

"Eric Hood is a man on a mission! This book will help you face each day more boldly!"

- Dr. Willie Jolley - Best Selling Author of "A Setback Is A Setup For A Comeback" & "An Attitude of Excellence!"

It's All About Me!!!

Motivation & Encouragement

ERIC B. HOOD

It's All About ME:
Motivation and Encouragement

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Contents

Dedication

Acknowledgements

Introduction

Part I – He Said, She Said

Part II – The Center of It All

Part III – I Heard That

References

PART I

He Said, She Said

(Motivational Quotes)

If a man has done his best, what else is there?

GEN. GEORGE S. PATTON

Give and do more!

MAGIC JOHNSON

Think Absolutely Positively!

ERIC B. HOOD

Success is having the courage to act upon the gift that God gave you with all that's within you!

ERIC B. HOOD

We are the wire, God is the current. Our only power is to let the current pass through us.

CARLO CARRETTO

Being entirely honest with oneself is a good exercise.

SIGMUND FREUD

Friendship with oneself is all important because without it one cannot be friends with anyone else.

ELEANOR ROOSEVELT

A clay pot sitting in the sun will always be a clay pot. It has to go through the white heat of the furnace to become porcelain.

MILDRED W. STRUVEN

Better to remain silent and be thought a fool, than to speak out and remove all doubt.

ABRAHAM LINCOLN

Start doing what is necessary; then do what is possible; and suddenly you are doing the impossible.

ST. FRANCIS OF ASSISSI

There are no problems, that we cannot solve together, and very few that we can solve by ourselves.

PRESIDENT LYNDON B. JOHNSON

You cannot push anyone up the ladder unless he is willing to climb himself.

ANDREW CARNEGIE

Each person we meet has the potential to teach us something.

JOHN C. MAXWELL

No matter the size of the bottle, the cream always rises to the top.

CHARLES WILSON

Be not afraid of growing slowly; be only afraid of standing still.

CHINESE PROVERB

You can get everything in life you want if you just help enough other people get what they want.

ZIG ZIGLAR

It only takes a minute to change your life.

WILLIE JOLLEY

Destiny is not a matter of chance; it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.

WILLIAM JENNINGS BRYAN

Vision is the world's most desperate need. There are no hopeless situations, only people who think hopelessly.

WINIFRED NEWMAN

Failure is the opportunity to begin again more intelligently.

HENRY FORD

A setback is only a set up for a comeback.

WILLIE JOLLEY

Failure will never overtake me if my determination to succeed is strong enough.

O.G. MANDINO

What does not destroy me makes me stronger.

FRIEDRICH NIETZSCHE

Winning is not everything, but the effort to win is.

ZIG ZIGLAR

Our lives begin to end the day we become silent about things that matter.

REV. DR. MARTIN LUTHER KING, JR.

The test we must set for ourselves [is] not to march alone, but to march in such a way that others will wish to join us.

HUBERT H. HUMPHREY

Never hesitate to ask for help. No one succeeds alone.

MICHELINE BOUCHARD

Try to pursue excellence with no excesses.

BILL CAMPBELL

Be able to overcome the adversity and obstacles that will come along. You've got to get up one more time than you fall down.

HOMER DREW

You can choose happiness every day. Laughter and enthusiasm are the fuels that move the world. The world belongs to the enthusiastic, and people will follow them anywhere.

ANDY ANDREWS

We must not only give what we have, we must also give what we are.

DESIRE JOSEPH MERCIER

One does not make friends. One recognizes them.

GARTH HENDRICKS

Don't be afraid of the space between your dreams and reality. If only you can dream it, you can make it so.

BELVA DAVIS

Look carefully at the closest associations in your life, for that is the direction you are heading.

JOHN L. MASON

If you accept your limitations, you go beyond them.

BRENDA FRANCIS BEHAN

The minute you settle for less than you deserve, you get even less than you settle for.

MAUREEN DAWD

Those who give when they have been asked to have waited too long.

KUDI YAMEDA

Success is not so much what we have as it is what we are.

TROY AIKMAN

Run when you can, walk when you have to; crawl if you must, just never give up.

DEAN KARNAZES

A good head and a good heart are always a formidable combination.

NELSON MANDELA

No one rises to low expectations.

LES BROWN

Besides pride, loyalty, discipline, heart, and mind, confidence is the key to all locks.

JOE PATERNO

There are no such things as problems, just circumstances, and you get over them.

SHAWNDYA L. SIMPSON

Your attitude is the key. Keep up your enthusiasm and optimism through the tough times.

KAY YOW

Light your candle. You never know where the beam might reach.

FOUBEL H. KASSHAUER

The butterfly that flies among the thorns will tear its wings.

AFRICAN PROVERB

It has been my philosophy of life that difficulties vanish when faced boldly.

ISAAC ASIMOV

Never be too proud to change.

BOBBY BOWDEN

What we call will come into our hands. Our actions draw so many things to us.

BEVERLY. M. COLLINS

What we see depends mainly on what we look for.

JOHN CUBBOCK

For things to change, you've got to change. For things to get better, you have got to get better.

JIM ROHN

It isn't what the book costs; it's what it will cost if you don't read it.

JIM ROHN

If you are never scared or embarrassed or hurt, it means you never take chances.

JULIA SOUL

Everything is possible if you develop a plan.

MARK FOX

When one will not, two cannot quarrel.

SPANISH PROVERB

Sometimes in the winds of change we find our true direction.

AUTHOR UNKNOWN

The flowers of all the tomorrows are in the seeds of today.

CHINESE PROVERB

Tell the truth when you can, and when you can't, don't tell a lie.

AUTHOR UNKNOWN

The only time you are allowed to use the word "can't" when pursuing your dream is when you are saying the word "miss" immediately after it.

JERRY FREKING

The distance is nothing. It's only the first step that's important.

MARIE ANNE DEVICHY-CHAMROND

You cannot make yourself feel something you do not feel, but you can make yourself do right in spite of your feelings.

PEARL S. BUCK

The future depends on what we do in the present.

MAHATMA GANDHI

You must do the thing you think you cannot do.

ELEANOR ROOSEVELT

Continuous effort is the key to unlocking our potential.

BLACK ELK NATIVE AMERICAN

Every time you are not practicing, someone else is.

BORIS BECKER

The harder the conflict, the more glorious the triumph.

THOMAS PAINE

No one knows what he can do until he tries.

PUBLICUS SYRUS

Motivation is what gets you started; habit is what keeps you going.

AUTHOR UNKNOWN

One hundred percent of the shots you don't take, don't go in.

WAYNE GRETSKY

Life is like riding a bicycle. To keep your balance you must keep moving.

ALBERT EINSTEIN

Where you start is not as important as where you finish.

ZIG ZIGLAR

If you continue to do what's right, what's wrong and who's wrong will eventually leave your life.

DAVID BLUNT

You are the same today that you are going to be in five years from now except two things: the people with whom you associate and the books you read.

CHARLIE "TREMENDOUS" JONES

Courage is the power of the mind to overcome fear.

MARTIN LUTHER KING JR.

The first wealth is health.

RALPH WALDO EMERSON

The greatest mistake a man can make is to be afraid of making one.

ELBERT HUBBARD

By perseverance the snail reached the ark.

CHARLES HADDEN SPURGEON

Winning starts with beginning.

ROBERT SCHULLER

In order to succeed, we must first believe that we can.

MICHAEL KORDA

What happens to a man is less significant than what happens within him.

LOUIS L. MANN

The difference between impossible and possible lives in man's determination.

TOMMY LASORDA

You can't have a better tomorrow if you are thinking about yesterday all the time. Your past doesn't equal your future.

CHARLES KETTERING

It's not the mountain that we conquer, but ourselves.

SIR EDMUND HILLARY

Genius is one percent inspiration and 99% preparation.

THOMAS EDISON

I didn't trying to dance better than anyone else. I try to dance better than myself.

MIKHAIL BARYSHNIKOV

The tragedy of life doesn't lie in not meeting you goal. The tragedy lies in having no goal to reach.

BENJAMIN MAYS

A leader never lets adversity gets him down – except on his knees.

JIM WILLIAM

Striving for success without hard work is like trying to harvest where you haven't planted.

DAVID BLY

You have to expect things of yourself before you can do them.

MICHAEL JORDAN

Obstacles are those frightful things you see when you take your eyes off the goal.

HENRY FORD

Never look down on anybody unless you're helping them up.

JESSE JACKSON

Everything is created twice – first mentally, then physically.

GREG ANDERSON

If you want your life to be more rewarding, you have to change the way you think.

OPRAH WINFREY

Leaders always find a way to make things happen.

JOHN MAXWELL

We have forty million reasons for failure, but not a single excuse.

RUDYARD KIPLING

The freedom to be your best means nothing unless you are willing to do your best.

COLIN POWELL

People who live for self never succeed in satisfying self or anybody else.

TRUMBALL

Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it.

LOU HOLTZ

Whatever is worth doing at all is worth doing well.

PHILIP CHESTERFIELD

The first step to wisdom is silence, the second is listening.

CARL SUMMER

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