins

The human body experiences a powerful gravitational pull in the direction of hope

~Norman Cousins

Just as there is no loss of basic energy in the universe, so no thought or action is without its effects, present or ultimate, seen or unseen, felt or unfelt.

~Norman Cousins

Don't defy the diagnosis, try to defy the verdict.

~Norman Cousins

The capacity for hope is the most significant fact of life.

~Norman Cousins

Nixon's motto was, if two wrongs don't make a right, try three.

~Norman Cousins

A casual attitude toward human hurt and pain is the surest sign of educational failure.

~Norman Cousins

The more serious the illness, the more important it is for you to fight back, mobilizing all your resources-spiritual, emotional, intellectual, physical.

~Norman Cousins

The old emphasis upon superficial differences that separate peoples must give way to education for citizenship in the human community.

~Norman Cousins

Pessimism is a waste of time.

~Norman Cousins

Government in the U.S. today is a senior partner in every business in the country.

~Norman Cousins

The conquest of war and the pursuit of social justice... must become our grand preoccupation and magnificent obsession.

~Norman Cousins

Although a man may have no jurisdiction over the fact of his existence, he can hold supreme command over the meaning of existence for him.

~Norman Cousins

Death is not the enemy; living in constant fear of it is.

~Norman Cousins

Man is not imprisoned by habit. Great changes in him can be wrought by crisis - once that crisis can be recognized and understood.

~Norman Cousins

The way a book is read, which is to say, the qualities a reader brings to a book can have as much to do with its worth as anything the author puts into it.

~Norman Cousins

We have learned to live in a world of mistakes and defective products as if they were necessary to life. It is time to adopt a new philosophy in America.

~Norman Cousins

My reason nourishes my faith and my faith my reason.

~Norman Cousins

To talk about the need for perfection in man is to talk about the need for another species.

~Norman Cousins

Assume responsibility for the quality of your own life

~Norman Cousins

Words have to be crafted, not sprayed. They need to be fitted together with infinite care.

~Norman Cousins

Intelligence and the spirit of adventure can be combined to create new energies, and out of these energies may come exciting and rewarding new prospects.

~Norman Cousins

An adequate share of humor and laughter represents an essential part of the diet of the healthy person.

~Norman Cousins

It is well known that panic, despair, depression, hate, rage, exasperation, frustration all produce negative biochemical changes in the body.

~Norman Cousins

The message from the moon which we have flashed to the far corners of this planet is that no problem need any longer be considered insoluble.

~Norman Cousins

All this sensory input, which begins in the brain, has its effect throughout the body.

~Norman Cousins

No one really knows enough to be a pessimist.

~Norman Cousins

It is no longer correct to regard higher education solely as a privilege. It is a basic right in today's world.

~Norman Cousins

The physician's ability to reassure the patient is a major factor in activating the body's own healing system.

~Norman Cousins

Nothing is more essential in the treatment of serious disease than the liberation of the patient from panic and foreboding.

~Norman Cousins

I have learned never to underestimate the capacity of the human mind and body to regenerate - even when prospects seem most wretched. The life force may be the least understood force on earth.

~Norman Cousins

Of all the gifts bestowed by nature on human beings, hearty laughter must be close to the top.

~Norman Cousins

The physician knows that his little black bag can carry him only so far and that the body's own healing system is the main resource.

~Norman Cousins

The need is not to amputate the ego ... but to transcend it.

~Norman Cousins

If news is not really news unless it is bad news, it may be difficult to claim we are an informed nation

~Norman Cousins

The need is to recognize that The patient is the healer, Not the doctor.

~Norman Cousins

The only security for the American people today, or for any people, is to be found through the control of force rather than the use of force.

~Norman Cousins

The real wealth, not only of America, but of the world, is in the resources of the ground we stand on, and in the resources of the humankind.

~Norman Cousins

History is an accumulation of error.

~Norman Cousins

The most costly disease is boredom costly for both individual and society.

~Norman Cousins

Unobstructed access to facts can produce unlimited good only if it is matched by the desire and ability to find out what they mean and where they lead.

~Norman Cousins

Laughter may or may not activate the endorphins or enhance respiration, as some medical researchers contend. What seems clear, however, is that laughter is an antidote to apprehension and panic.

~Norman Cousins

More and more, the choice for the world's people is between becoming world warriors or world citizens.

~Norman Cousins

What a man really says when he says that someone else can be persuaded by force, is that he himself is incapable of more rational means of communication.

~Norman Cousins

The poet reminds men of their uniqueness and it is not necessary to possess the ultimate definition of this uniqueness. Even to speculate is a gain.

~Norman Cousins

The possibility of war increases in direct proportion to the effectiveness of the instruments of war.

~Norman Cousins

The life-force may be the least understood force on earth.

~Norman Cousins

The doctor knows that it is the prescription slip itself, even more than what is written on it, that is often the vital ingredient for enabling a patient to get rid of whatever is ailing him.

~Norman Cousins

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