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Quotes about Worry

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The freedom now desired by many is not freedom to do and dare but freedom from care and worry.

- Adams, James Truslow

Blessed is the person who is too busy to worry in the daytime, and too sleepy to worry at night.

- Aikman, Leo

Overcoming fear and worry can be accomplished by living a day at a time or even a moment at a time. Your worries will be cut down to nothing.

- Anthony, Dr. Robert

What's the use of worrying? It never was worth while, so pack up your troubles in your old kit-bag, and smile, smile, smile.

- Asaf, George

It is not work that kills men; it is worry. Work is healthy; you can hardly put more upon a man than he can bear. Worry is the rust upon the blade. It is not the revolution which destroys the machinery but the friction. Fear secretes acids; but love and trust are sweet juices

- Beecher, Henry Ward

The moment the little boy is concerned with which is a jay and which is a sparrow, he can no longer see the birds or hear them sing.

- Berne, Eric

Do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day.

- Bible

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus. [Philippians 4:6, 7]

- Bible

Worry not about the possible troubles of the future; for if they come, you are but anticipating and adding to their weight; and if they do not come, your worry is useless; and in either case it is weak and in vain, and a distrust of God's providence.

- Blair, Hugh

Worry does not empty tomorrow of its sorrow; it empties today of its strength.

- Boom, Corrie Ten

Worry is a cycle of inefficient thoughts whirling around a center of fear.

- Boom, Corrie Ten

There are two days in the week on which I never worry; One is yesterday and the other is tomorrow.

- Burdette, Robert

As a rule, men worry more about what they can't see than about what they can.

- Caesar, Julius

Do you remember the things you were worrying about a year ago? How did they work out? Didn't you waste a lot of fruitless energy on account of most of them? Didn't most of them turn out all right after all?

- Carnegie, Dale

If only the people who worry about their liabilities would think about the riches they do possess, they would stop worrying.

- Carnegie, Dale

People get so in the habit of worry that if you save them from drowning and put them on a bank to dry in the sun with hot chocolate and muffins they wonder whether they are catching cold.

- Chapman, John Jay

Men worry over the great number of diseases, while doctors worry over the scarcity of effective remedies.

- Ch'lao, Pien

Let our advance worrying become advance thinking and planning.

- Churchill, Winston

When I look back on all the worries I remember the story of the old man who said on his deathbed that he had a lot of trouble in his life, most of which never happened.

- Churchill, Winston

Do not worry about holding high position; worry rather about playing your proper role.

- Confucius

Worry not that no one knows of you; seek to be worth knowing.

- Confucius

Worry -- a God, invisible but omnipotent. It steals the bloom from the cheek and lightness from the pulse; it takes away the appetite, and turns the hair gray.

- Disraeli, Benjamin

As a cure for worrying, work is better than whiskey.

- Edison, Thomas A.

Little minds have little worries, big minds have no time for worries.

- Emerson, Ralph Waldo

The reason why worry kills more people than work is that more people worry than work.

- Frost, Robert

There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever.

- Gandhi, Mahatma

Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything.

- Hemingway, Mary

Stop worrying about the potholes in the road and celebrate the journey!

- Hoffman, Barbara

One of the commonest mistakes is thinking your worries are over when your children get married.

- Hubbard, Kin

Stop worrying -- nobody gets out of this world alive.

- James, Clive

If you believe that feeling bad or worrying long enough will change a past or future event, then you are residing on another planet with a different reality system.

- James, William

The sovereign cure for worry is prayer.

- James, William

I have lost everything, and I am so poor now that I really cannot afford to let anything worry me.

- Jefferson, Joseph

How much pain worries have cost us that have never happened?

- Jefferson, Thomas

The only way I'd worry about the weather is if it snows on our side of the field and not theirs.

- Lasorda, Tommy

The worst thing you can possibly do is worrying and thinking about what you could have

done.

- Lichtenberg, Georg C.

Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and easy. Maybe there are other things your special case requires to make you happy, but my friend, these I reckon will give you a good lift. -

- Lincoln, Abraham

Don't worry when you are not recognized, but strive to be worthy of recognition.

- Lincoln, Abraham

We often hear of people breaking down from overwork, but in nine out of ten they are really suffering from worry or anxiety.

- Lubbock, Sir John

Rule #1: Don't sweat the small stuff. Rule #2: It's all small stuff.

- Mantell, Michael

Worry affects the circulation, the heart, the glands, the whole nervous system. I have never known a man who died from over work, but many who died from doubt.

- Mayo, Charles Horace

The trouble with worrying so much about your security in the future is that you feel so insecure in the present.

- Miller, Harlan

We probably wouldn't worry about what people think of us if we could know how seldom they do.

- Miller, Olin

Happy is the man who has broken the chains which hurt the mind, and has given up worrying once and for all.

- Ovid

We consume our tomorrows fretting about our yesterdays.

- Persius

Worry is a useless mulling over of things we cannot change.

- Pilgrim, Peace

Nothing in the affairs of men is worthy of great anxiety.

- Plato

When we have nothing to worry about we are not doing much, and not doing much may supply us with plenty of future worries.

- Proverb, Chinese

Worry gives a small thing a big shadow.

- Proverb, Swedish

Concern should drive us into action and not into a depression. No man is free who cannot control himself.

- Pythagoras

Fear nothing but what thy industry may prevent; be confident of nothing but what fortune cannot defeat; it is no less folly to fear what is impossible to be avoided than to be secure when there is a possibility to be deprived.

- Quarles, Francis

Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.

- Rache, Arthur Somers

I finally know what distinguishes man from the other beasts: financial worries.

- Renard, Jules

It ain't no use putting up your umbrella till it rains.

- Rice, Alice Caldwell

Early in my business career I learned the folly of worrying about anything. I have always worked as hard as I could, but when a thing went wrong and could not be righted, I dismissed it from my mind.

- Rosenwald, Julius

Our instinctive emotions are those that we have inherited from a much more dangerous world, and contain, therefore, a larger portion of fear than they should.

- Russell, Bertrand

Don't worry about the world coming to an end today. It's already tomorrow in Australia.

- Schulz, Charles M.

Present fears are less than horrible imaginings.

- Shakespeare, William

There are people who are always anticipating trouble, and in this way they manage to enjoy many sorrows that never really happen to them.

- Shaw, Henry Wheeler

Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.

- Spurgeon, Charles Haddon

Don't tell me that worry doesn't do any good. I know better. The things I worry about don't happen.

- Unknown, Source

Perpetual worry will get you to one place ahead of time -- the cemetery.

- Unknown, Source

Ninety percent of the things we tend to WORRY about we have no control over, so why worry about them?

- Unknown, Source

It would take battalions of angels to protect us from our dreaded dangers, though in a long lifetime few of the dangers come to anything.

- Unknown, Source

If you cannot help worrying, remember that worrying cannot help you either.

- Unknown, Source

Don't worry about the intensity and direction of the putt -- until you get on the green!

- Unknown, Source

Do not worry about whether or not the sun will rise. Be prepared to enjoy it.

- Unknown, Source

Don't worry, be happy.

- Baba, Meher

Worry: a sustained form of fear caused by indecision.

- Unknown, Source

Why worry when you can pray?

- Unknown, Source

To worry is a sin. Only one sort of worry is permissible; to worry because one worries.

- Unknown, Source

There are only two things to worry about, either you are healthy or you are sick. If you are healthy, then there is nothing to worry about. But if you are sick there are only two things to worry about, either you will get well or you will die. If you get well, then there is nothing to worry about. But if you die there are only two things to worry about, either you will go to heaven or to hell. If you go to heaven, then there is nothing to worry about. And if you go to hell, you'll be so darn busy shaking hands with your friends you won't have time to worry!

- Unknown, Source

The good Lord gave me a brain that works so fast that in one moment I can worry as

much as it would take others a whole year to achieve.

- Unknown, Source

Set aside half an hour every day to do all your worrying; then take a nap during this period.

- Unknown, Source

Worry is the interest paid by those who borrow trouble.

- Washington, George

Spring comes with flowers, autumn with the moon, summer with the breeze, winter with snow. When idle concerns don't fill your thoughts, that's your best season.

- Wu-Men

Suffer no anxiety, for he who is a sufferer of anxiety becomes regardless of enjoyment of the world and the spirit, and contraction happens to his body and soul.

- Zoroaster

The reason why worry kills more people than work is that more people worry than work.

- Frost, Robert



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