

# Richard Bandler

## Quotes

*People, Thinking, Brain, Attitude, Results, Understanding, Want, Fall, Order,  
Pleasure, Needs, Ifs, Skills, Smoking, Persons, Reality, Technique, Old  
Wounds, Holograms, Don't Trust*

Since most problems are created by our imagination and are thus imaginary, all we need are imaginary solutions.

~Richard Bandler

Sometimes people say, 'One day you are going to look back at this and laugh.' My question is: 'Why wait?'

~Richard Bandler

You know what ? Certain people think they will feel good if certain things happen The trick is : you have to feel good for no reason

~Richard Bandler

Brains aren't designed to get results; they go in directions. If you know how the brain works you can set your own directions. If you don't, then someone else will.

~Richard Bandler

The greatest personal limitation is to be found not in the things you want to do and can't, but in the things you've never considered doing.

~Richard Bandler

The easier you can make it inside your head, the easier it will make things outside your head.

~Richard Bandler

You are born with only two fears: fear of falling and fear of loud noise. All the rest is learned. And it's a lot of work!

~Richard Bandler

The best thing about the past is that it's over. The best thing about the future is that it's yet to come. The best thing about the present is that it's here now.

~Richard Bandler

The reason people have problems is that they have too much time to think.

~Richard Bandler

Learning is about looking at things differently, making your life a little better everyday.

~Richard Bandler

Freedom is everything and Love is all the rest

~Richard Bandler

There are no failures - only feedback.

~Richard Bandler

People wait for something to happen in order to be happy; the key is to be happy regardless.

~Richard Bandler

If you say to yourself 'It's difficult to get up in the morning', 'It's hard to cease smoking', then you are already using hypnotic suggestions on yourself

~Richard Bandler

The trick is: you have to feel good for no reason.

~Richard Bandler

Disappointment requires adequate planning.

~Richard Bandler

Memories are like holograms: you recreate in your head the whole image of something which isn't there.

~Richard Bandler

If you can't enjoy what you have, you can't enjoy more of it.

~Richard Bandler

We need to learn to treat our own brain better - understanding how it works will help us do that.

~Richard Bandler

Understanding why something happened does not help to reduce the problem.

~Richard Bandler

If it's worth feeling bad about, it's worthy of amnesia.

~Richard Bandler

The truth is, people don't stay the same. People either get better or they get worse.

~Richard Bandler

Do you want to know the easiest way to fall in love? Just associate with all your pleasant experiences of someone, and disassociate from all the unpleasant ones.

~Richard Bandler

The worst drug of all is seriousness versus humor and pleasure!

~Richard Bandler

Evolution isn't over. We are the experience that the universe is having.

~Richard Bandler

There are all kinds of things we can do in this world to make it a better place but we must start with ourselves.

~Richard Bandler

Don't re-open old wounds in order to examine their origins. Leave them healed.

~Richard Bandler

The fact is that there is nothing wrong with most of us that a good, clean change of attitude and some new skills wouldn't fix.

~Richard Bandler

Remember, it's your own body, your own brain. You're not a victim of the universe, you are the universe.

~Richard Bandler

The meaning of a communication is the result you get.

~Richard Bandler

Brains aren't designed to get results. They go in DIRECTIONS.

~Richard Bandler

The currency of living is how you spend the moments of your life

~Richard Bandler

It's an attitude that has to do with curiosity, with wanting to know about things, wanting to be able to influence things, and wanting to be able to influence them in a way that's worthwhile

~Richard Bandler

NLP is an attitude and a methodology, not the trail of techniques it leaves behind

~Richard Bandler

You can stop anything but a person with a good attitude.

~Richard Bandler

You can't change people by removing something. You must create a void and then fill it.

~Richard Bandler

We should all rehearse and practise the positives in our life, rather than doing what so many people do.

~Richard Bandler

Optimism, that is healthy in its application, will inevitably result in better physical and emotional health.

~Richard Bandler

Physics changes, but reality stays the same

~Richard Bandler

Most people plan by disaster. They think of what can go wrong and then they master it.

~Richard Bandler

How much pleasure can you stand?

~Richard Bandler

I don't think that understanding produces change. Learning produces change.

~Richard Bandler

People always tell me with absolute certainty that they don't trust themselves.

~Richard Bandler

We take the very best of what people do, synthesise it down, make it learnable and share it with each other - and that is what the real future of what NLP will be and its gonna stay that way!

~Richard Bandler

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