

Medicine 3 / 3

A vital part of the happiness formula is self-discipline. Whoever conquers himself knows deep happiness that fills the heart with joy. [Norman Vincent Peale](#)

If you are not in the process of becoming the person you want to be, you are automatically engaged in becoming the person you don't want to be. [Dale Carnegie](#)

Measure everything of significance. Anything that is measured and watched improves. [Bob Parsons](#)

Ennui has made more gamblers than avarice, more drunkards than thirst, and perhaps as many suicides as despair. [Buddah](#)

When nothing changes, nothing changes. Anon.

Many a false step has been made by standing still. Fortune Cookie

It is rare that we need to be taught anything new, but it is very common that we need to be reminded of something that we already know. Anon.

It is easier to find men who will volunteer to die, than to find those who are willing to endure pain with patience. [Julius Caesar](#)

Good medicine tastes bad. Anon.