



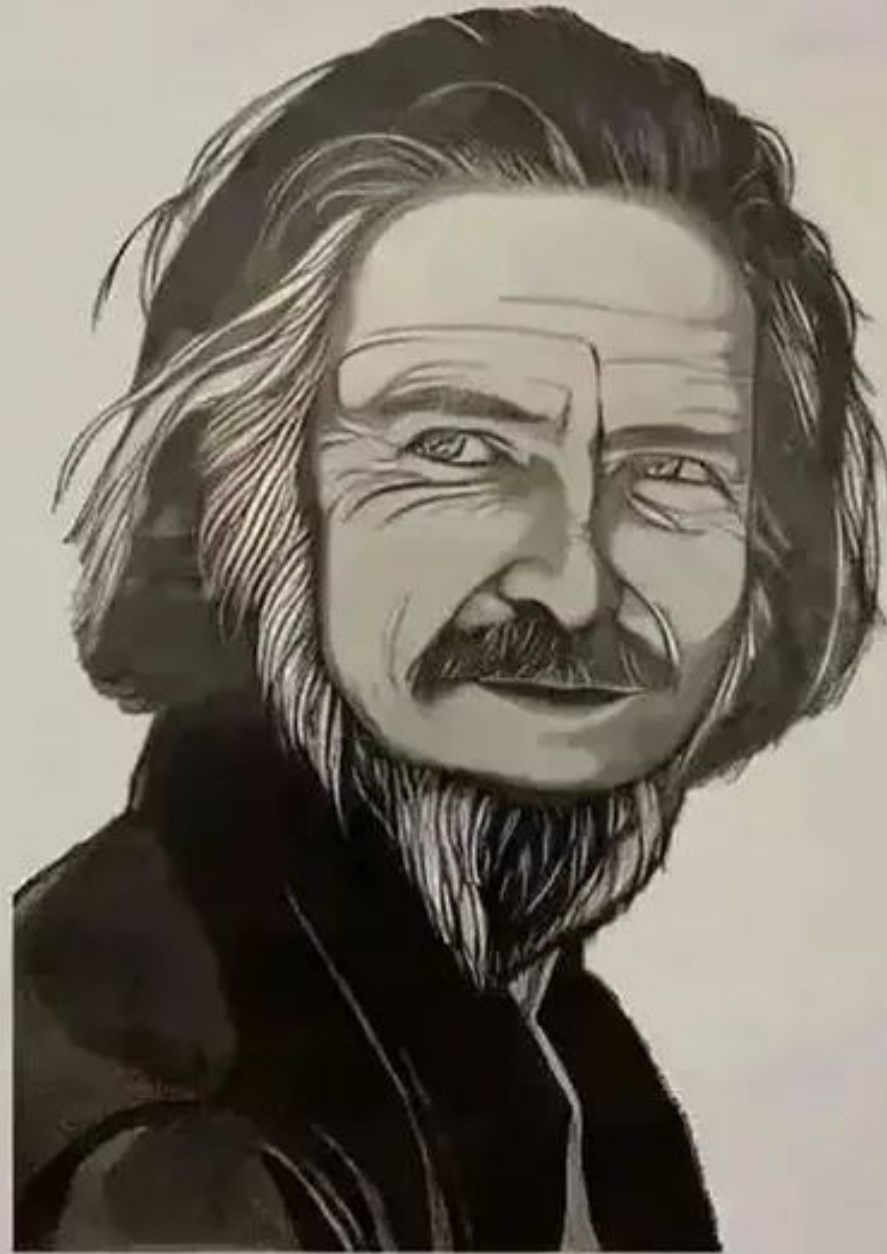
No man is free who cannot
control himself.

- PYTHAGORAS



Everyone must choose one of two
pains: The pain of discipline or the
pain of regret.

UNKNOWN



No amount of anxiety makes
any difference to anything that
is going to happen.

- ALLAN WATTS



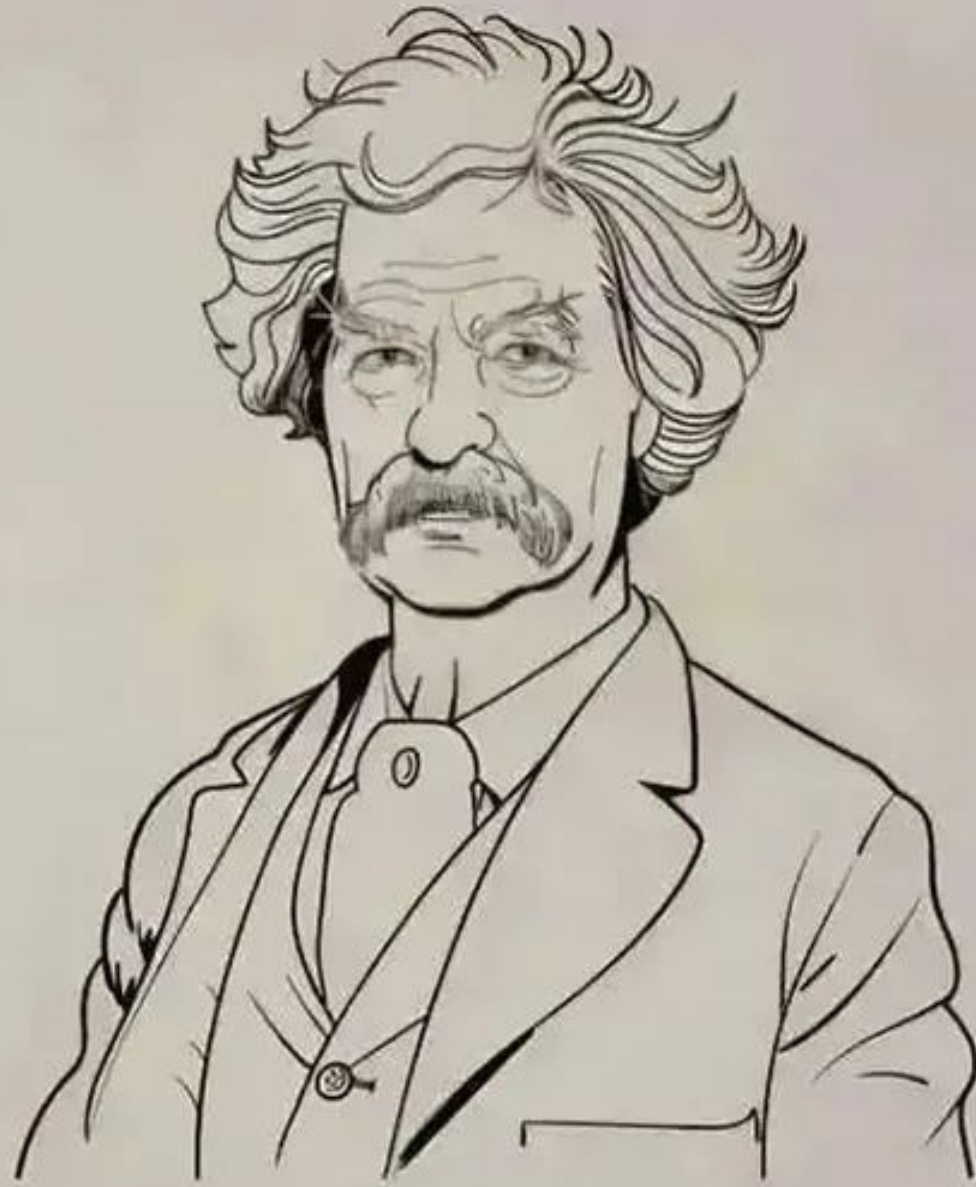
We suffer more often in
imagination than in reality.

- SENECA



Almost nothing material is needed
for a happy life, for he who has
understood existence.

- MARCUS AURELIUS



Worrying is like paying a
debt you don't owe.

- MARK TWAIN



True happiness is to enjoy the
present, without anxious dependence
upon the future.

- SENECA



It may seem difficult at first but
everything is difficult at first.

- MIYAMOTO MUSASHI



Do not spoil what you have by desiring
what you have not; remember that what
you now have was once among the things
you only hoped for.

- EPICURUS