

Life Lessons From *Tuesdays With Morrie* (Doubleday, 1997)

1. "Accept what you are able to do and what you are not able to do." (p. 18)
2. "Accept the past as past, without denying it or discarding it." (p. 18)
3. "Learn to forgive yourself and to forgive others." (p. 18)
4. "Don't assume that it is too late to get involved." (p. 18)
5. Find someone to share your heart, give to your community, be at peace with yourself, try to be as human as you can be. (p. 34)
6. "Love always wins." (p. 40)
7. "The culture we have does not make people feel good about themselves. And you have to be strong enough to say if the culture doesn't work, don't buy it." (p. 42)
8. "So many people walk around with a meaningless life. They seem half-asleep, even when they're busy doing things they think are important. This is because they're chasing the wrong things. The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning." (p. 43)
9. ". . . if you really want it, then you'll make your dream happen." (p. 47)
10. "The most important thing in life is to learn how to give out love, and to let it come in." (p. 52)
11. "Love is the only rational act." (p. 52)
12. "I don't allow myself any more self-pity than that. A little each morning, a few tears, and that's all . . . It's horrible to watch my body slowly wilt away to nothing. But it's also wonderful because of all the time I get to say goodbye." (p. 57)
13. "Sometimes you can't believe what you see; you have to believe what you feel." (p. 61)
14. "What if today were my last day on earth?" (p. 64)
15. "Once you learn how to die, you learn how to live." (p. 82)
16. If you accept you are going to die at any time, then you might not be as ambitious as you are. (p. 83)
17. There is no foundation, no secure ground, upon which people may stand today if it isn't the family. (p. 91)
18. "Don't cling to things, because everything is impermanent." (p. 103)
19. ". . . If you've found meaning in your life you don't want to go back. You want to go forward. You want to see more, do more. You can't wait until sixty-five." (p. 118)
20. "Money is not a substitute for tenderness, and power is not a substitute for tenderness." (p. 125)
21. ". . . love is how you stay alive, even after you are gone." (p. 133)
22. "Love each other or perish." (p. 149)
23. ". . . the big things—how we think, what we value—those you must choose yourself. You can't let anyone--or any society—determine those for you." (p. 155)
24. "Don't let go too soon, but don't hang on too long." (p. 162)
25. "Be compassionate. And take responsibility for each other. If we only learned those lessons, this world would be so much better a place." (p. 163)
26. "Forgive yourself before you die. Then forgive others." (p. 164)
27. "As long as we can love each other, and remember the feeling of love we had, we can die without ever really going away. All the love you created is still there. All the memories are still there. You live on—in the hearts of everyone you have touched and nurtured while you were here." (p. 174)
28. "Death ends a life, not a relationship." (p. 174)
29. The important questions have to do with love, responsibility, spirituality, awareness. (p. 175)
30. "You're not a wave, you are part of the ocean." (p. 180)
31. ". . . there is no such thing as 'too late' in life." (p. 190)