



The Little Book of Inspiration

Quotes for Empowerment

Melissa Newton

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Plainfield, Illinois

The Little Book of Inspiration: Quotes for Empowerment
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Message to the Reader

Dear Reader,

Inspirational quotes have always been a part of my reading and writing experience. Inviting positive thoughts and motivating meditations into our personal space feed the soul and spirit. It is what brightens the path of my life's journey every day. I want to share that experience with you!


To celebrate the wise and insightful words of men and women, both anonymous and annotated through the centuries, this book of inspirational quotes is designed. It is meant to be a relaxing yet thought-provoking read. May it be a road map to understanding who you are today or enlighten the path to who you wish to be.

It is my sincere wish that these favorite quotes I have gathered through the decades will empower and guide you to a special place in your life's journey.

Warm regards,

Melissa Newton



A landscape photograph featuring a large, vibrant rainbow arching across a blue sky with scattered white clouds. Below the rainbow is a calm body of water that reflects the scene. In the background, a prominent conical hill with a yellowish-green top stands out against the sky. The foreground shows a rocky shoreline with dark, jagged rocks.

**Life is to be entered
upon with courage.**

Alexis de Tocqueville

I am part of all that I have met.

Alfred Lord Tennyson



**The quality of our expectations
determines the quality of our action.**


Jean-Baptiste André Godin



A photograph of a misty forest path. The path is a light-colored dirt or gravel road that curves gently to the right. The forest is dense with tall, slender trees, likely redwoods or sequoias, with thick, textured bark. The ground is covered in lush green ferns and other undergrowth. The atmosphere is soft and hazy, with light filtering through the canopy, creating a serene and quiet scene.

**The really happy man is one who
can enjoy the scenery on a detour.**

Anonymous

A photograph of a sunset over a beach. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the wet sand. The sky is filled with soft, wispy clouds. The text is overlaid on the lower half of the image.

**Some pursue happiness
- others create it.**

Anonymous

A lush green forest scene featuring a stream that flows over large, moss-covered rocks. The water is blurred, creating a sense of movement and tranquility. The surrounding trees are tall and thin, with vibrant green foliage. The overall atmosphere is peaceful and natural.

The most important thing in our
lives is what we are doing now.

Anonymous

Never put off until tomorrow
what you can do today.

Anonymous





**The future belongs to those
who live intensely in the present.**

Anonymous




All happiness is in the mind.

Anonymous



**With every rising of the sun,
think of your life as just begun.**

Anonymous



The best way out
of a problem is through it.

Anonymous

The race is not always to the swift,
but to those who keep on running.

Anonymous





**Today is a perfect day
to just be happy.**

Anonymous

We have two ears and one
tongue so that we would listen
more and talk less.


Diogenes



If a man wants his dreams
to come true, he must wake up.


Anonymous





To find yourself,
think for yourself.

Socrates



**Worry doesn't help
tomorrow's troubles, but it
does ruin today's happiness.**

Anonymous



Happiness depends
upon ourselves.

Aristotle

The secret of success
is constancy of purpose.

Benjamin Disraeli






**Beware of little expenses;
a small leak will sink a great ship.**

Benjamin Franklin

There is nothing
permanent except change.

Heraclitus





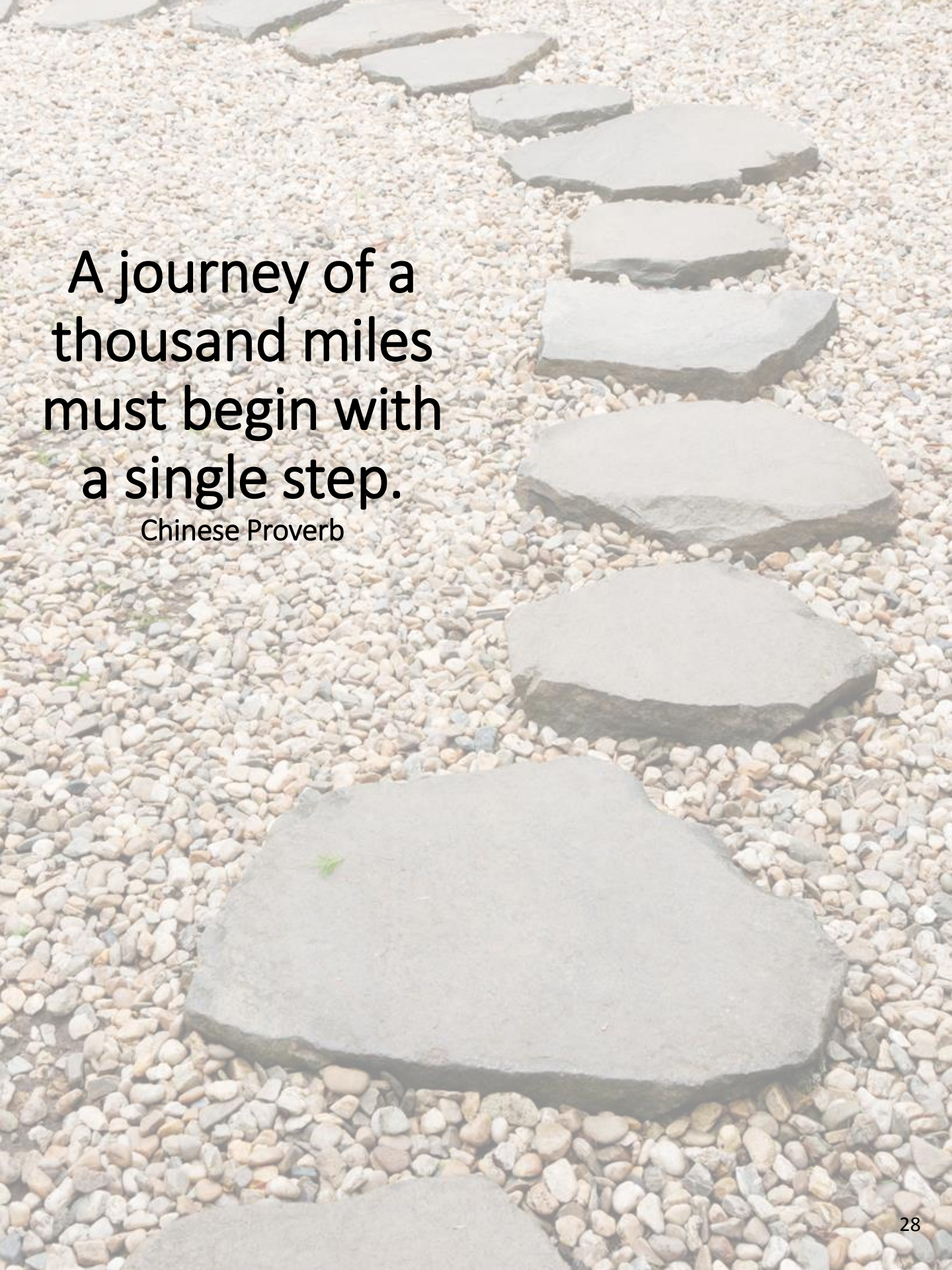
**You will never find time for
anything. If you want time,
you must make it.**

Charles Buxton



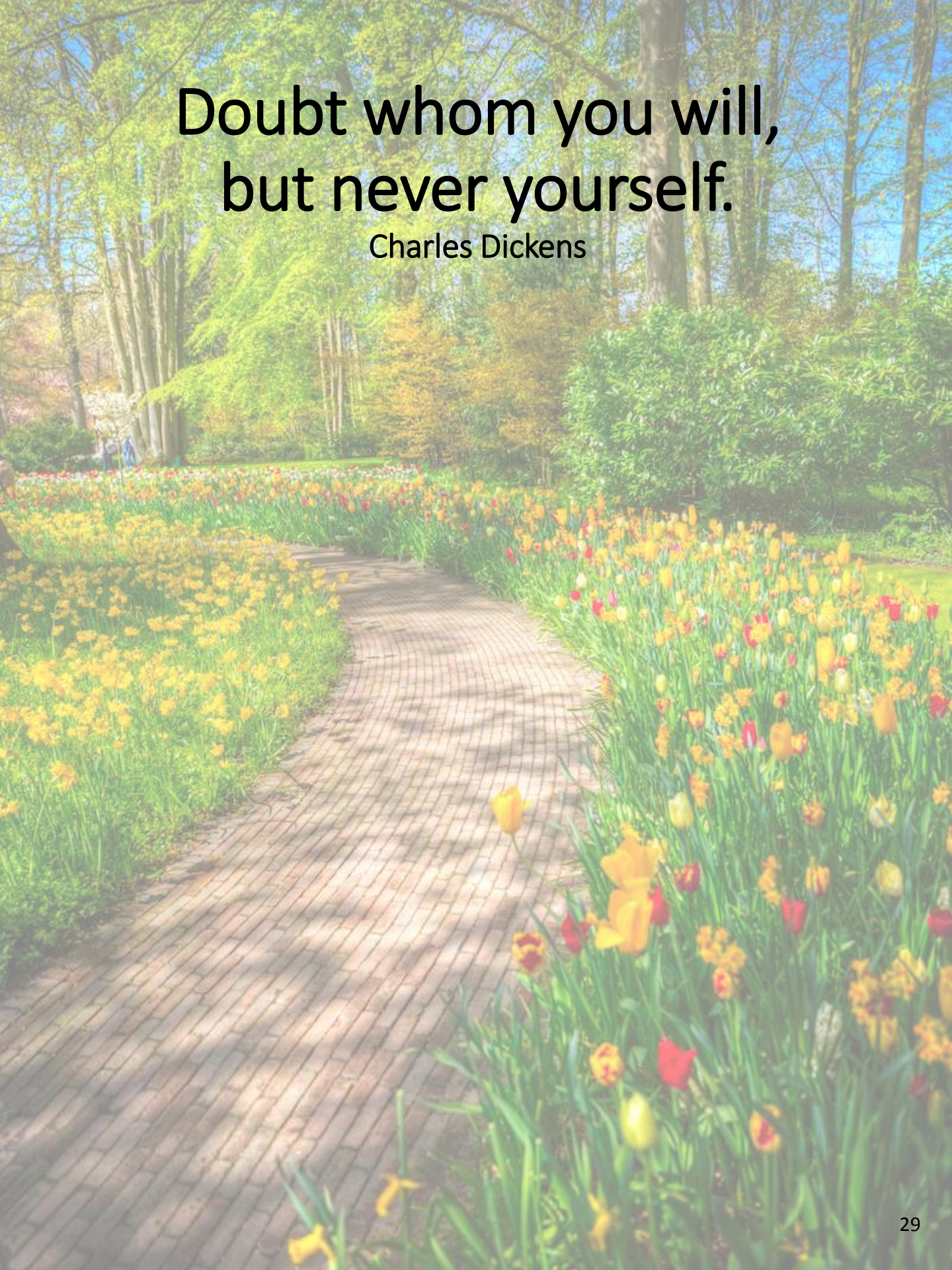
**No one is useless in this world
who lightens the burdens of another.**

Charles Dickens

A photograph of a path made of large, flat, grey stepping stones laid out on a bed of small, light-colored pebbles. The path starts from the bottom left and goes towards the top right. The text is overlaid on the left side of the image.

**A journey of a
thousand miles
must begin with
a single step.**

Chinese Proverb



Doubt whom you will,
but never yourself.

Charles Dickens

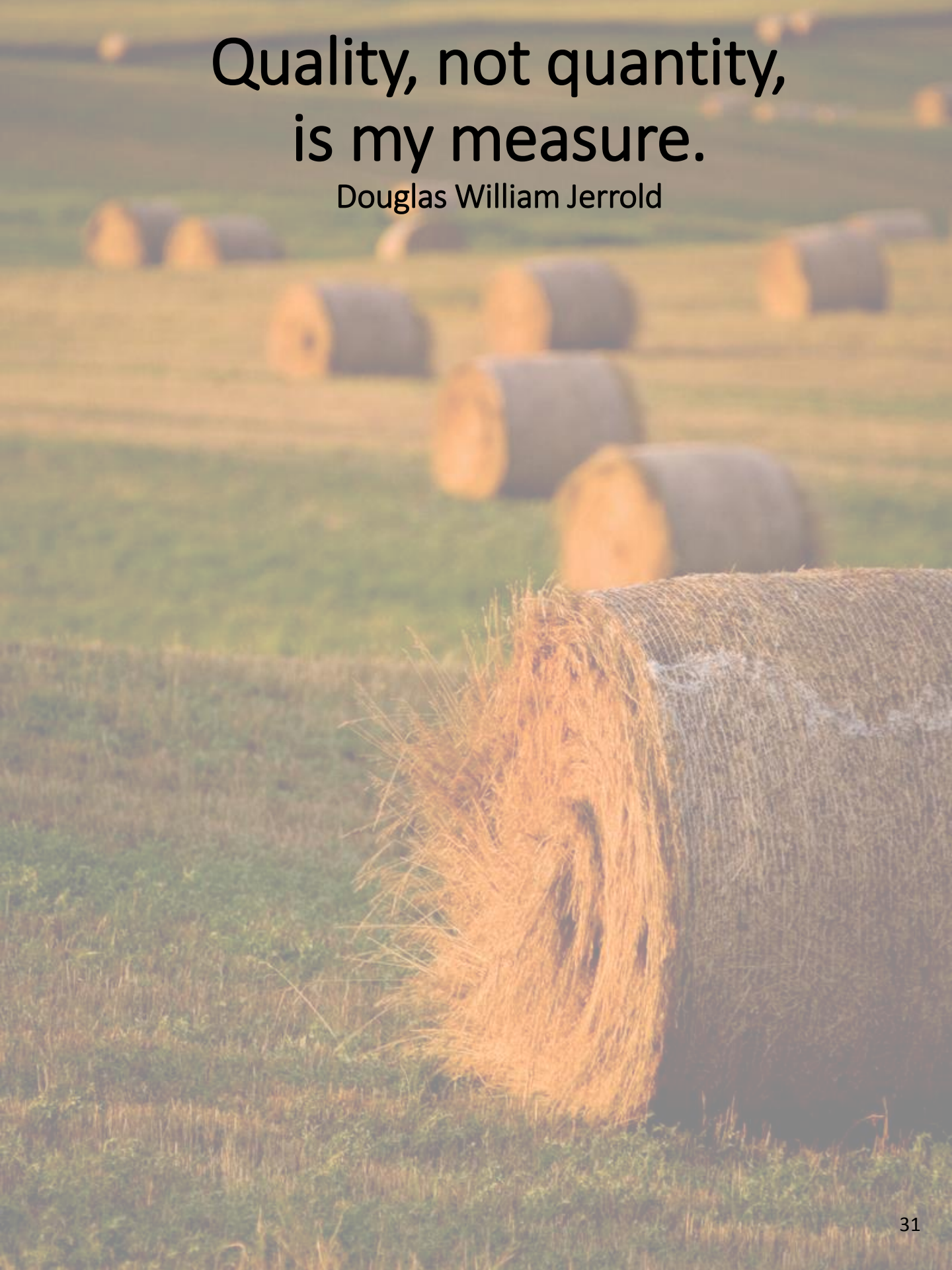
Small opportunities are often the
beginning of great enterprises.


Demosthenes



Quality, not quantity,
is my measure.

Douglas William Jerrold





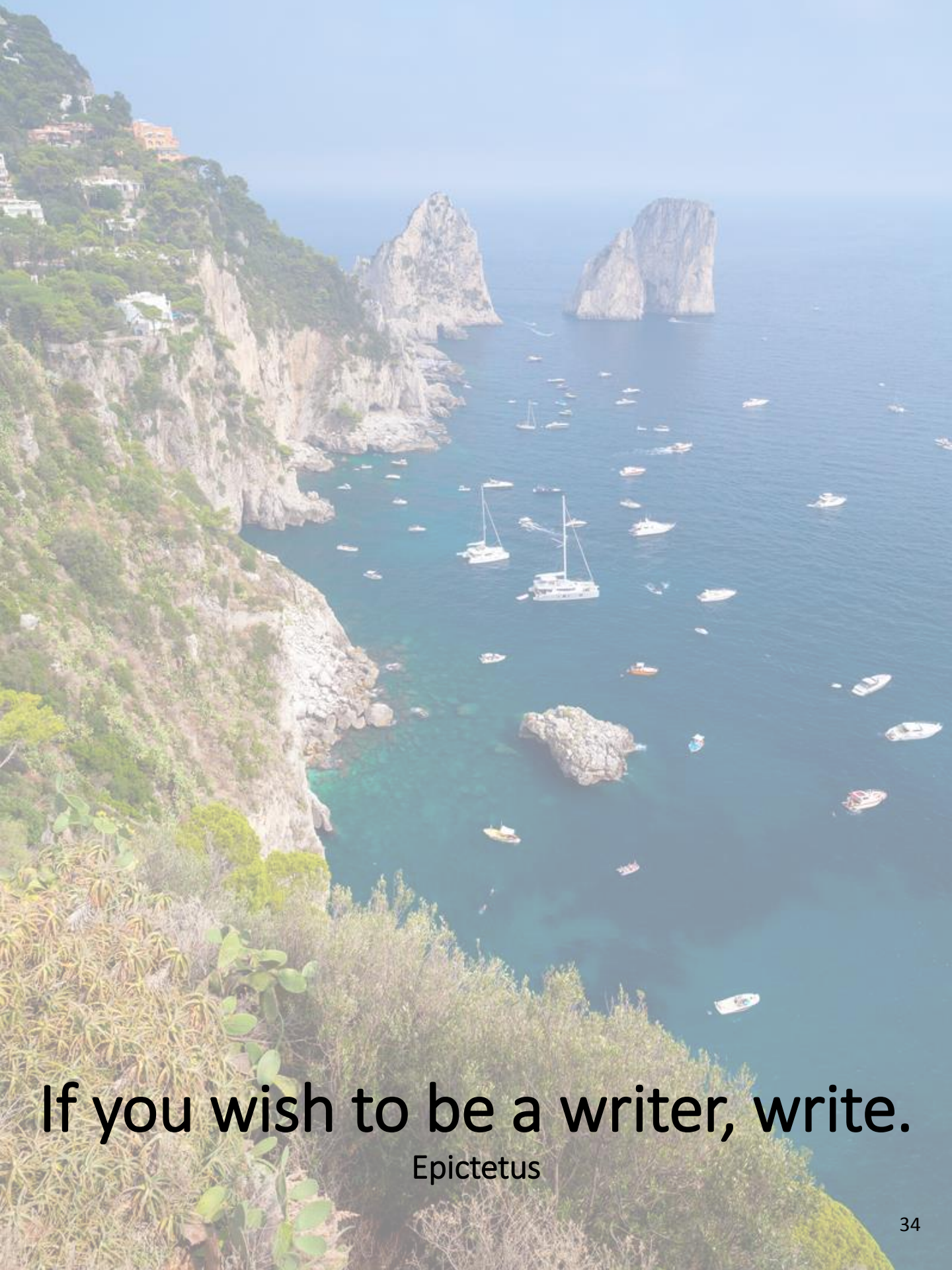
**Our patience will achieve
more than our force.**

Edmund Burke



**A friend is a person with whom
you can dare to be yourself.**

Anonymous



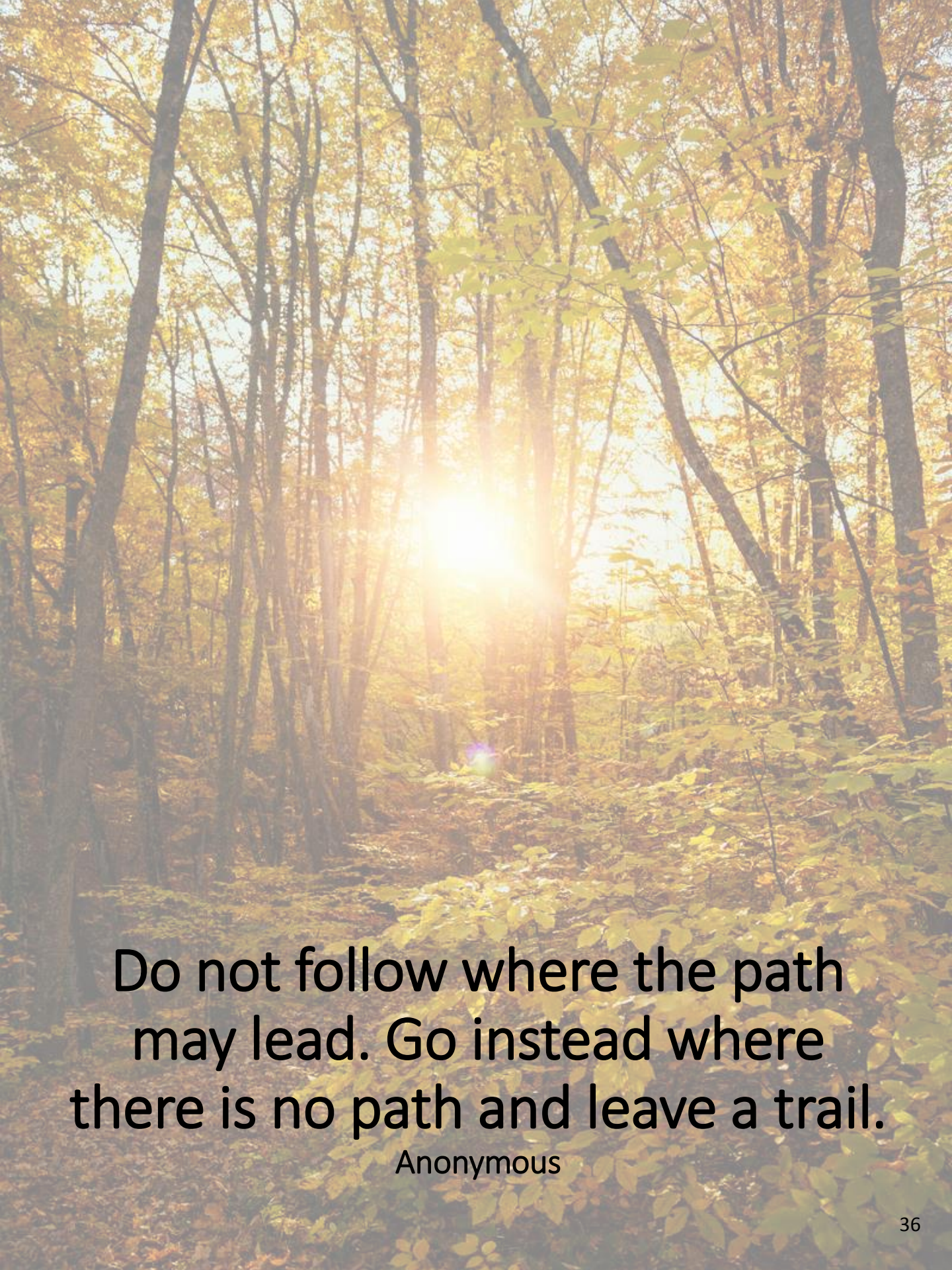
If you wish to be a writer, write.

Epictetus

Doubt indulged soon becomes doubt realized.

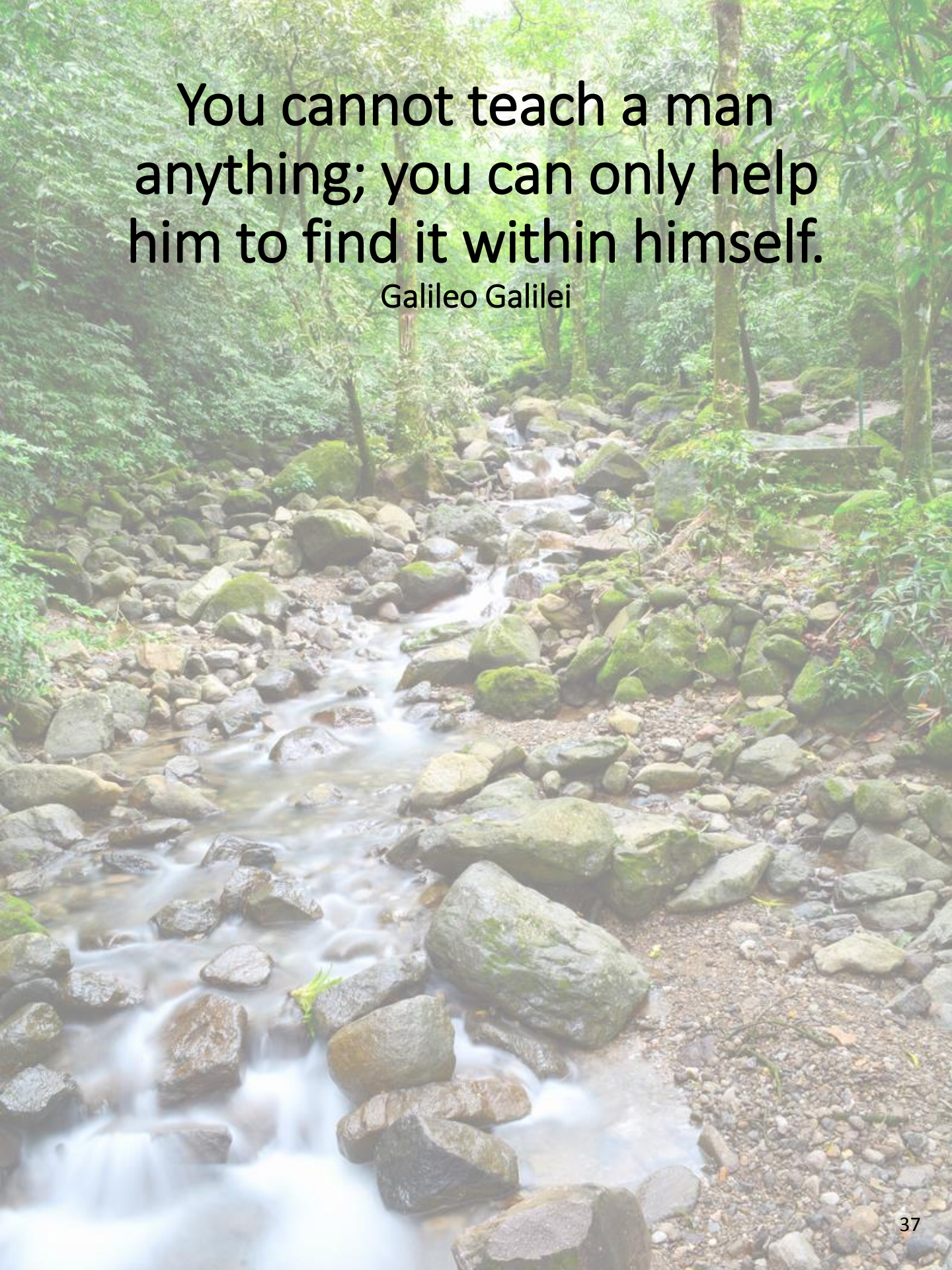
Frances Ridley Havergal



A photograph of a forest during autumn. The sun is shining brightly through the trees, creating a warm, golden glow. The leaves are in various shades of yellow and orange. The trees are tall and thin, with some branches in the foreground. The overall atmosphere is peaceful and serene.

**Do not follow where the path
may lead. Go instead where
there is no path and leave a trail.**

Anonymous



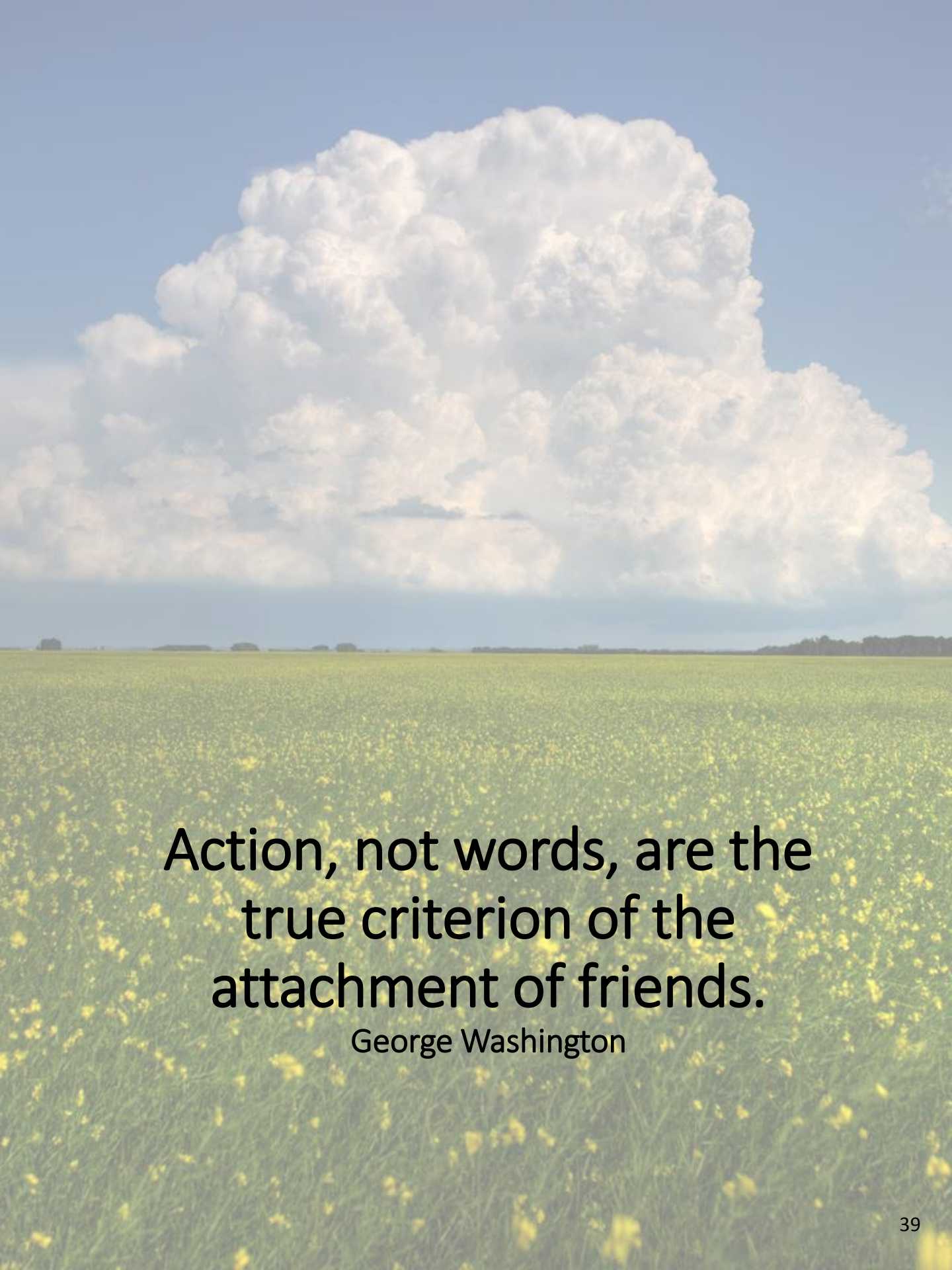
**You cannot teach a man
anything; you can only help
him to find it within himself.**

Galileo Galilei

The strongest principle of
growth lies in human choice.

George Eliot





**Action, not words, are the
true criterion of the
attachment of friends.**

George Washington



**The faultfinder will find
faults even in paradise.**

Henry David Thoreau

A scenic view of a rocky coastline. On the left, a tall, layered rock cliff rises vertically. The water is a vibrant turquoise color, with white foam from waves breaking against the base of the cliff. In the foreground, dark, layered rocks are visible on the right side. The sky is a clear, bright blue.

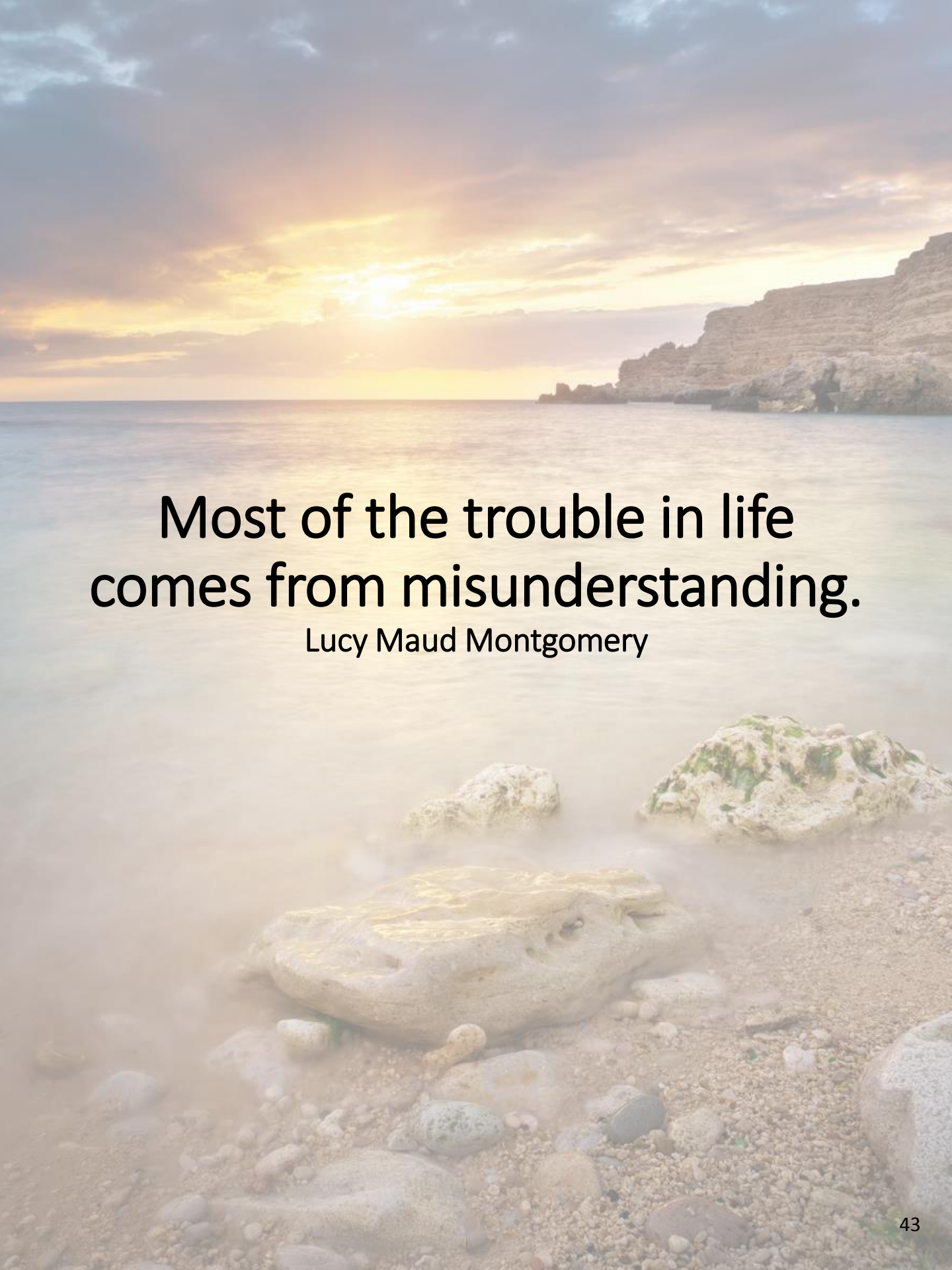
Know thyself.

Socrates



**Nothing is worth
more than this day.**

Johann von Goethe



**Most of the trouble in life
comes from misunderstanding.**

Lucy Maud Montgomery

**A well-spent day
brings happy sleep.**

Leonardo da Vinci



*What Are Your
Favorite Quotes?*

About Melissa Newton

My Early Years

I have enjoyed reading all types of books since I was a child. The first book I collected for my personal library was on Pocahontas. I was nine years old. I still have it.

As for writing, it has been a part of my life experience since high school. When it came to college, I made certain to include some literature and history classes in the mix. Why? I was a student who thrived writing essays and research papers. My great interest in reading, research, and writing followed me into my professional work life.



Books are an integral part of my life. The books on my office bookshelf are very special to me. Some of these history books were my father's.

Writing, Editing, Publishing, and Ghostwriting

I have decades of writing, editing, ghostwriting, and publishing experience. My writing, editing, and publishing background includes being a former managing editor of two online magazines. One was a literary magazine with a subscriber base of over 600,000 and a small team of writers. My most recent magazine was niched in money and financial literacy, which I published until 2016.

As a prolific author and writer, I have authored 16 books, hundreds of blogs, articles, newsletters, and white papers. I also have enjoyed a rich experience ghostwriting blogs, articles, and books with c-suite executives, business owners, and leaders in various industries as a confidential and trusted ghostwriter.

I invite you to learn more about me by visiting my website at MelissaNewton.com. If you would like to have a conversation about how we might collaborate on a book project, feel free to e-mail me at Melissa@MelissaNewton.com. I work with individuals and Co-Author teams.



Biographical Index

Learning about the people who give us the quotes we enjoy brings perspective to their thoughts. It is why I have provided a biographical index so you can read about each writer. I opted to use Wikipedia as an initial resource for researching these writers. Wikipedia offers a convenient overview for a quick read.

Once again the power of the written word is evidenced in the thousands of years of quotes shared in this book. As someone who enjoys history, I like discovering the life lived behind a name. I think you will, too.



Anonymous – the many men and women through history who have shared thoughtful insights without attribute.

Alexis de Tocqueville (July 1805 – April 1859) French aristocrat, diplomat, political scientist, political philosopher and historian.

https://en.wikipedia.org/wiki/Alexis_de_Tocqueville

Alfred, Lord Tennyson (August 1809 – 6 October 1892) English poet.

https://en.wikipedia.org/wiki/Alfred,_Lord_Tennyson

Aristotle (384–322 BC) Greek philosopher during the Classical period.

<https://en.wikipedia.org/wiki/Aristotle>

Benjamin Disraeli, 1st Earl of Beaconsfield (December 1804 – April 1881) British statesman, served as Prime Minister of the United Kingdom.

https://en.wikipedia.org/wiki/Benjamin_Disraeli

Benjamin Franklin (January 1706 – April 1790) Writer, scientist, inventor, statesman, diplomat, printer, publisher and political philosopher.

https://en.wikipedia.org/wiki/Benjamin_Franklin

Charles Buxton (November 1822 – August 1871) English brewer, philanthropist, writer and member of Parliament.

https://en.wikipedia.org/wiki/Charles_Buxton

Charles Dickens (February 1812 – June 1870) English writer and social critic.

https://en.wikipedia.org/wiki/Charles_Dickens

Demosthenes (384 – October 322 BC) Greek statesman and orator of ancient Athens.

<https://en.wikipedia.org/wiki/Demosthenes>

Diogenes (412 or 404 BC - 323 BC.) Greek philosopher.

<https://en.wikipedia.org/wiki/Diogenes>

Douglas William Jerrold (January 1803 – June 1857) English dramatist and writer.

https://en.wikipedia.org/wiki/Douglas_William_Jerrold

Heraclitus (c 535 – c475 BC) Ancient Greek, pre-Socratic, Ionian philosopher.

<https://en.wikipedia.org/wiki/Heraclitus>

Jean-Baptiste André Godin (January 1817 – January 1888) French industrialist, writer and political theorist.

https://en.wikipedia.org/wiki/Jean-Baptiste_Andr%C3%A9_Godin

Edmund Burke (January 1729 – July 1797) Irish statesman, economist, and philosopher.

https://en.wikipedia.org/wiki/Edmund_Burke

Epictetus (c50 – c 135 AD) Greek Stoic philosopher.

<https://en.wikipedia.org/wiki/Epictetus>

Frances Ridley Havergal (December 1836 – June 1879) English religious poet and hymnwriter.

https://en.wikipedia.org/wiki/Frances_Ridley_Havergal

Galileo Galilei (February 1564 – January 1642) Astronomer, physicist and engineer.

https://en.wikipedia.org/wiki/Galileo_Galilei

George Eliot* (November 1819 – December 1880) English novelist, poet, journalist, and translator. Eliot was a leading writer of the Victorian era.

https://en.wikipedia.org/wiki/George_Eliot

**The pen named used by Mary Ann Evans.*

George Washington (February 1732 – December 1799) American soldier, statesman, and Founding Father of the United States of America. He served as the first President from 1789 to 1797.

https://en.wikipedia.org/wiki/George_Washington



Henry David Thoreau (July 1817 – May 1862) American naturalist, essayist, poet, and philosopher.

https://en.wikipedia.org/wiki/Henry_David_Thoreau

Johann Wolfgang von Goethe (August 1749 – March 1832) German poet, playwright, novelist, scientist, statesman, theatre director, and critic.

https://en.wikipedia.org/wiki/Johann_Wolfgang_von_Goethe

Lucy Maud Montgomery (November 1874 – April 1942) Canadian author.

https://en.wikipedia.org/wiki/Lucy_Maud_Montgomery

Leonardo da Vinci (April 1452 – May 1519) Painter, draughtsman, engineer, scientist, theorist, sculptor and architect.

https://en.wikipedia.org/wiki/Leonardo_da_Vinci

Socrates (c 470–399 BC) Greek philosopher from Athens.

<https://en.wikipedia.org/wiki/Socrates>





Live the life
you've imagined.

Henry David Thoreau