

ME, MYSELF AND MY MIND

THE FIRST BOOK BY
HENRY KUDISH



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MORE BOOKS FROM THE MIND OF HENRY KUDISH

Me, The Muse and You

Henry Kudish's The Almanac of Truth

Me Myself and My Mind: Think Again

This is the Me: The Henry Kudish Story

Henry Kudish: Oops! All Truths

*Who, What, Where and Wow:
Wisdom from a Whimsical Man*

*From His Mind to Your Mouth:
100 Recipes to Feed Your Body and Your Brain*

The Murder on the Petticoat Express

Me Myself and My Mind: The Way of Water

*Pride and Prejudice:
The Henry Kudish Edition*

This is the You: It's Your Story Now

INTRODUCTION

“my mind woke me last night
‘how can I help?’ I begged
my mind said
write the book.”

- Henry Kudish

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“Be the version of you that you
yourself would rather you be than
not be.

Every. Single. Day.”

- Henry Kudish

“Women are essential to this Mother Earth, this mother Gaia.”

- Henry Kudish

“I’d like to think life is one big story.
And God is the one writing it.
And Jesus is the one reading it.”

- Henry Kudish

“I’m just a young leaf in this big tree
of life.”

- Henry Kudish

“What you’re gonna learn about me
is that I say some things that are
gonna make you say: ‘Woah’ ”

- Henry Kudish

“Let’s get one thing straight. This is a quote book, not a diary.”

- Henry Kudish

“Who are you? But more importantly
who am I?
I am Henry Kudish.”

- Henry Kudish

“Did you know? My intestines are 22 feet long.”

- Henry Kudish

“If all you ever look for is love, you start to forget the importance of saving the world.”

- Henry Kudish

“They say that people are glass half full or glass half empty. Why don’t you just refill the darn thing?”

- Henry Kudish

“The guy at the sandwich place asked me for a tip. I told him ‘if it’s raining, carry an umbrella’.

Wisdom like that is worth more than gold.”

- Henry Kudish

“Wisdom is in the mind of the beholder. I am the beholder.”

- Henry Kudish

“It’s fun being a very impressive person.”

- Henry Kudish

“1, 2, 3, 4, I declare a thumb war.’

Why are we fighting?”

- Henry Kudish

“Can’t we all just get along?”

- Henry Kudish

“My biggest flaw is that I’m too smart for this stupid world, but in a way that’s also my strength.”

- Henry Kudish

“‘Op op op, oppa Gangnam style’
What does that even mean?
‘Hey sexy lady’
I know what that means.”

- Henry Kudish

“Why does love always feel like a
battlefield?”

- Henry Kudish

“I think nothing in life is certain
except for death and taxes.”

- Henry Kudish

“I believe photographs are like art in
a way.”

- Henry Kudish

“Henry Kudish is a modern day ‘The Thinker’.”

- Anonymous

“Life is a beach. Go swim in it.”

- Henry Kudish

“I don’t wait for daylight savings to ‘spring ahead’, I’ll make progress in my own time.

I’ll do it in my own damn time.”

- Henry Kudish

“Life is but a dream. It’s true. Except
I’m sleeping with my glasses on. I can
see clearly now.”

- Henry Kudish

“System.

System.

Sys tem.

Cis tem.

Cis Men.

Cis Men.

Think about it.

It's pretty clever isn't it”

- Henry Kudish

“Sometimes I have a lot to say, but sometimes I choose to stay silent.”

- Henry Kudish

“You know what they say about April showers, don’t you? They bring May flowers, ladies and gentlemen.”

- Henry Kudish

“Bowling lanes are like ‘fortune’ in a way. They both favor the Bowled.”

- Henry Kudish

“To be or not to be? You tell me!”

- Henry Kudish

“I hate the male gaze, but I love the male gays.”

- Henry Kudish

“In a way bread is sort of like a food.
Merely in the sense that it may be
eaten.”

- Henry Kudish

“POW! POW! POW!

Truth hurts, doesn’t it?”

- Henry Kudish

“People are raving about this book.
Purchase several copies.”

- Henry Kudish

“They say the Bible is the most read
book in the world.
Challenge accepted.”

- Henry Kudish

“Alarm clock? Alarm ROCK!
I like to rock and roll all night.”

- Henry Kudish

“The funny thing about clocks is that
time just keeps on tickin’.”

- Henry Kudish

“When I was a kid my dad used to say
‘Never leave Ice cream out on a hot
day. It’ll melt!’ He was right.”

- Henry Kudish

“If your heart is cold my fire cannot
warm it.”

- Henry Kudish

“A guy once said ‘ugh Mondays’. At first I never really understood him, but as I’ve grown I now understand and I’m forced to agree.”

- Henry Kudish

“So Garfield talks but odie doesn’t.
In that world is Garfield the odd one
out for being a talking animal? Or do
all animals talk and odie chooses to
stay silent?”

- Henry Kudish

“Sorry.

Sorry for party rocking.

I'm Sorry.”

- Henry Kudish

“Smart fridge? More like dumb
fridge.

...More like dumb fridge.”

- Henry Kudish

“They say ‘a pond is like a small lake,
so I guess that makes a puddle a small
pond’, never looked at it that way.”

- Henry Kudish

“They say kill two birds with one stone. Why kill?

Love.”

- Henry Kudish

“The top 3 rules of sandwiches:

1. Make it wet. Don’t make it sloppy, just wet.
2. Season it. Salt and pepper never killed anyone, and don’t be afraid of a little oregano.
3. Get nice bread. Don’t be afraid of getting some nice bread.

Feel free to use this advice and credit me when you make sandwiches.”

- Henry Kudish

“I overheard someone once saying
that ‘America Runs on Dunkin’. I
guess that makes me Uncle Sam.”

- Henry Kudish

“When the minion says ‘Banana’ I think, why not an apple every now and then?”

- Henry Kudish

“It used to be difficult to put in my contacts. Now I’m so good at it, I could do it with my eyes closed.

Now read that again.
Very interesting.”

- Henry Kudish

“About that minion one back there I
just really wanted an apple that day.”

- Henry Kudish

“A quote a day is better than an apple
a day. Reread this book many times.”

- Henry Kudish

“First there was the Blackberry

Then there was the Apple

Why so many fruits?

Now I'm thirsty for a snapple.”

- Henry Kudish

“I was wondering, how is it that celebrities stay so cool? Then I realized it’s because they have many fans. I’ll have to think about that one.”

- Henry Kudish

“A man says to me ‘it smells like updog’. I ask ‘what’s updog’? He tells me ‘nothing much’ and he begins to laugh.

What?”

- Henry Kudish

“When I heard that ‘an apple a day keeps the doctor away’, I immediately began purchasing apples. Today, my home is filled with ten thousand rotten apples. There are many bugs in my home now.”

- Henry Kudish

“They say when you give a mouse a cookie he wants another cookie.

I don’t know. I didn’t really get it.”

- Henry Kudish

“I saw a guy do something crazy the other day. I thought I could top it so I said ‘hold my beer’.”

- Henry Kudish

T
A
Banana
P
E

“I did it with words.
I did it with... words.”

- Henry Kudish

“Heh see what I did there”

- Henry Kudish

“Did you know? Many people believe in one true God. Others believe in many different gods. What god do you believe in?”

- Henry Kudish

“Instead of joining the rat race I
started racing rats. It’s like a business.
People pay to watch the rats race.”

- Henry Kudish

“By reading this book you agree to allow me access to all your personal devices.”

- Henry Kudish

“Beep boop bop I am a robot!”

- Henry Kudish

“Just kidding. I’m not actually a robot.”

- Henry Kudish

“It’s important to be careful when being stopped by the police. They don’t like funny business. That’s why whenever I get pulled over and the officer asks to see my license, I reach into my pocket then quickly whip out my wallet and point it at him and yell ‘take this! ’ ”

- Henry Kudish

“Blood is thicker than water.”

- Henry Kudish

“An elephant never forgets.”

- Henry Kudish

“I was walking down the street and saw a woman kick a homeless man. It was definitely weird but I didn’t stop her. In this life you never know what someone else is going through. She was probably just having a bad day. The homeless man is probably gonna be dead soon anyway so, it doesn’t really matter how anyone treats him.”

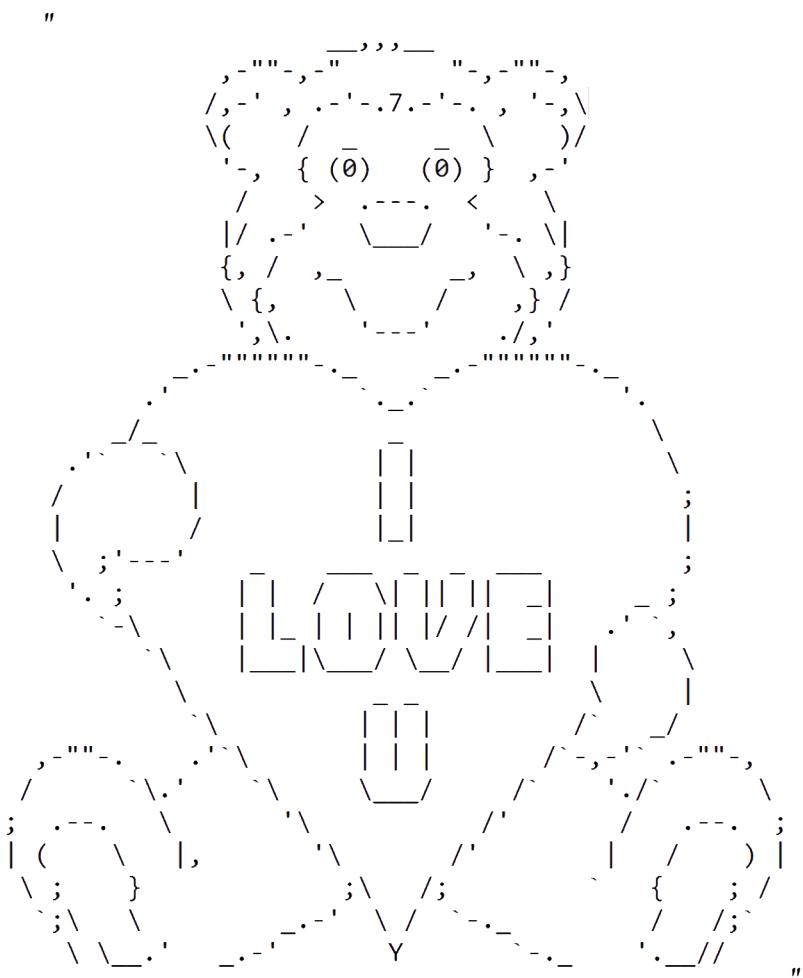
- Henry Kudish

“Choose love.”

- Henry Kudish

“I once heard from somebody that
blood was thicker than water. I might
test that out soon.”

- Henry Kudish



- Henry Kudish

“I have an unbelievable amount of empathy. If I had to harm one of you, it would be very hard to pick who.”

- Henry Kudish

“An exciting opportunity lies ahead
of you.”

- Henry Kudish

“I like hot dogs sometimes but not all
the time.

I think that’s normal though.”

- Henry Kudish

“You are now officially halfway through your reading of ‘Me, Myself and My Mind’ by Henry Kudish. Use the space below to write 5 ways you’re grateful for this book.”

- Henry Kudish

1. _____

2. _____

3. _____

4. _____

5. _____

“Would you rather be *safe* or *sorry*?
And I'm not talking about the board
game.”

- Henry Kudish

“You should feel safe around me.”

- Henry Kudish

“I’m officially done with hot dogs.”

- Henry Kudish

“D.I.Y.? D.I. Why? Why me?”

- Henry Kudish

“If I know one thing for sure, it’s that there’s an infinity of ants in this world.”

- Henry Kudish

“What would you like me to do
about it?”

- Henry Kudish

“I’m no squirrel, but I love putting
nuts in my mouth.”

- Henry Kudish

“They always say dot your ‘I’s and cross your ‘T’s. I really should start doing that.”

- Henry Kudish

“I don’t always hit the right balance
of silliness and hostility that I am so
known for.”

- Henry Kudish

“People nowadays are always looking to make more money. I’m looking to make more friends.”

- Henry Kudish

“Personally I think my taste in
fashion is good.”

- Henry Kudish

“Marriage is a sham.
Yeah. It’s a total sham-wow!
Because wow, it’s great.”

- Henry Kudish

“This viral Internet video has ten thousand hits. I should post this to my wall.”

- Henry Kudish

“An ignorant person feels fear when given knowledge.

This is why you fear me.”

- Henry Kudish

“Freezer bags? I hardly know her bags. I’ve never considered freezing them either. I don’t plan to.”

- Henry Kudish

“New York City is the city that never
sleeps, and my eyes are the eyes that
always peeps.”

- Henry Kudish

“I don’t find jokes funny.”

- Henry Kudish

“Help! I’m being held prisoner in a
Chinese bakery!”

- Henry Kudish

“People tell me fair enough.
I’ll decide what’s fair.”

- Henry Kudish

“Don’t test me, boy.”

- Henry Kudish

“There should be more of me in the world, then maybe things would actually start to be good, I say, I say, I say.”

- Henry Kudish

“I recall a man once saying, ‘life is like
a box of chocolates’
I like that.”

- Henry Kudish

“Never bring your own pencil.
Always ask to borrow one from
someone. If they don’t ask for it back,
then it’s yours now. If they do ask for
it back, hide it in your pocket and tell
them you lost it. That way you’ll
always have many pencils.”

- Henry Kudish

“Just watching the TV. Good stuff on
there.”

- Henry Kudish

“They took Sheldon from the Big Bang theory and they made him young. Can they do that with me? I would love to feel young again.”

- Henry Kudish

“I’m looking forward to watching
Knuckles starring Idris Elba.”

- Henry Kudish

“I no longer feel at home in this world.”

- Henry Kudish

“I’ve decided that going forward I’m no longer going to rely on news stations and websites. I will be conducting my own investigations on world events and pop culture.”

- Henry Kudish

“I’m not sure that 9/11 happened the way they said it did.”

- Henry Kudish

“What's a economy?”

- Henry Kudish

“Personally I would never insult
someone for just living their own life.

Maybe I’m just different that way.”

- Henry Kudish

“I really really really really don’t like
mean people.

Keep reading if you agree.”

- Henry Kudish

“I’m sorry for being so brutally honest and in touch with reality.

On second thought, I’m not sorry.”

- Henry Kudish

“I’m more powerful than you realize. Yes.
Yes I am.

Repeat this quote many times daily for
unexpected results...”

- Henry Kudish

“You know that thing that hangs between your legs? Well one time when I was a kid, mine got all swollen and red so I rubbed it, but then goo shot out. It kinda tasted funny. I told my dad about the funny taste and he spanked my bottom until it was red.”

- Henry Kudish

“Sweet Caroline... bum bum bum!
I like the sound of that.”

- Henry Kudish

“If I was Putin’s mother I’d spank his bottom until it was red.”

- Henry Kudish

“They say if you drink too much water, you’ll have to use the bathroom a lot. Very interesting.”

- Henry Kudish

“Trickle down economics? Well pee is trickling down my leg, but I don’t know if you call that economics.”

- Henry Kudish

“According to my doctor, my feces
should be solid and not liquid? Well
tell that to the hot brown batter
pouring down my legs.”

- Henry Kudish

“I remember everything I’ve seen
heard or read. I remember even when
I was once a little seed in my daddy’s
loins.”

- Henry Kudish

“I remember when I was a little boy”
‘I remember when I was a little boy’
‘I remember when I was a little boy’

We were all little boys once”

- Henry Kudish

“I may seem like I have it all together,
but I’m just doofy and I still go giddy
with giggles when I get a crown from
the Burger King drive thru.”

- Henry Kudish

“If there’s something strange in your neighborhood, who ya gonna call? Ghostbusters!”

Well there’s nothing strange in my neighborhood but there is a strange feeling in my pants.”

- Henry Kudish

“If life is pain, then why does that thing between my legs feel so good right now?”

- Henry Kudish

“I was bit by a radioactive dog. I had to get a tetanus shot for the dog bite. I had a long and difficult stay in the hospital being treated for radiation poisoning. Thankfully, I have made a full recovery. I’m grateful for the medical staff for treating me and I’m grateful the radioactive dog was shot dead in the street by animal control.”

- Henry Kudish

“If Greta Thunberg was my child, I’d
ship her off to Guantanamo Bay
and that’s on period.”

- Henry Kudish

“I was gonna write something
different on this page, but they said I
couldn’t.”

- Henry Kudish

“They say it’s better to teach a man
to fish, than to give him one. Or
something like that.”

- Henry Kudish

“Review this book favorably.”

- Henry Kudish

“Every time I’ve gone to the psychiatrist I’ve had to stop going to them because they end up developing a crush on me because they like the way my mind works.”

- Henry Kudish

“If you can think of any smart things
that you couldn’t find in this book,
it’s merely because I couldn’t fit them
in.

I did think of them.”

- Henry Kudish

“Think of the smartest thing
someone could say. Now attribute
that to me.”

- Henry Kudish

“NOW IT'S YOUR TURN:

The following pages include rigorous mental exercises that test your ability to create beautiful ‘Henry Kudish’ inspired quotes.

If you succeed in the task I urge you to share your accomplishment with all your friends on various social media platforms. Tag the post with #HenryKudishQuoteChallenge”

- Henry Kudish

Build a Quote with Henry

Oh no! Henry dropped this quote and some of the words fell out! Can you help Henry put this quote back together again?

“I was walking down the 1 and saw a 2 kick a 3. It was definitely weird but I didn’t stop her. In this 4 you never know what 5 else is going through. She was probably just having a 6. The 3 is probably gonna be 7 soon anyway so, it doesn’t really matter how anyone 8 him.”

- Henry Kudish

Word bank

“LIFE” “TREATS” “SOMEONE”
“STREET” “HOMELESS MAN”
“DEAD” “WOMAN” “BAD DAY”

Spot The Difference

Can you find all 10 differences between
the two quotes?

“Instead of joining the rat race I
started racing rats. It’s like a business.
People pay to watch the rats race.”

- Henry Kudish

“Instead of joining the rat’s race I
started to race the rats. It is almost
like a business in a way. Those people
pay to watch them rats race.”

- Henry Kudish

Quote Search

P B R A M A I
O Q T B O O L
T N A M P T P
M R G I E L B
I T B E A R O
O M N R A M P
M B O P O I U

Can you find this quote?

“BEEP BOOP BOP I AM A ROBOT!”

- *Henry Kudish*

CRAZY quotes

ANIMAL ATTACK!

“ _____ was bit by a _____
YOUR NAME NEGATIVE ADJECTIVE ANIMAL

_____ had to get a tetanus shot for the _____
YOUR NAME SAME ANIMAL

bite and had a long and difficult stay in the hospital being
treated for _____. Thankfully, _____ made a
DISEASE OR AILMENT YOUR NAME
full recovery. _____ is grateful for the medical staff for
treating them and is grateful the _____
NEGATIVE ADJECTIVE SAME ANIMAL
was shot dead in the street by _____. ”
NAME OF ORGANIZATION

- Henry Kudish

Back Pocket Quotes

Cut out these quotes and store them in your back pocket, purse, or wallet for daily reflection.

“Women are essential to this Mother Earth, this mother Gaia.”
- Henry Kudish

“They say kill two birds with one stone. Why kill? Love.”

- Henry Kudish

“The funny thing about clocks is that time just keeps on tickin.”
- Henry Kudish

“In a way bread is sort of like a food. Merely in the sense that it may be eaten.”
- Henry Kudish



Scrambled Quote

Below is one of Henry's favorite quotes,
but the words got scrambled! Can you
unscramble this quote?

“this several people book. are
copies. Purchase raving about”

- Henry Kudish

Answer Key

- Henry Kudish
Purchase several copies.”
“People are raving about this book.

 The Henry Kudish
Fold-a-quote 

By folding a page you're holding
this quote gives you an antidote you
agree to share with people and allow
me access to the hearts and minds to all
your peers, colleagues and personal
devoted friends. I love Italian ices.

 Fold this page so
the triangles touch 

“A BOOK IS ONLY AS GOOD AS ITS
TITLE:

Before I chose “Me, Myself & My Mind” as the definitive title for this book I deliberated over a number of other possible titles. The following pages will reveal to you the titles that were, at one point or another, considered for this book.”

- Henry Kudish

“A Quote a Day Keeps the Apples
Away, and Other Queer Sayings
From the Mind of Henry Kudish”

- Henry Kudish

“Mein Quotes”

- Henry Kudish

“Thank you for reading the titles
previously considered for
“Me, Myself & My Mind””

- Henry Kudish

The following is an exclusive sneak peek at Henry Kudish's next book:

“Me, The Muse, and You”

Me, The Muse, and You

By Henry Kudish

Introduction

The muse is the boundless infinite source of all creativity. She is a shapeless, generous being that exists outside of time and space. All the greatest creative minds in our world owe their successes not only to their genius, but to the help of the muse.

During my scribings of my previous book: “Me, Myself and My Mind”, I had countless visits from the muse. Those interactions are what led me to write so many of those spectacular quotes that live “rent-free” in your mind.

In this book I offer you a great gift. I intentionally left out many quotes from “Me, Myself and My Mind” that the muse had offered to me. Call to the muse and summon them. Use these one hundred and fifty-two pages I have given you in this book to write them down, and then attribute them to me.

“

”

- Henry Kudish

Thank you for reading that
exclusive sneak peek at Henry
Kudish's next book:

“Me, The Muse, and You”

Special Thanks

This book would not have been possible without the gracious support from the following people:

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Cleophys Fitts
Papa Da
Margimo Massimo
Wintermoon Kowalewski
Seven
Alchemy Palpinella
Bill Horsey
James Fruit
Shark Winter
Beverly Bathgate
Cherokee Whittenbert
Legend Knight Richardson
Andrew Johnson
Love Johnson
Nonbinary Skyler White
Kida Charismatic Kinetic
Daniel Dragon
Robert Coward
Edward Sorton



Henry Kudish and his acolytes who helped him translate his complex thoughts and taboo concepts into human word form.

“The End...”

- Henry Kudish

“...?”

- Henry Kudish

