

# “YOU Are All You Need!”

An **inspirational quotes ebook** by the editor  
of [SelfHelpCollective.com](http://SelfHelpCollective.com) – Steve M Nash © 2009-2011

*“[A] fantastic read!”*

– Jo Withey, Save-Money-Guide.com



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## 7 Quotes on Happiness – Be Yourself, Be Happy



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.

#1

***“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?

#2

*“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.

#3

*“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. (**Note:** these words were taken from [Steve Jobs' famous inspirational video – Stanford Commencement Speech](#). Watch! Listen! (Wow!))

#4

*“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.

#5

*“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...

#6

*“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.

#7

*“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! (And... **now watch this YouTube video** which contains all of these quotes, together with a beautiful piece of piano music ☺...)



[http://www.youtube.com/watch?v=t\\_aYt2eo\\_vk](http://www.youtube.com/watch?v=t_aYt2eo_vk)

## 5 Quotes That Reveal ... YOU Are All You Need!



*“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** – you and self-love. And I have collected a few inspirational quotes to prove my point. Quotes like this one, from Galileo Galilei:

#8

*“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...

#9

*“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!

#10

*“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.

#11

*“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.

#12

*“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 ebook 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:

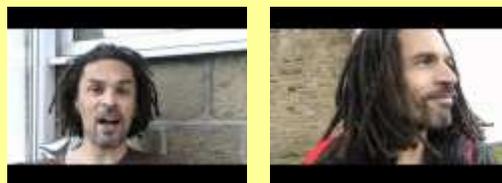
[Steve M Nash](#) believes that you are your own self help guru. Yes, it’s important to learn from others but you must teach yourself – trust in your inner wisdom, be your own guide!



And that's precisely why Steve created the [Self Help Collective](#) website – to let you help yourself, AND help others too.

Self-help – and, ultimately, achieving a happy, fulfilled & positive life – really does start and end with YOU! And that’s why Steve thinks **this final page** of this quick-to-read ebook **is the most important**: because Steve challenges YOU to take action...

Steve has recorded videos where he explains the meaning of many inspirational quotes and how they apply to his (and maybe your) life. He sends these videos out monthly via his [Monthly Marvel \(& Weekly Wonder\) newsletter](#).



[Listen to Steve explain more, here...](#)

## ...STEVE’S 3 CHALLENGES (TO YOU):

1. **Ask yourself** this question, “How can I be ALL I NEED today?” Re-read this ebook – do it now, it’ll only take a moment – to see what ideas you come up with.
2. **Reprogram yourself!** Sometimes change is simply a matter of positive thought replacing negative. You can reprogram yourself by [using self-hypnosis](#).
3. **Challenge yourself!** Could you build your own successful website based on your passions and interests? Why not? [Challenge yourself to see if it’s even possible...](#)