

On the Power of the Mind

- “You have power over your mind – not outside events. Realize this, and you will find strength.” – Marcus Aurelius
- “The things you think about determine the quality of your mind.” – Marcus Aurelius
- “Our life is what our thoughts make it.” – Marcus Aurelius
- “The happiness of your life depends upon the quality of your thoughts.” – Marcus Aurelius
- “It’s not what happens to you, but how you react to it that matters.” – Epictetus
- “We suffer not from the events in our lives but from our judgment about them.” – Seneca
- “It is our attitude toward events, not events themselves, which we can control. Nothing is by its own nature calamitous, even death is terrible only if we fear it.” – Epictetus
- “Reject your sense of injury and the injury itself disappears.” – Marcus Aurelius