

“YOU Are All You Need!”

An inspirational quotes ebook by Steve M Nash © 2009

“Fantastic read!”

– Jo Withey, Save-Money-Guide.com



This ebook is a short compilation of some of my favourite inspirational quotations, wrapped inside several bits of ‘nonsense’ to help explain the quotes a little better.

I hope this ebook inspires and amuses you, and *doesn't* confuse you! 😊
And do check out the corresponding 1-minute YouTube videos afterwards, eh!

For subscribers to [The Weekly Wonder](#) – thanks for being subscribers 😊😊
AND for readers of Guy Finley’s extraordinary book, *The Essential Laws of Fearless Living* – I hope you enjoy Guy’s book as much as me.

(1.) 7 Quotes on Happiness - Be Yourself, Be Happy by [Steve M Nash](#)



How can you be happy if you're not being true to yourself at the same time?

How can you be successful if you're living life through the eyes, or values, of another?

What's wrong with you, eh! ☺

Actually, the question you should be asking yourself is this one: **what's *right* with you?** It really is **better to accentuate the positive**, just as it's equally essential, if not more so, to love yourself too.

Yes, it's love (not money) that makes the world go around. And, whilst it's important that you love your partner, love your friends and family and even love your neighbour, it's much more important that you love yourself.

*“You yourself, as much as anybody in the
entire universe, deserve your love and affection.”*

-- Buddha

You are unique after all. And when you love yourself, you give of your best, and then you allow others to love you also.

Remember, you know more today than you did yesterday. You are one day wiser. And, tomorrow, you will make the same progress in life. Isn't that great to know?

“Whoever you are, there is some younger person who thinks you are perfect. There is some work that will never be done if you don't do it. There is someone who would miss you if you were gone. There is a place that you alone can fill.”

-- Jacob M. Braude

And - thank you, Jacob! - you will have also taken another step forward in your life-path. A path that will have much more purpose and potential if you truly believe in yourself.

“You have to trust in something -- your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.”

-- Steve Jobs

But it must be *your* path - as I'm sure Mr. Jobs would agree - and *your* goals.

And you must not be deflected from what you are trying to achieve in life, no matter how ridiculous it may sound to someone else. Let them live their life by their rules and their hopes, whilst you should live by yours.

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”

-- Mark Twain

And never listen to anyone who tells you that you can't.

‘Can’t’ is a negative word that has achieved very little of note. ‘Can’, on the other hand, is more or less responsible for everything great that has ever been achieved in this world.

“The person who says it cannot be done should not interrupt the person doing it.”

-- Chinese proverb

Yes, ‘can’ allows you to be (and trust) yourself; enables you to be the best person that you can be. And sometimes your best can intimidate or annoy someone else's worst. Ignore them. You only have one life, remember, and the clock is ticking...

*“Be who you are and say what you feel because those who mind don't matter
and those who matter don't mind.”*

-- Dr. Seuss

Happiness awaits us all, I'm sure of it, just as soon as we stop pursuing it, and start to recognise that happiness is already within our reach, waiting for us to allow it into our lives. Happiness awaits.

“The summit of happiness is reached when a person is ready to be what he is.”

-- Erasmus

Happiness is simply accepting who you are, and recognising what you have achieved in life and what you can still achieve.

Happiness is, and always will be, about the moment; it cannot be pursued.

So I say: Be happy, be yourself!



http://www.youtube.com/watch?v=t_aYt2eo_vk

(2.) Inspirational Life Quotes to Help You Live Your Life NOW!

by [Steve M Nash](#)



Life is for living! And it doesn't really matter what's going on in your life right now - whether joy or despair or boredom - this is still true. Obviously a life filled with 'good stuff' seems to be a life that is easier to enjoy, I agree. But any life - yours or mine - really can be enjoyed, moment by moment.

And I hope to convince you of this you with some well-chosen inspirational quotations.

And I shall do so despite what that evergreen, somewhat brutish British man with the penchant for Martini would have you believe: you only live twice. No, you only live once, James. Still, as Joe Louis said,

"You only live once, but if you work it right, once is enough."

-- Joe Louis

And Joe Louis should know as he managed to become one of the greatest boxers in history. He didn't do that thinking life was a rehearsal.

And here's another quote to get you living life now!

“What is not started today is never finished tomorrow.”

-- Johann Wolfgang von Goethe

Goethe's got a point, don't you think?

Yesterday, for example, I did not start this ebook that you're reading now. And that means that, today, I have not been able to finish it. ☹

Thankfully, I did start writing the ebook *today* – even I have to stop procrastinating sometime – and I'm sure, therefore, that I will have finished it by tomorrow. (Hope you're still following me!) I better had finish it, otherwise you'll never get to read these words.

Will you?

So, thank you Johann, thank you.

“I can accept failure -- everyone fails at something. But I can't accept not trying.”

-- Michael Jordan

Michael Jordan, for those of you who don't live in the United States or who have never owned a pair of Nike shoes, was/is a famous basketball player. He may even have been the best basketball player ever, but as my name is Steve Nash (yes, really!) then I couldn't possibly comment on that. ☺ Anyway, Michael was a success on the basketball court, for sure. And he was a success in life, too.

And, as Michael puts it, success is about trying to succeed in the first place.

“Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'Press On' has solved and always will solve the problems of the human race.”

-- Calvin Coolidge

That’s a lot of words, Calvin, to more or less say what Nike’s been advocating for a while, namely: “Just do it.”

So, yes, if you don’t take the first step, and if you don’t carry on, whatever the obstacles, then you’ll never, ever get anywhere worth going.

Press on, indeed.

Let’s press on with this question: **what is the meaning of life, the universe and everything?**

Well Douglas Adams told us, in his novel *Hitchhiker's Guide to the Galaxy*, that the answer was 42. Now this answer doesn’t help us that much, I agree. So perhaps we should look to someone more eminent than Adams (if that is possible!) for an answer. Step forward one Abraham Lincoln - 16th president of the United States. And he calmly stated this one day:

“Always remember: Life is for enjoying.”

-- Abraham Lincoln

Hmm, well isn’t life so much more meaningful if we do remember Lincoln’s words. (Well, it's probably more meaningful than remembering the number 42, anyway.)

“There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

-- Albert Einstein

Ah, Albert - the man forever with the grey hair and wide-eyed look! How could you become famous for being the scientist that discovered relativity and yet still come up with a blasphemous (if you're a scientist, anyway) and beautiful inspirational life quote as this?

Miracles are everywhere, I humbly agree. And it is to our individual credit that we live life believing so.

“Don't cry because it's over, smile because it happened.”

-- Dr Seuss!

What does Dr Seuss mean with these few words? Does he mean that you should feel no pain or remorse at the mistakes you make, especially when you really know you could have done better if only...?

Or does he mean that if you've lost something that matters to you then you should rejoice in the fact that you took enough risks in life for something to matter so much that now you've lost it, it hurts?

Hmm, perhaps you can see why Dr Seuss became the famous author of numerous best-selling books containing few words, and why I will never do the same. ☹ Lol.

Still, whatever way you want to look at it, I think Dr Seuss is talking sense.

“We come into this world crying while all around us are smiling. May we so live that we go out of this world smiling while everybody around us is weeping.”

-- Persian proverb

Wouldn't it be great if we could truly live life knowing that this is what we leave behind. A tear. A smile. A fond memory. And, better still, maybe even the inspiration for someone to try and live their life like you did - giving it everything they've got, despite the occasional setback, in an effort to achieve their true goals in life. I think so.

And with that, I shall end this article here... (but I think there is another one waiting around the corner!)



<http://www.youtube.com/watch?v=9tZTC7PjAto>

(3.) Free Inspirational Quotes – Help Yourself, Help Others Too

by [Steve M Nash](#)



What could be more empowering, in terms of self-help, than to turn your thoughts towards someone else's troubles?

Instead of trying to help yourself, then, you try to help others. And in doing so – when you stop continually thinking of yourself, and all your woes – you not only help others, empower them, but you also help and empower yourself too.

That's what I believe, anyway.

And the following free inspirational quotes seem to be back me up.

“He who teaches children learns more than they do”

-- German Proverb

I think that he (or she) who teaches any child or adult learns greatly in the process, for sure.

*“Real education should educate us out of self into something far finer;
into a selflessness which links us with all humanity.”*

-- Lady Nancy Astor

So it is real education what we should all be sharing, if at all possible. And, in case you think you don't have the necessary skills...

“Trust yourself. You know more than you think you do.”

-- Dr. Benjamin Spock

The famous American pediatrician was speaking to new parents at the time, admittedly. Still, his message is an inspirational one, not simply aimed at that group of (important) people.

And it's true, **we do all know more than we think we know**. (I even created a website - SelfHelpCollective.com - around this belief. ☺) And that means **we all have the ability to help**, somehow, no matter who we are and what few skills we think we possess.

*“Don't spend your precious time asking 'Why isn't the world a better place?'
It will only be time wasted. The question to ask is 'How can I make it better?'
To that there is an answer.”*

-- Leo F. Buscaglia

Yes, you can make the world a better place by sharing your knowledge and skills with someone else. Or you can simply wonder how else you can make a difference.

“Act as if what you do makes a difference. It does.”

-- William James

Everyone reading this ebook has a unique combination of qualities. And so each reader will (hopefully) be inspired to help themselves by helping someone else, in a way only they can. (Won't you? ☺)

But it's not as simple as just reading an ebook. For anything worthwhile to be achieved, action is required. And, of course, there is an inspirational quote for that, too:

“The act of taking the first step is what separates the winners from the losers.”

-- Brian Tracy

And, if you take the first step here – if you decide to help others – then we will all be winners, you, me and the person you decide to help.

That's what I believe, anyway.

“With love and patience, nothing is impossible.”

And that's what Daisaku Ikeda believes.

Thank you for reading.



http://www.youtube.com/watch?v=-m9VHRl_MhU

(3.) Inspirational Life Quotes That Reveal That YOU Are All You Need!

by [Steve M Nash](#)



Love is all you need.

That's what The Beatles famously once sang back when it was easy to mock such sentiments as hippy nonsense. But the message of love has made a comeback, big time. What with the growth of spiritual teachings and self-help, love is revered as a truly powerful and transformational force.

I'm a fan of love, a big fan.

But I'm not sure if love is all you need, still.

I think self-love is just as important.

In fact, I'll go further and say that I believe that YOU are all you need.

And I have collected a few inspirational quotes to prove my point. Quotes like this one, from Galileo Galilei (overleaf):

*“You can't teach anybody anything, only make them realize
the answers are already inside them.”*

-- Galileo

Now Galileo Galilei lived in the sixteenth century and is known as “the Father of Modern Science” no less, but still he understood this fundamental truth of ourselves: **we know all we need to know, already.**

And yet that is not how many of us behave. We look for answers in books, magazines, and TV programs. We ask our friends for help. We even offer help to others. When, truly, the one person we should always be seeking guidance from is ourselves.

Okay, that's fine and dandy when it comes to helping yourself, but what about trying to help others? What about getting people to improve, to change, for their own good and yours? How can this 'self love' help there?

Well...

“Be the change you want to see in the world”

-- Mahatma Gandhi

Yes, you'd like your partner to be more respectful and less selfish.

Yes, you'd like your brother to get in touch with you more often.

Yes, you'd like your friend to 'lighten up' a little, to stop taking life so seriously.

Guess what, the only person you can change is YOU!

So that means – I hate to tell you this! – that **you** should concentrate on being less selfish, more respectful; be better at keeping in touch; and be less serious. And if you do this, then you *will* see these changes take place in those people around you.

But you have to go first!

I know it's not fair, but it's true: you have to go first!

*“How wonderful it is that nobody need wait a single moment
before starting to improve the world.”*

-- Anne Frank

How wonderful it is that beauty can grow anywhere – even in ugly places.

And we all have this potential for beauty, no matter how ‘ugly’ we sometimes feel. No matter how skilled and talented, we can all contribute and give of our best.

*“Use what talent you possess: the woods would be very silent if no birds sang there
except those that sang best”*

-- Henry Van Dyke

And, if you do as Goethe suggests below, you will see other people give of their best too.

*“Treat people as if they were what they ought to be and you will help them
become what they are capable of becoming.”*

-- Johann Wolfgang Von Goethe

You are amazing, and so is everyone around you!

Yet we're all different too, with different values. And it's in these differences that life can sometimes get a little more challenging.

Still, self-improvement and self-help really is about unlocking your true potential, and then enabling others to do the same for themselves.

It really isn't about how others see you, or whether they think you lack confidence or aren't attractive; it's about what you think about yourself.

Your thoughts create your world, to misquote the Buddha.

Of course a happy, fulfilled life etc. is not just a matter of repeating these inspirational quotations parrot fashion. If only life were that easy. You have to believe, truly. And **you have to stop listening to the doubts**, fears, and thoughts that limit you, too.

But *I* can't tell *you*, the reader of this inspirational article, any of this.

You know it already. This article is for my benefit. ☺

Thanks for reading, and don't forget to listen to The Beatles sometime. Those hippy dudes were a lot smarter than you think.



<http://www.youtube.com/watch?v=SNIEmEYytAo>

About The Author:

Steve M Nash believes that you are your own self help guru. And that's why he created <http://www.SelfHelpCollective.com> – to let you help yourself, and help others too. It's a site filled with self-help wisdom from everyday people like you. So why don't you go to that website now, and share some of your wisdom! You can share your success (or failure!) at <http://www.SelfHelpCollective.com/your-story.html>

And he calls himself Steve **M** Nash, as – apparently – there is some famous Canadian basketball player who shares his name, without the M. (The M stands for Michael, don't you know!) And he wouldn't want people in North America getting the wrong idea about him. He is not *that* Steve Nash! *This* Steve Nash prefers to play football ('soccer').

And, oh, he *definitely* does not look like Bob Marley! ☺

And Finally?

And if that isn't enough for you, then feast your eyes on the last of my inspirational articles. This last article is a bit dafter than the rest. But then I am writing about the meaning of life, the universe and everything, so what do you expect...

(5.) Funny Inspirational Quotes About Life, The Universe And Everything (Almost)

by [Steve M Nash](#)

“What's it all about, then, Alfie?”

That's how Michael Caine's first starring role - a film called *Alfie* - ends, with Cher singing that famous lyric. And whilst this question is directed at Alfie's life, it could easily be directed to all of us. Don't you think?

So what is it all about then – this life, the universe and everything?

I'm certain that it needs more explaining than the answer given by Douglas Adams: 42.

Maybe one of these funny inspirational quotes can help. Quotes like this one:

*“Love is the answer, but while you're waiting for the answer,
sex raises some pretty interesting questions.”*

-- Woody Allen

Let's face it, if it wasn't for sex none of us would be here, would we. None of us would even be alive.

But we are alive, and we're trying to make sense of it all.

So love matters (as does sex) but what else? Should a life well lived be a successful life? And what is success? Is it fame and fortune or simply finishing what you planned to do?

And what happens if you're not a success? Does that mean that you've wasted your life?

“If at first you don't succeed, think how many people you've made happy.”

-- H. Duane Black

Hmm, thanks H. Duane Black, I'll remember that one next time no one visits my website (plug: SelfHelpCollective.com)

Now where was I? Ah, yes, success! **I think success is living your life on your terms**, as you want to live it. Which means that I think that everyone should live life as successfully as they can.

But life must be more than success, surely?

“Those are my principles, and if you don't like them... well, I have others.”

-- Groucho Marx

Thanks, Groucho - I like your style, I really do, but you're not helping us here. Back to life being more than success...

What about trying to make a difference to the world at large? What about thinking of other people and not just yourself?

“Here is the test to find whether your mission on earth is finished.

If you're alive, it isn't.”

-- Richard Bach

Hmm, that's not such a funny quote Richard. That's a real kitchen-emptier at parties that one. But maybe he has a point – maybe life is about cherishing every moment, every last drop.

Maybe life is about living in the now – ignoring the painful past, and forgetting to be fearful of the future. Just live! Now!

But I'm still not sure what life is all about when it comes to helping others. Richard didn't help much at all with that quote.

“If it's true that we are here to help others, then what exactly are the others here for?”

Hmm, okay I give up! I'm going to leave the (almost) last word to Mr. Allen. He's so funny after all. He won't let us down...

“I am not afraid of death, I just don't want to be there when it happens.”

-- Woody Allen

And let's face it (again), if it wasn't for death then none of us would be here, would we! Er...

Life, what's it all about, then?

I have no idea, Alfie, no idea at all...

“I wish people who have trouble communicating would just shut up.”

-- Tom Lehrer

Okay, Tom – that's me told, isn't it! - I'm gone! That's it, this article (and this ebook) is finished. I just think you, me and Alfie are going to have to find the meaning of life, the universe and everything out for ourselves.

But you can't have 42, Alfie – it's taken!