

Walter Inglis Anderson Quotes

*Anxiety, Focus, Thankful, Life, Pain, Responsibility, Risk, Success, Character,
Anger, Action, Trust, Joy, Pay, Effort, Fear Not, Persistence, Commitment,
Laughter, Scary*

Trust is like a vase.. once it's broken, though you can fix it, the vase will never be same again.

~Walter Inglis Anderson

Smile. Have you ever noticed how easily puppies make human friends? Yet all they do is wag their tails and fall over.

~Walter Inglis Anderson

We're never so vulnerable than when we trust someone-but paradoxically, if we cannot trust, neither can we find love or joy.

~Walter Inglis Anderson

Bad things do happen; how I respond to them defines my character and the quality of my life.

~Walter Inglis Anderson

True hope dwells on the possible, even when life seems to be a plot written by someone who wants to see how much adversity we can overcome.

~Walter Inglis Anderson

I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have-life itself.

~Walter Inglis Anderson

It is your choices that make you uniquely you.

~Walter Inglis Anderson

Courage is always and only one thing: It is acting with fear, not without it.

~Walter Inglis Anderson

I read myself out of poverty, long before I worked myself out of poverty.

~Walter Inglis Anderson

Anxiety and fear produce energy. Where we focus that energy noticeably affects the quality of our lives: focus on the solution, not the problem.

~Walter Inglis Anderson

Believe in something big. Your life is worth a noble motive.

~Walter Inglis Anderson

The quickest way to relieve anxiety is ACTION!

~Walter Inglis Anderson

Greatest risk of all: to be vulnerable, to allow others to see us as we really are

~Walter Inglis Anderson

Nothing diminishes anxiety faster than action.

~Walter Inglis Anderson

Focus on the solution, not the problem

~Walter Inglis Anderson

True success is always the last of a string of failed attempts to get it right.

~Walter Inglis Anderson

The most sincere compliment we can pay is attention.

~Walter Inglis Anderson

You must take chances. If you do nothing, you reduce the possibilities you have for greater joy.

~Walter Inglis Anderson

Nothing quells anxiety like action!

~Walter Inglis Anderson

Sadly, some folks want others to feel their pain, to hurt as much as they do-or more. My grandmother once told me to avoid colds and angry people whenever I could. It's sound advice.

~Walter Inglis Anderson

You and I are not what we eat; we are what we think.

~Walter Inglis Anderson

Our lives improve only when we take chances.

~Walter Inglis Anderson

Success goes to those who dare to dream. And sometimes you have to take a little "scary action," as well. - Joe Vitale True success is always the last of a string of failed attempts to get it right.

~Walter Inglis Anderson

True hope responds to the real world, to real life; it is an active effort.

~Walter Inglis Anderson

Beware by whom you are called sane.

~Walter Inglis Anderson

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