

# Lift Me<sup>®</sup>

From the author of  
'UP! Your Service'



**Celebrate  
Family & Friends**



---

**RON KAUFMAN**



**Celebrate  
Family &  
Friends**

Copyright © 2005 by Ron Kaufman  
All rights reserved. The moral right of the author has been asserted.

Published by Ron Kaufman Pte Ltd. - 10 9 8 7 6 5 4 3 2 1

Life Me Up! - Celebrate Family & Friends  
ISBN 981-05-2937-6 - 136 pages.

- |                        |                |          |
|------------------------|----------------|----------|
| 1. Family / Friendship | 2. Quotations  |          |
| 3. Self-Help           | 4. Ron Kaufman | 5. Title |

Cover and page layout by The Bonsey Design Partnership.  
Cover illustrations by Ngu Hie Ling.  
Set in Times and Arial fonts. Printed in Singapore.

Every effort has been made to credit the original author and make full acknowledgement of the source for each quotation in this text. However, if you know of any instance where the quotation or citation could be more accurate, please send a message to [Ron@RonKaufman.com](mailto:Ron@RonKaufman.com). Any corrections will gladly be included in future editions. Thank you.

Below each attributed quotation are **quips, quotes and anecdotes in bold text**. These additional notes are by Ron Kaufman (1956 – ), who should be cited as the author in all future works.

*Ron Kaufman, Lift Me Up!, Pick Me Up!, UP Your Service!*, and a balloon with the word 'UP' are registered trademarks of Ron Kaufman Pte Ltd.

All rights reserved. No part of this book may be reproduced, stored, archived or transmitted in any form by mechanical or electronic means including information storage and retrieval systems without permission in writing from the publisher, except for the quotation of brief passages in book reviews.

# Contents

<b><i>Celebrate family</i></b>	<b>4</b>
<b><i>Celebrate friendship</i></b>	<b>38</b>
<b><i>Celebrate romance</i></b>	<b>70</b>
<b><i>Celebrate the world</i></b>	<b>100</b>

## Celebrate family



# 1

The greatest need of every human being is the need for appreciation.

Anonymous

We give advice by the bucket, but take it by the grain.

William Alger

It costs you nothing to be lavish with your praise.

Other people may not have the answers, but they might have a clue.

We need four hugs a day for survival. We need eight hugs a day for maintenance. We need twelve hugs a day for growth.

Virginia Satir

**Every hug given is also a hug received. When you give many, you get many.**

6

Smile at your wife,  
smile at your husband,  
smile at your children,  
smile at each other – it  
doesn't matter who it is  
– and that will help you  
to grow up in greater  
love for each other.

Mother Teresa

**A smile says, without words, more than any words can say.**

A hug is the perfect gift  
– one size fits all, and  
nobody minds if you  
exchange it.

Ivern Ball

**Many happy returns!**

7

Remember not only to  
say the right thing in  
the right place, but far  
more difficult still, to  
leave unsaid the wrong  
thing at the tempting  
moment.

Benjamin Franklin

**A loose tongue is a dangerous thing. Keep those around you well protected.**

There are few things as seemingly untouched by the real world as a child asleep.

John Irving

That child once was you.

The family you come from isn't as important as the family you have.

Ring Lardner

**Family is all those who love you and all those you love.**

Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body.

Elizabeth Stone

**Someone made this decision to always care about you.**

We should never permit ourselves to do anything that we are not willing to see our children do.

Brigham Young

**Being a parent is being an example.**

We need to teach the next generation of children from Day One that they are responsible for their lives. Mankind's greatest gift, also its greatest curse, is that we have free choice. We can make our lives with choices built from love or from fear.

Elisabeth Kübler-Ross

**The best way to look after your children is to teach them to look after themselves.**

Children have never been very good at listening to their elders, but they have never failed to imitate them.

James Baldwin

**Children may not listen to you, but they hear you and see you all the time.**

It seems as though the second half of life is made up of nothing but the habits accumulated during the first half.

Fyodor Dostoevski

**Your formation shapes your future.**

When you teach your son, you teach your son's son.

The Talmud

**Material possessions are not the only valuables you pass on to the next generations.**

To make your children capable of honesty is the beginning of education.

John Ruskin

Being considerate of others will take your children further in life than any college degree.

Marian Edelman

Live so when your children think of fairness and integrity, they think of you.

Jackson Brown

A brother is a friend provided by nature.

Legouve Pere

**Moral lessons deserve *your* attention.**

**High IQ is nice to have.  
High EQ is essential.**

**Set a good example.  
Enjoy a lifetime of rewards.**

**There is no friend like a friend within the family.**



Expect the people you love to be better. It helps them to become better. But don't get upset when they fail. It helps them keep trying.

Anonymous

**Applaud when they succeed. Applaud harder when they try.**

All parents believe their children can do the impossible. They thought it the minute we were born, and no matter how hard we've tried to prove them wrong, they all think it about us now. And the really annoying thing is, they're probably right.

Cathy Guisewite

**It's great to be encouraged to be great.**

My father gave me the greatest gift anyone could give another person: he believed in me.

Jim Valvano

**The greatest gift you can give your father is to prove him right.**

I believe in confessing one's mistakes and correcting them. Such confession strengthens and purifies the soul.

Mohandas Gandhi

**Give yourself room to be wrong and you give yourself room to grow.**

God pardons like a  
mother, who kisses the  
offense into everlasting  
forgiveness.

Henry Ward Beecher

**When you learn from the  
problem you earn the  
pardon.**

Silent gratitude isn't  
much use to anyone  
else.

Gladys Stern

**The only praise that  
matters is the praise that  
others see and hear.**

Home is where there's  
one to love us.

Charles Swain

**A loving nest holds two.**

'Where's your home?'  
a stranger asked a  
fellow traveler.  
'Wherever she is,'  
came the reply, as the  
man pointed to his wife.

Anonymous

**Home is in the arms of  
those who love you.**

A Freudian slip is when you say one thing but mean your mother.

Anonymous

**The link between mother and child always remains connected.**

Nature gave us one tongue and two ears so we could hear twice as much as we speak.

Epictetus

**Deep listening is rewarding to both parties.**

One of the most valuable things we can do to heal one another is listen to each other's stories.

Rebecca Falls

**Open your heart by opening your ears.**

Love is patient; love is kind; love is not envious or boastful. It does not insist on its own way; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.

Saint Paul

**A loving relationship is unconditional.**

This is the miracle that happens every time to those who really love; the more they give, the more they possess.

Rainer Maria Rilke

**The more you love, the more you give – and get.**

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

Lao Tzu

**Let yourself love others and let yourself be loved.**

People need loving the most when the deserve it the least.

John Harrigan

**Loving the unlovable can change both parties.**

Govern a family as you would cook a small fish – very gently.

Chinese proverb

**Families are tender – handle them with care.**

The bond that links  
your true family is not  
one of blood, but of  
respect and joy in each  
other's life.

Richard Bach

**Sharing in each other's  
lives is more important  
than living together.**

Other things may  
change us, but we start  
and end with family.

Anthony Brandt

**Family matters at the  
start. Family matters in  
the end.**

It is easy to love the  
people far away. It is  
not always easy to love  
those close to us. It is  
easier to give a cup of  
rice to relieve hunger  
than to relieve the  
loneliness and pain of  
someone unloved in our  
own home. Bring love  
into your home for this  
is where our love for  
each other must start.

Mother Teresa

**Keep those close at  
hand also close to heart.**

If you want to work for  
world peace, go home  
and love your families.

Mother Teresa

**A world of kindness  
starts closer than you  
think.**

A mother understands  
what a child does not  
say.

Jewish proverb

Every young man must  
learn to take criticism  
well – he will probably  
be a parent one day.

Anonymous

**A child understands that  
a mother understands.**

**Criticism from your  
children does not mean  
you are a bad parent. It  
simply means you are a  
parent.**

Youth is when you  
blame everything on  
your parents. Maturity  
is when you learn that  
everything is the fault of  
the younger generation.

George Bernard Shaw

**Wisdom is when you  
accept the blame and  
embrace the learning.**

There comes a time  
when you have to  
explain to your children  
why they were born  
– and it is a marvelous  
thing if you know the  
reason.

Anonymous

**Let them know why you  
chose them, and ask  
why they chose you.**

The best combination of parents is a father who is gentle beneath his firmness and a mother who is firm beneath her gentleness.

Deborah Stanton

**Be firm, yet gentle.  
Be gentle, yet firm.**

More marriages might survive if the partners realized that sometimes the better comes after the worse.

Al Pacino

**If you give up at the  
lowest point you won't  
enjoy the highest.**

There are two things we can bequeath our children – one is roots to keep them grounded and the other wings to fly.

Khalil Gibran

**Give your children good  
values to ground them,  
and grand dreams to  
help them soar.**

My mother was the making of me. She was so true, so sure of me, and I felt that I had someone to live for; someone I must not disappoint.

Thomas Edison

**A mother always sees  
the light inside her child.**

I'm doing this for my father. I'm quite happy that they see me as my father's daughter. My only concern is that I prove worthy of him.

Aung Suu Kyi

**Great deeds can flourish  
from the seed of a great  
tree.**

To bring up a child in the way he should go, travel that way once in a while.

Josh Billings

**Keep the joy in yourself  
alive to raise a happy  
child.**

Our children give us the opportunity to become the parents we always wish we had.

Louis Hart

**And the opportunity to  
appreciate how well our  
parents did.**

If a child lives with approval, she learns to like herself.

Dorothy Nolte

**Praise is powerful.  
Put it to work.**



By profession I am a soldier and take great pride in that fact. But I am infinitely prouder to be a father. A soldier destroys in order to build; the father only builds, never destroys. One has the potentialities of death; the other embodies creation and life. And while the hordes of death are mighty, the battalions of life are mightier still.

Douglas MacArthur

**The most rewarding battle is the struggle to be a great parent.**

Children with the same family ties, the same blood, with the same first associations and habits, have some means of shared enjoyment in their power, which no subsequent connections can supply.

Jane Austen

**What a child gains in the early years can be shared with family in the later.**

Family faces are like magic mirrors. Looking at people who belong to us, we see the past, the present and the future.

Gail Buckley

**Parents and children are close in appearance and in thought.**

At the end of your life, you will never regret not having passed one more test, nor winning one more verdict or not closing one more deal. You will regret time not spent with a husband, friend, child or parent.

Barbara Bush

**Appreciate the time you have with those you love before there's no time left.**

God sent children to  
enlarge our hearts; to  
make us unselfish and  
full of kindly sympathies  
and affections; to give  
our souls higher aims;  
to call out all our  
faculties; to extended  
enterprise and exertion;  
and to bring around our  
firesides bright faces,  
happy smiles and loving,  
tender hearts.

Mary Howitt

**Each child is living  
proof that the universe  
has not given up.**

My mother had a great  
deal of trouble with me,  
but I think she enjoyed it.

Mark Twain

**Is any child too much of  
a challenge?**

He is happiest, be he  
king or peasant, who  
finds peace in his home.

Johann Wolfgang von  
Goethe

**Make your home your  
comfort zone.**

A man travels the world  
over in search of what  
he needs and returns  
home to find it.

George Moore

**The grass will appear  
greener on the other  
side until you realize  
that your grass is the  
exact shade you enjoy.**

'Mid pleasures and  
palaces we may roam,  
be it ever so humble,  
there's no place like  
home.

J.H. Payne

Each day of our lives  
we make deposits in the  
memory banks of our  
children.

Charles Swindoll

**All forms of wealth and  
riches can be taken from  
you, but not the love of  
your family.**

**Memories can last  
a lifetime. Give your  
children a vault full of  
good memories.**

A baby is God's opinion  
that the world should go  
on.

Carl Sandburg

**Every baby deserves the  
chance to find love and  
experience good works  
in this world.**

What families have  
in common the world  
round is that they are  
the place where people  
learn who they are and  
how to be that way.

Jean Clarke

**Your family is the  
training ground for life.**

Those who educate children well are to be honored as much as those who produce them: the latter give them life, the former teach them living well.

Aristotle

**Children will become as they are taught to be.**

When I look back at my life, the greatest happinesses are family happinesses.

Joyce Brothers

**The best happiness is the happiness you create together.**

Families are like fudge – mostly sweet with a few nuts.

Anonymous

**Nothing is interesting with only one ingredient.**

The day will come, after harnessing space, the winds, the tides and gravitation, when we shall harness the energies of Love. And on that day, for the second time in the history of the world, we shall have discovered fire.

Pierre Teilhard de Chardin

**Every family has a spark of great love smoldering within. Find it, encourage it, let it burn so brightly.**

## Celebrate friendship



2

A friend is someone who is glad to see you and doesn't have any immediate plans for your improvement.

Bill Coffin

**A great friend accepts you as you are – and expects your best.**

If you judge people, you have no time to love them.

Mother Teresa

**Be a friend, not a critic. No one is without some perfect faults.**

A friend is one who  
knows us, but loves us  
anyway.

Jerome Cummings

Go often to the house  
of thy friend, for weeds  
choke the unused path.

Ralph Waldo Emerson

**A friend sees everything,  
but stays focused on  
what's good.**

**It takes time to make  
and keep a friend.**

The greatest gift we  
can give is our rapt  
attention to another's  
existence.

Sue Ebaugh

**A friend cares about  
you. A great friend  
adores you.**

Friendship doubles our  
joy and divides our grief.

Swedish proverb

**Friendship takes the  
best and makes it better.  
It takes the worst and  
makes it lesser.**

Friendship is a  
sheltering tree.

Samuel Coleridge

A faithful friend is the  
medicine of life.

Anonymous

Good friends are good  
for your health.

Irwin Sarason

Fate chooses our  
relatives, we choose  
our friends.

Jacques Delille

**Friends protect and are  
protected by each other.**

**A strong friend cures all.**

**A good friend makes  
your heart beat lighter.**

**You are shaped by the  
company you keep.  
Choose wisely.**

Family is like being part of a minestrone soup. You don't get to pick the beans or noodles you float with.

Ruth Kaufman

**A good soup draws out the best of each ingredient.**

Oh, the comfort, the inexpressible comfort of feeling safe with a person; having neither to weigh thoughts nor to measure words but to pour them all out, just as it is, chaff and grain together, knowing that a faithful hand will take and sift them, keeping what is worth keeping, and then, with the breath of kindness, blow the rest away.

George Eliot

**Give and take the comfort of being with your friends.**

Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Just walk beside me and be my friend.

Albert Camus

**Friendship is a journey shared.**

Hold a true friend with both your hands.

Nigerian proverb

**True friends are precious. Treat them accordingly.**



I've learned that when someone is looking sad, or says something bad happened, never say, 'What's the matter?' or 'What's wrong?' Always say, 'Do you want to talk about it? I am here for you.'

Kathleen Lim

**When you cannot give or lend a hand, then give your time and lend your ears.**

When a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate and do it.

E.W. Howe

**A person down on his luck doesn't need to be reminded.**

It is the things in common that make relationships enjoyable, but it is the little differences that make them interesting.

Todd Ruthman

**By exploring differences you discover more than by comparing similarities.**

Many times from a bad beginning great friendships have sprung up.

Terence Young

**The first moment of meeting is not what a friendship can be worth.**

Love your enemies, for they tell you your faults.

Benjamin Franklin

Friends may come and go, but enemies accumulate.

Thomas Jones

**An honest word of criticism is as precious as a flattering speech.**

**Keep the numbers down.**

Real friends are those who, when you've made a fool of yourself, don't feel that you've done a permanent job.

Erwin Randall

**A friend is always willing to move forward.**

A friend is one who believes in you when you have ceased to believe in yourself.

Anonymous

**A friend is a warm hug on a cold night.**

Tell a person they are  
brave and you help  
them become so.

Thomas Carlyle

**What people hear is  
what they become.**

50

Forgiveness is the oil of  
relationships.

Josh McDowell

**Every friendship  
will have obstacles.  
Forgiveness keeps you  
moving past them.**

The heart that forgives  
an injury is like the  
perforated shell of a  
mussel which heals its  
wound with a pearl.

Jean-Paul Richter

**Hatred cuts relation-  
ships. Forgiveness  
restores them.**

51

One of the sanest,  
surest and most  
generous joys of life  
comes from being  
happy over the good  
fortune of others.

Archibald Rutledge

**Do not envy your friends.  
Make their joys yours.**

Only your real friends  
will tell you when your  
face is dirty.

Sicilian proverb

An honest answer is the  
sign of true friendship.

Polish proverb

The person who lives  
with cripples soon  
learns to limp.

Italian Proverb

We control fifty percent  
of a relationship. We  
influence one hundred  
percent of it.

Barbara Colorose

**In a strong friendship,  
there is strength enough  
for truth.**

**Compliments might win  
you fans, but the truth  
can earn you friends.**

**Friends are a powerful  
influence: Choose good  
ones.**

**You can't make a  
friendship on your own.  
But everything you do  
will shape it.**

Friends are those rare people who ask how we are and then wait to hear the answer.

Ed Cunningham

Treat your friends as you do your pictures: place them in their best light.

Jerome Churchill

**A friend is someone who cares enough to listen.**

54

**Friendship is how you feel when you are together.**

A true friend is someone who is there for you when he'd rather be anywhere else.

Len Wein

**Friendship requires your commitment.**

55

A true friend is one who overlooks your failures and celebrates your success.

Doug Larson

**Being there when a friend is down lifts you both higher.**

The friend in my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity.

Ulysses S. Grant

**When it's hard to be there, is when a friend needs you most.**

Be a friend when people most need one. As movie mogul Lew Wasserman used to advise talent agents: 'If an actor is working, make sure you talk to him at least twice a week. If he is not working, talk to him every day.'

David Mahoney

**The act of friendship that will be remembered most, is the one that was needed the most.**

A real friend is one who walks in when the rest of the world walks out.

Walter Winchell

**A friend who stays to the end is your best friend.**

False friends are like our shadow, keeping close to us while we walk in the sunshine, but leaving us the instant we cross into the shade.

Christian Bovee

**Consider the friends you have in tough times and you'll know how many you really have.**

Stick to a friend a little  
in the wrong.

John Randolph

The only way to have a  
friend is to be one.

Ralph Waldo Emerson

**If you only keep friends  
who are always right,  
you won't have friends  
forever.**

**Friendship cannot be  
taken, but can always  
be given.**

One who looks for a  
friend without faults  
will have none.

Hasidic saying

**A perfect friendship  
does not require a  
perfect friend.**

A friend hears the  
song in my heart and  
sings it to me when my  
memory fails.

Anonymous

**Be there for your friends  
when they forget to be  
there for themselves.**

The bird needs a nest;  
the spider needs a web;  
man needs friendship.

William Blake

**We build friendships and  
live through friendships.**

The kindest word in  
the world is the unkind  
word – unsaid.

Mother Teresa

**Protect your friends  
from the unkind words  
– keep them to yourself.**

Friendship is the only  
cement that will hold  
the world together.

Woodrow Wilson

**Build strong friendships  
with other people and  
you strengthen the  
world.**

True friendship comes  
when the silence  
between two people is  
comfortable.

Dave Gentry

**A friend understands  
without the words.**



Friendship improves happiness by doubling our joy and abates misery by halving our grief.

Joseph Addison

**Friendship changes everything for the better.**

Tact is the art of recognizing when to be big and not to belittle.

Anonymous

**Discretion builds friendships.**

A friend might well be reckoned a masterpiece of nature.

Ralph Waldo Emerson

**A true friend deserves to be admired.**

Strangers are just friends waiting to happen.

Anonymous

**Every person has the potential to become your friend. Will you bring them close or keep them distant?**

A friend is a gift you  
give yourself.

Robert Louis Stevenson

Life without friendship  
is like the sky without  
the sun.

Anonymous

**Give yourself to others  
and you've given to  
yourself.**

**Friendship brightens up  
your life.**

The ornament of the  
house is the friends  
who frequent it.

Ralph Waldo Emerson

**The most beautiful thing  
you can invite into your  
home is a friend.**

True happiness consists  
not in the multitude of  
friends, but in the worth  
and choice.

Ben Jonson

**If you want to be busy,  
choose many friends. If  
you want to be happy,  
choose good friends.**

The antidote for fifty  
enemies is one friend.

Aristotle

I always felt the  
great high privilege,  
relief and comfort of  
friendship was that I  
had to explain nothing.

Katherine Mansfield

**You cannot count the  
value of a friend.**

**Friendship needs no  
explanation.**

The better part of one's  
life consists of one's  
friendships.

Abraham Lincoln

**A life full of friendship is  
a full life.**

To have a good friend  
is the purest of life's  
gifts, for it is a love  
that has no exchange or  
payment.

Frances Farmer

**You cannot put a price  
on the value of having  
or being a friend.**

It is one of the blessings of friends that you can afford to be stupid with them.

Ralph Waldo Emerson

**You can be yourself with a friend.**

The proper office of a friend is to side with you when you are in the wrong. Nearly anybody will side with you when you are in the right.

Mark Twain

**A true friend is by your side without exception.**

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

Dale Carnegie

**A friend is someone you care about who also cares about you.**

Friendship consists in forgetting what one gives and remembering what one receives.

Alexander Dumas

**In friendship, don't measure what you give, but cherish what you receive.**

## Celebrate romance



3

The sound of a kiss is  
not so loud as a cannon,  
but its echo lasts a  
great deal longer.

Oliver Wendell Holmes

When you hug so tight  
you can barely breathe,  
it's two hearts trying to  
touch.

Jenny McKenzie

**One gesture of love stirs  
a thousand emotions.**

**To grow close, hug tight.**

Nobody has measured,  
not even poets, how  
much the heart can  
hold.

Renée Schwartz

At the touch of love,  
everyone becomes a  
poet.

Plato

**When you are in love,  
your heart runneth over.**

**Love releases the very  
best in all of us. Even  
the shyest soul finds a  
divine vocabulary.**

Don't marry a person  
you can live with, marry  
somebody you can't  
live without.

Anonymous

**Love is to be lived for,  
not settled for.**

Writing is like getting  
married. One should  
never commit oneself  
until one is amazed at  
one's luck.

Iris Murdoch

**Love is a long path.  
Be with a person who  
inspires you to discover.**

Love does not consist  
in gazing at each other,  
but in looking outward  
together in the same  
direction.

Antoine de Saint-Exupéry

**Loving each other  
means growing forward  
together.**

The ultimate test of  
a relationship is to  
disagree, but still hold  
hands.

Anonymous

**Agreements make love  
easy. Disagreements  
make love strong.**

The great question  
– which I have not been  
able to answer – is,  
‘What does a woman  
want?’

Sigmund Freud

**When a woman is a  
mystery, loving her is  
an endless adventure.**

The greatest weakness  
of most humans is their  
hesitancy to tell others  
how much they love  
them while they’re alive.

O.A. Battista

**The joy you give by  
expressing your love  
is more potent than the  
embarrassment you feel.**

If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?

Stephen Levine

**If you wait too long, it might be too late. Call right now.**

76

There's no need for an anniversary to celebrate. Every day with you is a celebration.

Anonymous

**Love daily: Celebrate every day.**

The heart is happiest when it beats for others.

Anonymous

**Who does your heart beat for?**

77

The jealous are troublesome to others, but a torment to themselves.

William Penn

**Being jealous of others is harmful to you. Being joyful of others is good for you.**



If you can make a  
person laugh you can  
do anything together.

Nicol Williamson

To love and win is the  
best thing. To love and  
lose is the next best.

William Thackeray

**Laughter is the most  
joyful connection  
between two people.**

78

**Love is a gift worth  
giving, even when it's  
not well-received.**

Angels capture love  
and sprinkle it on our  
hearts.

Anonymous

**Feeling love is a  
blessing.**

79

Love is like fine sand.  
Grasp it and it will slip  
through your fingers.  
Cup it gently and it will  
fill the voids in your soul  
as sand fills the spaces  
in your hands.

Anonymous

**Let love flow.**

Gravity cannot be held  
responsible for people  
falling in love.

Isaac Newton

Falling madly in love,  
that's the secret of life.

Ray Bradbury

**Love is a different law of  
Nature.**

**Allow yourself to fall in  
love and you will fall in  
love with life.**

The love in your heart  
wasn't put there to stay,  
love isn't love, until  
you give it away.

William Shakespeare

**Love is not yours to  
keep. Love is yours to  
give away.**

Love is when you give  
60 percent, take 40  
percent and call it even.

David Hall

**And when they do the  
same with you.**

You know when you  
are truly in love with  
someone, when you  
miss them before they  
even leave.

George Shore

As I gaze upon your  
beauty, I think to  
myself, never have I  
seen an angel fly so  
low.

Ana Holub

**Once you give your  
heart away, it never  
comes all the way back.**

**Love is seeing someone  
as all they can be and all  
that no one else can see.**

I did not know I loved  
you until I heard myself  
telling you so. For one  
instant I thought, 'Good  
God, what have I said?'  
and then I knew it was  
true.

Bertrand Russell

**Love asks that you  
surrender common  
sense.**

Love is when you  
wake up each morning  
knowing you have this  
great person by your  
side.

Claude Verly

**Love makes waking up  
a joy.**

If you love something,  
let it go. If it comes  
back it's yours. If it  
doesn't, it never really  
was in the first place.

Gerald Jampolsky

**Love cannot be  
captured. But when it's  
yours, it cannot be lost.**

In real love you want  
the other person's good.  
In romantic love, you  
want the other person.

Margaret Anderson

**Do you want the best of  
that person, or what's  
best for that person?**

Love doesn't make the  
world go 'round. Love  
is what makes the ride  
worthwhile.

Franklin Jones

**Love brings joy to life.**

To love and be loved  
is to feel the sun from  
both sides.

David Viscott

**To feel love and be loved  
is to be complete.**

There is a road from  
the eye to the heart that  
does not go through the  
intellect.

G.K. Chesterton

**Love doesn't always  
need a reason. Don't  
insist on having one.**

Anyone can be  
passionate, but it takes  
real lovers to be silly.

Rose Franken

**When we are in love it's  
safe to act like children.**

Tell me who loves you  
and admires you, and I  
will tell you who you  
are.

Charles Augustin

**Be yourself. The love and  
admiration you deserve  
will always find you.**

Don't smother each  
other. No one can grow  
in the shade.

Leo Buscaglia

**Even love needs space  
to grow.**

Nothing grows well  
without space and air.

Patricia Monaghan

Some people think it is  
holding on that makes  
one strong – sometimes  
it's letting go.

Robert Taylor

**Selfishness smothers  
love.**

**Letting go takes  
strength – and builds it.**

The ability to laugh  
together is the essence  
of love.

Ralph Waldo Emerson

**Couples who laugh  
together stay together.**

Holidays are like  
love: anticipated with  
relish, experienced  
with inconvenience  
and remembered with  
nostalgia.

Shea Williams

**Love is an uncertain  
journey. You can't  
control the experience;  
you can only enjoy the  
ride.**

Love endures when the  
lovers love many things  
together and not merely  
each other.

Francis Guillarme

**Love grows on a  
foundation of shared  
affections.**

A hammer sometimes  
hits the mark – a  
bouquet always does.

Arthur Kaufman

**Be strong enough to be  
gentle.**

Where love reigns,  
the impossible may be  
attained.

Indian proverb

**When in love, ordinary  
people become quite  
extraordinary.**

Love is a second life;  
it grows in the soul,  
warms every vein, and  
beats in every pulse.

Joseph Addison

**Let love flourish in your  
life and life will flourish  
in your love.**

You come to love not  
by finding the perfect  
person but by seeing  
an imperfect person  
perfectly.

Sam Keen

**When you feel perfect  
in someone else's eyes,  
that is feeling loved.**

Love is the only thing  
you get more of by  
giving it away.

Tom Wilson

**Love freely and it will  
flow freely.**

Love is like truth  
– sometimes it prevails,  
sometimes it hurts.

Victor Garcia

**You cannot control love  
– that's what makes it  
such a joy to find.**

Who travels for love  
finds one thousand  
miles no longer than  
one.

Japanese proverb

**You cannot change love,  
but love can change you.**



True love comes quietly without banners or flashing lights. If you hear bells, get your ears checked.

Erich Segal

**True love creeps up silently, then stays.**

Love does not care to define and is never in a hurry to do so.

Charles du Bois

**Describing love adds nothing to it.**

True love is when you put someone on a pedestal. And when they fall, you are there to catch them.

Katie Lawrence

**Real love is strong enough to see you fall and help you rise again.**

The way to love anything is to realize that it may be lost.

G.K. Chesterton

**A love put off is a love that may be lost.**

Love is a canvas  
furnished by nature  
and embroidered by  
imagination.

Voltaire

**Love is a masterpiece  
and you are the painter.**

Love is like playing the  
piano: First you must  
learn to play by the  
rules, then you must  
forget the rules and  
learn to play from your  
heart.

Thelonious Monk

**In love there are no  
boundaries. Your heart  
will lead the way.**

Hopeless romantics are  
only hopeless in the  
eyes of those who don't  
believe in romance.

Jean Zheng

**Romantics see love  
where others do not.**

To have the rose, you  
must accept the thorns.

Joe Sin

**If you avoid all the pains  
of love, you'll also miss  
the pleasures.**

Love is the master key  
that opens the gates of  
happiness.

Oliver Holmes

You can give without  
loving but you cannot  
love without giving.

Robert Louis Stevenson

**Happiness begins with  
the acceptance of love.**

98

**If you give all your love  
to others, how much will  
you have left to give?**

I love you not for what  
you are but what I am  
when I am with you.

Roy Croft

**I love who I become  
when in your presence.**

99

Love is not blind – it  
sees more, not less. But  
because it sees more, it  
is willing to see no less.

Joshua Gordon

**Love is when we accept  
someone with their  
failings, not in spite of  
them.**

# 4

**Loving your  
circumstances**

Character is like a tree and reputation its shadow. The shadow is what we think of it – the tree is the real thing.

Native American saying

Jealousy arises from a lack of self-confidence – not in others but in oneself.

Mae West

**Reputation is a  
reflection of the person.**

**To feel happy for others,  
first feel happy with  
yourself.**

Opportunity knocks  
only once. Temptation  
leans on the doorbell.

Sophie Chester

**Seize opportunity.  
Avoid temptation.**

The most beautiful  
thing we can experience  
is the mysterious.

Albert Einstein

**Life is a magnificent  
mystery. Enjoy its beauty.**

You can't expect to  
see eye-to-eye with  
a person if you are  
looking down on him.

Jamie Hilfer

**To find agreement, start  
by seeing others as  
equals. We are.**

People often prefer a  
problem that is familiar  
to a solution that is not.

Morgan Bastille

**Don't get stuck being  
too familiar. Celebrate  
something new.**

The problem with equality is that we most often desire it with our superiors.

Hector Valdez

**Don't worry about outdoing others; always challenge yourself.**

The man who waits for his ship to come in is always missing the boat.

Sean Connolly

**If you can't start as big as you want, start as big as you can.**

When a deep injury is done, we never recover fully until we forgive.

Margaret Baldwin

**To recover completely, forgive completely.**

The truest test of independent judgment is to be able to dislike someone who admires you and admire someone who dislikes you.

Christina Walters

**Maturity is when you like someone because of what they stand for and not because of how they feel about you.**

If you think you have someone eating out of your hands, it would be wise to count your fingers.

Indian proverb

Diplomacy is the art of putting your foot down without stepping on anyone's toes.

Edgar Mitten

**When you assume you have control of others you assume too much.**

**Diplomacy is the art of saying exactly what you want without upsetting those who listen.**

It's very easy to forgive others their mistakes. It takes grit and gumption to forgive them for having witnessed your own.

Anonymous

**Strength of character includes accepting your failings however public they may be.**

Maturity begins to grow when you can sense your concern for others outweighing your concern for yourself.

John MacNaughton

**When your own needs are met, the needs of others become yours, too.**

Like a great poet,  
nature produces the  
greatest effects with the  
most limited means.

Heinrich Heine

It is clear to me that  
unless we connect  
directly with the earth,  
we will not have the  
faintest clue why we  
should save it.

Helen Caldicott

**Behold rain! Water only,  
yet nourishing all life.**

**Where did your house  
come from; your clothing  
and food? Are you living  
on this planet or are you  
part of this planet?**

It is a wholesome and  
necessary thing for us  
to turn to the earth and  
in contemplation of her  
beauties, know humility  
and wonder.

Rachel Larson

**The same is true with a  
mirror. Look there with  
humility and wonder.**

Nature is the art of God.

Dante Alighieri

**Humanity is among the  
brushstrokes.**



Keep a green tree in  
your heart and perhaps  
a singing bird will come.

Chinese proverb

Weeds are flowers too,  
once you get to know  
them.

A.A. Milne

**There is a garden of  
possibilities in your  
heart. Keep it alive.**

110

**Give everything a  
chance. Everything and  
everyone deserve it.**

Forgiveness does not  
change the past, but it  
does enlarge the future.

Paul Boese

**Forgiving the past  
makes more of the  
future.**

111

The heart of a mother  
is a deep well at the  
bottom of which  
you will always find  
forgiveness.

Honoré de Balzac

**Forgiveness releases  
the forgiven and the  
forgiver.**

One of the secrets of a long and fruitful life is to forgive everybody for everything every night before you go to bed.

Ann Landers

**When you forgive completely, then every day is a brand new day.**

A successful person can spend an entire day on the bank of a river without feeling guilty about it.

Richard Farrell

**Successful people give themselves permission to act vigorously, and sit quietly.**

What makes a river so restful to people is that it doesn't have any doubt – it is sure to get where it is going, and it doesn't want to go anywhere else.

Hal Boyle

**You can be as restful and powerful as a river once you decide where you want to go.**

Who hears the rippling of rivers will not utterly despair of anything.

Henry David Thoreau

**Nature provides many simple comforts: Enjoy them.**

The earth does not  
belong to any man;  
Man belongs to the  
earth.

Native American saying

Learn from yesterday,  
live for today, dream  
for tomorrow.

Anonymous

**Do not think of what you  
can take. Be thankful for  
what you've been given.**

**Use lessons from your  
past in your present to  
enrich your future.**

The frog does not drink  
up the pond in which he  
lives.

Native American saying

**Take care more than you  
take in.**

A crust eaten in peace  
is better than a banquet  
partaken in anxiety.

Aesop

**You must learn to savor  
simplicity before you  
can enjoy abundance.**

When all else is lost the  
future still remains.

Christian Bovee

Seek and you will find.  
What is unsought will  
go undetected.

Sophocles

**Believe in the future – it  
will always become what  
you make it.**

**No matter how much  
you want it, you'll never  
find it until you seek it.**

Each small task of  
every day is part of the  
total harmony of the  
universe.

St. Theresa of Lisieux

**You are a part of  
the whole. We all fit  
together.**

He is rich who owns  
the day. There is no  
king, rich man, fairy or  
demon who possesses  
such power as that.

Ralph Waldo Emerson

**Give yourself to this day  
and this day to yourself.**

The best thing about the future is that it only comes one day at a time.

Abraham Lincoln

**Every day is another chance to choose.**

Every tomorrow has two handles. We can take hold of it with the handle of anxiety or with the handle of faith.

Henry Ward Beecher

**Will you worry about tomorrow or believe in tomorrow?**

The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with a strong and active faith.

Franklin D. Roosevelt

**Believing in a better tomorrow makes today a better day.**

To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to.

Kahlil Gibran

**To illuminate another person, ask them to tell you their dreams.**

Our character is what we do when we think no one is looking.

Karl Otto von Bismarck

**But someone *is* always looking – you.**

You cannot build character and courage by taking away men's initiative and independence.

William Boetcker

**Character cannot be given, it must be discovered. Courage cannot be granted, it must be found.**

A man never stands as tall as when he kneels to help a child.

Motto of the  
Knights of Pythagoras

**The greatest are always willing to help those who have the least.**

When the character of a man is not clear to you, look at his friends.

Japanese proverb

**A man may be judged by the company he keeps.**

Hope is the pillar that  
holds up the world.  
Hope is the dream of a  
waking man.

Pliny the Elder

**Look forward with  
hopeful expectation.**

What is life? It is a  
flash of a firefly in the  
night, the breath of a  
buffalo in the winter,  
the shadow that runs  
across the grass and  
loses itself in the  
sunset.

Native American proverb

**Life is fleeting. Savor  
every moment.**

Every trouble gives out  
a ray of hope. The one  
unchangeable certainty  
is that nothing is certain  
or unchangeable.

John F. Kennedy

**When trouble comes, it  
does not stay forever.**

The problem with not  
having a goal is that you  
can spend your whole life  
running up and  
down the field without  
ever scoring.

Anonymous

**Without a goal, how will  
you know what you have  
achieved?**

The best conversation-  
alist is a very good  
listener.

Chinese proverb

**Listening makes good  
conversation.**

Kind words can be  
short and easy to speak,  
but their echoes are  
truly endless.

Mother Teresa

**A kind word costs  
nothing and takes only  
a moment, but can yield  
momentous results.**

If nothing ever changed,  
there'd be no butterflies.

Anonymous

**Embrace change as  
part of life and see the  
beauty that emerges.**

You have never really  
lived until you've done  
something for someone  
who can never repay  
you.

Benjamin Franklin

**To give without expecting  
in return may give you  
the highest return of all.**



The heart of a fool is  
in his mouth, but the  
mouth of the wise man  
is in his heart.

Robert Frost

**The wise know it is not  
words that proclaim  
their wisdom.**

126

Education is the ability  
to listen to almost  
anything without losing  
your temper.

David Norris

**Learn to understand and  
accept, not to react and  
reject.**

How you spend your  
time is more important  
than how you spend  
your money. Money  
mistakes can be  
corrected, but time is  
gone forever.

Roger Hamilton

**Spend your time  
carefully. You will never  
get it back.**

127

To err is human; to  
blame the next guy,  
even more so.

Anonymous

**When the responsibility  
is yours, take it.**

There is so much good  
in the worst of us, and  
so much bad in the best  
of us, that it behooves  
all of us not to talk  
about the rest of us.

Robert Louis Stevenson

**Instead of finding joy in  
people's perfection, find  
joy in their efforts to be  
good, in spite of their  
imperfections.**

Never try to make  
anyone like yourself  
– you know that one of  
you is enough.

Anonymous

**Everyone is unique.  
Enjoy!**

People who jump to  
conclusions often  
frighten the best ones  
away.

Arthur Morris

**Draw your conclusions  
slowly – it allows time  
for the best ones to  
surface.**

Humor is laughing at  
what you haven't got  
when you ought to  
have it.

Ella Beckenstein

**A sense of humor is the  
best defense against  
disappointment.**

Change is an easy panacea. It takes character to stay in one place and be happy.

Ralph Vangard

**Are you calm enough to sit still and enjoy it?**

Dig the well before you get thirsty.

Chinese saying

**The only way to prepare for the future is to get ready before it arrives.**

My advice to you is not to inquire why or whither, but just to enjoy your ice cream while it's on your plate.

Thornton Wilder

**If you always question everything, you'll never take a lick!**

Confidence, like art, never comes from having all the answers; it comes from being open to all the questions.

Earl Stevens

**Do you think you know everything? Can you happily accept that you don't?**

Life is a romantic  
business, but you have  
to make the romance.

Oliver Wendell Holmes

Yesterday is a dream,  
tomorrow but a vision.  
But today well lived  
makes every yesterday  
a dream of happiness,  
and every tomorrow a  
vision of hope. Look  
well, therefore, to this  
day.

Sanskrit proverb

**Enjoy the fruits of your  
labor.**

**Making today a great  
day improves the past  
and the future.**

He who asks is a fool  
for five minutes, but  
he who does not ask  
remains a fool forever.

Chinese proverb

**If you don't ask, you  
won't learn.**

The bad news is time  
flies. The good news is  
you are the pilot.

Roger Hamilton

**This time is yours. Make  
the most of it.**

There are three ingredients in a good life: yearning, learning and earning.

Christopher Morley

**Yearn for greater success. Learn for greater knowledge. Earn for greater rewards.**

Generosity is giving more than you can; pride is taking less than you need.

Khalil Gibran

**Generosity benefits all. Pride benefits no one.**

When you are willing, everything changes. The journey becomes fun. Obstacles become adventures. Goals become the source of energy and drive.

Atul Mathur

**Be willing and the magic will follow.**

Great change requires great effort. Make it.

Shelley Wake

**If you don't put your best into it, you'll never get the best out of it.**

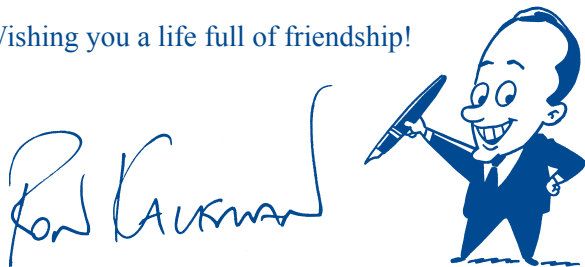
Thank you for choosing, reading and sharing this book.  
From the 512 cheerful tips and quips, this is one of my  
favorites:

A friend is someone who is glad to see you  
and doesn't have any immediate plans for  
your improvement.

— Bill Coffin

Which is *your* favorite quote inside this book? Which  
friends will you share it with today?

Wishing you a life full of friendship!





Celebrate Family & Friends

RON KAUFMAN

# Cheerful quips and playful tips to expand the joys of living!

Other people see their worth  
reflected in your eyes.  
Show them a beautiful picture.

Ron Kaufman is the author and founder of UP! Your Service.® He is one of the world's most sought-after educators and thought-leaders for uplifting service and building service cultures.

INSPIRATIONAL / SELF HELP

ISBN 981052937-6



9 789810 529376

[www.RonKaufman.com](http://www.RonKaufman.com)

