

# The Book of Self Mastery: Timeless Quotes About Knowing, Changing, and Mastering Yourself

- by Designing the Mind; Ryan A Bush

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““We are what we repeatedly do. Excellence, then, is not an act, but a habit.””

loc 162-163 | Saturday, January 21, 2023 6:09:26 AM

““What does your conscience say? – ‘You shall become the person you are’.””

loc 234-235 | Saturday, January 21, 2023 6:10:39 AM

“In the same way a seed isn’t yet a fully grown tree, but contains within it all the capacity to become one, you are not fully yourself.”

loc 237-238 | Saturday, January 21, 2023 6:10:56 AM

““Man is something that shall be overcome. What have you done to overcome him?” - Friedrich Nietzsche, Thus Spoke”

loc 257-258 | Saturday, January 21, 2023 6:11:15 AM

““What constitutes the superior man? The cultivation of himself with reverential care...”

loc 297-297 | Saturday, January 21, 2023 6:11:39 AM

““Do not act as if you were going to live ten thousand years. Death hangs over you. While you live, while it is in your power, be good.””

loc 320-320 | Saturday, January 21, 2023 6:12:00 AM

““What the superior man seeks, is in himself; what the ordinary man seeks, is in others.””

loc 327-327 | Saturday, January 21, 2023 6:12:09 AM

““But until a person can say deeply and honestly, ‘I am what I am today because of the choices I made yesterday,’ that person cannot say, ‘I choose otherwise.’””

loc 368-369 | Saturday, January 21, 2023 6:12:38 AM

““There is no more reliable proof of greatness than to be in a state where nothing can happen to make you disturbed.””

loc 398-399 | Saturday, January 21, 2023 6:13:02 AM

““Remember, it is not enough to be hit or insulted to be harmed, you must

believe that you are being harmed.”

loc 404-405 | Saturday, January 21, 2023 6:17:55 AM

““Man does not simply exist but always decides what his existence will be, what he will become in the next moment.””

loc 425-426 | Saturday, January 21, 2023 6:18:16 AM

““If you are irritated by every rub, how will your mirror be polished?””

loc 519-520 | Saturday, January 21, 2023 6:19:02 AM

“We can’t grow if we are unwilling to bear the discomfort of looking honestly at ourselves.”

loc 522-523 | Saturday, January 21, 2023 6:19:19 AM

““He who cannot obey himself will be commanded. That is the nature of living creatures.””

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