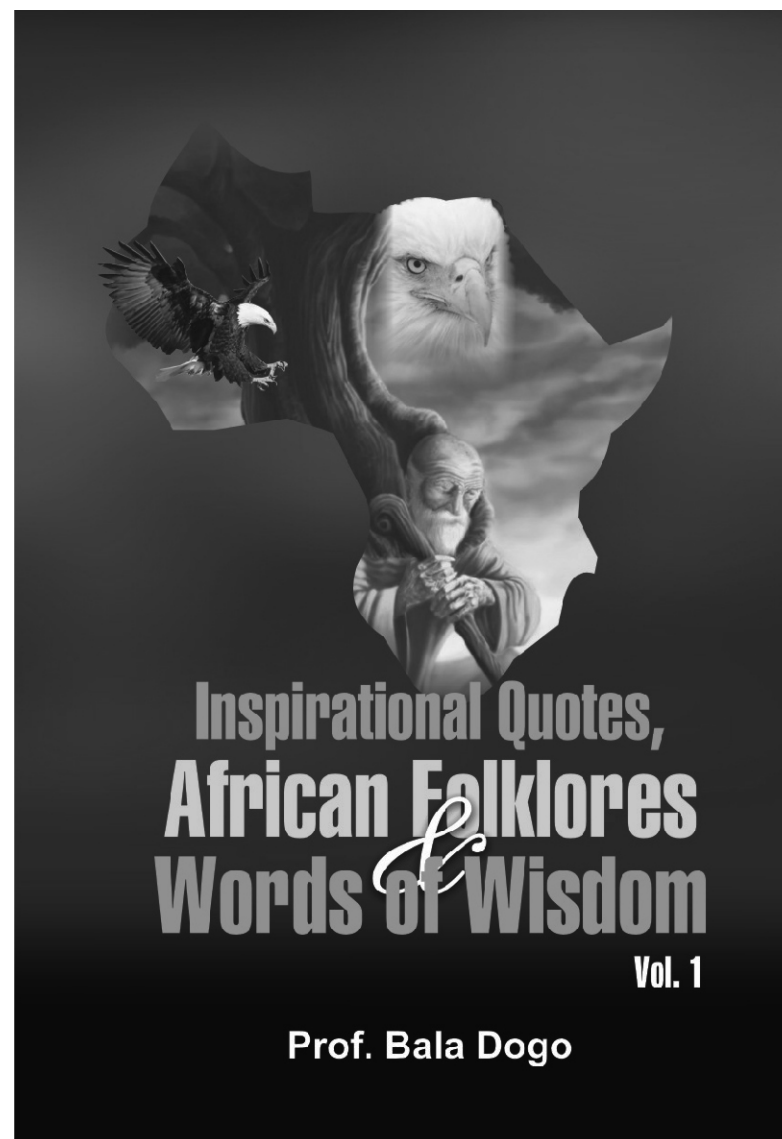


IN GRATITUDE...

The idea about this book came rather sudden when Mr Sunday Nkut- the first Volunteer Functional Literacy Teacher of CaRE-NGO came visiting to my office the other day. By then, I gave Mrs. Suzie Daniel portions of some of the quotations to type. Mr. Joseph Olowo, the Printer was called in there and then. There was this suggestion that the work can be compiled into a book and that is what you have in your hands. I remain grateful to them. The materials, quotations, short stories and folklores were obtained from several articles, books and the internet. I am grateful to Mr Mike Ndakson for sending me quotations on a daily basis via the internet. My Teacher, Professor and Mentor, Prof. A. A. Adepetu who normally buys Nigerian Tribune, provided me with some of the quotations and stories. He told me that he considers any day wasted if he did not learn a new thing. This book will also come as a surprise because of the challenge I got from my wife, Joy- that I should learn to do things and take people by surprise. My Oga, Friend and Big Brother in the US- Dr Freeman Kamuru made it possible for me to go there for the first time- where I learned a lot. Also, Dr Alex Kure and Dr A K Babajo offered useful counsel after looking at the original title of the book.

I thank several other persons like Barnabas Baba of Houdegbe North American University, Benin, for typesetting the book and Nathan Yerima, for reading the manuscripts and arranging them into sections. Group Captain A A Kassimu has remained a fine gentleman, an



Inspirational Quotes, African Folklores and Words of Wisdom Vol. 1

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DEDICATION

This work is dedicated to the memory of my late father who toiled so hard to send us to school but did not live long to see what his child would become; and also to:

- ◆ The many people who have soft spot for me in their lives like Dr. B. J Ajibuah and Femi Anjorin who were my Students but now are my academic Colleagues;
- ◆ Late Prof. H.I. Ajaegbu, my first Professor, who had confidence in me which led him to offer me a job as a Researcher, Lecturer and to go overseas to analyse the data for my PhD work-what a rare opportunity one had ever had;
- ◆ Prof. A. A. Adepetu who, supervised all my degrees' dissertations;
- ◆ My students, particularly those who have come to CaRE-NGO to learn how to read and write despite their age;
- ◆ Sir Patrick Ibrahim Yakowa CON, the first Executive Governor of Kaduna State from the Southern part of the State- You have made us to believe that 'Yes. We Can! And with God **all** things are possible'
- ◆ And to all those who are reaching out, touching and changing lives for good all over the world.

Officer, Soldier and Scholar. I thank the Distinguished Senator Mrs Nenadi Esther Usman (**Jakadiyar Kagoro**), who wrote the foreword; your contributions to CaRE-NGO are highly appreciated.

The reader will observe some repetition in some instances, and the items are not arranged thematically in the strict sense of the word because of their cross-cutting nature. Do not worry; this was the way I was brought up by my senior sister, (who is more or less my mother) Asabe Mashi in Kafanchan in the 60s and 70s. She will say a thing and say it again for the sake of emphasis; so that I do not forget. My children- Shalom and Mendos helped in the typing, and Salama and other family members Dogara, Habila, Hajia, Joe and others tried to make me comfortable since my wife, Joy is in the University of East Anglia. I remain grateful to all of you. Most importantly, I thank God for making this book a reality and I pray He will use it to inspire YOU.

Kaduna, 11/11/11.

FOREWORD

Quotations, folklore and live stories have remained powerful means of conveying messages from time past. It is possible to associate renowned figures like John F. Kennedy, Nelson Mandela, Eleanor Roosevelt, Henry Ford, Margaret Thatcher, Mother Theresa and Martin Luther King (Jr.) with famous quotations.

What Prof. Bala Dogo has attempted to do here is to make available a handy document that can be consulted when one is down cast and needs words of wisdom for motivation or inspiration. It will also come in handy while preparing to write speeches or papers for important occasions. Prof. Bala Dogo has artfully blended in Nigerian sayings and African folklores to enrich the book.

I therefore recommend this book to all and sundry to read in order to have an insight into the wisdom of great minds that have gone before us.

Remember, as it has been said, a mind is like a parachute – it only works when it is open.

Senator Nenadi Esther Usman
(Jakadiyar Kagoro)

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other.

-Maxwell Maltz.

- I live by this credo: Have a little laugh at life and look around you for happiness instead of sadness. Laughter has always brought me out of unhappy situations.

-Red Skelton.

- Every individual has the power to change his or her material or financial status by first changing the nature of his or her beliefs.

-Napoleon Hill.

- Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

-Thomas Jefferson.

- Sincere forgiveness isn't colored with expectations that the other person apologizes or change. Don't worry whether or not they finally understand you. Love them and release them. Life feeds back truth to people in its own way and time.

-Sara Paddison.

- Only the educated are free.

-Epictetus.

- Well begun is half done.

-Aristotle.

- People don't care how much you know until they know how much you care.

-Theodore Roosevelt.

- Any army of sheep led by a lion would defeat an army of lions led by a sheep.

CHAPTER ONE

MOTIVATIONAL ADVICE AND SELF-DEVELOPMENT

- To solve any problem, here are three questions to ask yourself: First, What can I do? Second, What can I read? And third, Who can I ask?

- Jim Rohn, Businessman/Author.

- People who matter are most aware that everyone else does, too.

Malcolm Forbes, 1919-1990, Publisher of Forbes Magazine

- All humans, by their nature, said **Aristotle**, 'desire to know.' A special and unparalleled way to know is to simply go where you've never been before. And the key to this quest for knowledge is 'elsewhere'.
- I have witnessed the softening of the hardest of hearts by a simple smile.

-Bill Hawn.

- The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself.

-Mark Caine, Author.

- Not where you live (or where you come from) but how you live is more important. You have to pull yourself out and stop blaming your environment.

-Mary Freeman Kamuru, Gainesville, Florida.

- The more I want to get something done, the less I call it work.
-Richard Bach.
- Freedom is man's capacity to take a hand in his own development. It is our capacity to mould ourselves.
-Rollo May, American Psychologist.
- Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.
-Thomas Jefferson.
- Knowing is not enough; we must apply. Willing is not enough; we must do.
- Johann Wolfgang Von Goethe.
- The will to win is important, but the will to prevail is vital.
-Joe Paterno.
- There is more credit and satisfaction in being a first-rate truck driver than a tenth-rate executive.
-B. C. Forbes.
- Do what you can, with what you have, right where you are.
-Theodore Roosevelt.
- Everyone who got where he is, had to begin where he was.
-Robert Louis Stevenson.

- Chance only favours the mind that is prepared.
-Louis Pasteur.
- Use the talents you possess, for the world would be a very silent place if no birds sang except the best.
-Heney Van Dyke.
- Difficulty is the excuse history never accepts
-Edward R. Murrow.
- The successful person makes a habit of doing what the failing person doesn't like to do.
-Thomas Edison.
- We are what we repeatedly do. Excellence, then, is not an act, but a habit.
-Aristotle.
- What we think or what we believe is, in the end, of little consequence. The only thing of consequence is what we do.
-John Ruskin.
- Whenever you see a successful business, someone once made a courageous decision.
-Peter Ducker.
- Success in solving the problem depends on choosing the right aspect; on attacking the fort from its accessible side.
-George Polya.
- Our self image and our habits tend to go together. Change one and you will automatically change the

- Obstacles can't stop you. Problems can't stop you. Most of all, other people can't stop you. Only you can stop you.

-Jeffrey Gitomer.

- If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.

-Oprah Winfrey.

- Nurture your mind with great thoughts, for you will never go any higher than you think.

-Benjamin Disraeli.

- Pain is temporary it may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit however, it lasts forever.

-Lance Armstrong.

- Be careful the environment you choose for it will shape you; be careful the friends you choose for you will become like them.

-W. Clement Stone.

- Don't go to where you are tolerated; but go to where you are celebrated.

- My destiny is too costly to be in anybody's hand.

-An Old Arab Proverb.

- The rat cannot ask the cat to account; the owl is the wisest of birds because the more it sees, the less it says.
- It is easier to count the seeds in an apple but not the apples in one seed: take time to set your goal on longtime plans that the effects will last a life time.
- Poverty of the mind is worse than poverty of the pocket; your mindset goes a long way in determining your success. Believe in yourself first.
- It's the finger that enters the hole that the snake bites.

-Barr. Achimugu.

- You can accomplish anything in life, provided that you do not mind who get the credit.

-Harry S. Truman.

- It is not enough to have a good mind. The main thing is to use it well.

-Rene Descartes.

- Nothing great has ever been achieved except by those who dared believe something inside them was superior to circumstances.

-Bruce Barton.

- Knowing is not enough; we must apply. Willing is not enough; we must do.

-Johann Wolfgang Von Goethe.

- The will to win is important, but the will to prevail is vital.

-Joe Paterno.

- There is more credit and satisfaction in being a first-rate

truck driver than a tenth-rate executive.

-B. C. Forbes.

- Success is the ability to live your life the way you want to live it, doing what you most enjoy, surrounded by people who you admire and respect.

-Brain Tracy.

- Most successful men have not achieved their distinction by having some new talent or opportunity presented to them. They have developed the opportunity that was at hand.

-Bruce Barton.

- Habits are like a cable. We weave a strand of it every day and soon it cannot be broken.

-Horace Mann.

- Self discipline is the ability to make yourself do what you should do, when you should do it whether you feel like it or not.

-Elbert Hubbard.

- Just begin and the mind grows heated; continue, and the task will be completed

-Johann Wolfgang von Goethe.

- The things that matter most must never be at the mercy of the things that matter least.

-Johann Wolfgang von Goethe.

- No matter what the level of your ability, you have more potential than you can ever develop in a lifetime.

-James. T. McKay.

- Concentrate all your thoughts on the task at hand. The sun's rays do not burn until brought to a focus.

-Alexander Graham Bell.

- Persons with comparatively moderate powers will accomplish much if they apply themselves wholly and indefatigably to one thing at a time.

-Samuel Smiles.

- Nothing can add more power to your life than concentrating all of your energies on a limited set or targets.

-Nido Qubein.

- I can't imagine a person becoming a success who doesn't give this game of life everything he's got.

-Walkers Cronkike.

- Don't find fault; find a remedy.

-Henry Ford'.

- It is better to live rich than to die rich'.

-Dr Samuel Johnson.

- Our self image and our habits tend to go together. Change one and you will automatically change the other.

-Dr. Maxwell Maltz.

- Don't judge each day by the harvest you reap, but by the seeds you plant.

-Robert Louis Stevenson.

- Remember not always to say the right thing in the right place, but for more difficult still to leave unsaid the wrong thing at the tempting moment.

-Benjamin Franklin.

dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.

-Brian Tracy.

- You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.

-Brian Tracy.

- Look for the good in every person and every situation. You'll almost always find it.

-Brian Tracy.

- If you wish to achieve worthwhile things in your personal and career life, you must become a worthwhile person in your own self-development.

-Brian Tracy.

- Excellence is not a destination; it is a continuous journey that never ends.

-Brian Tracy.

- Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, "What's in it for me?"

-Brian Tracy.

- Failure is not a single, cataclysmic event. You don't fail overnight. Instead, failure is a few errors in judgment, repeated every day.

-Jim Rohn.

- To solve any problem, here are three questions to ask yourself: First, what could I do? Second, what could I

-Paula White.

- No talent can survive the blight of neglect.

-Edger A. Whitney.

- You are same today, that you are going to be in the next five years now, except for 2 things: the people with whom you associate, and the books you read.

-Charlie Jones.

- People of mediocre ability sometimes achieve outstanding success because they don't know when to quit. Most people succeed because they are determined to.

-George E. Allan.

- Four short words sum up which has lifted most successful individuals above the crowd: a little bit more. They did all that was expected of them and a little bit more.

-Lou Vickery, Writer.

- So what do we do? Anything-Something. So long as we don't just sit there. If we screw it up, start over. Try something else. If we wait until we've satisfied all the uncertainties, it may be too late.

-Lee La Cocca.

- Failure is a veil. Behind it is a huge success.
- Success is very fragile behind which is failure.
- Somebody who is a failure can care less and remain a failure forever. But a successful person cannot afford to be careless else she/he breaks the fragile success and

failure will glare at him/her.

- Someone who was successful before and became careless finds it difficult to plunge back because he/she lacks further determination to break through such failure for success again.

-Gondos Fumen.

- If you make the unconditional commitment to reach your most important goals, if the strength of your decision is sufficient, you will find the way and the power to achieve your goals.

-Robert Conklin.

- There are three kinds of people: those who are immovable, those who are movable and those who move.

-An Arab Proverb.

- Honor and reward fall to those who show their good qualities in action.

-Aristotle.

- Life will always give you consequences related to your actions.

-Thomas H Huxley.

- Make no small plans; they have no power to stir men's souls.

-Emerson.

- If uncertain, do not make the decision unless you must.

-General Colin Powell.

- It's not what's happening to you now or what has happened in your past that determines who you become. Rather, it's your decisions about what to focus on, what things mean to you, and what you're going to do about them that will determine your ultimate destiny.

-Anthony Robins.

- You see, it's never the environment; it's never the events of our lives, but the meaning we attach to the events -- how we interpret them -- that shapes who we are today and who we'll become tomorrow.

-Anthony Robins.

- It's not the events of our lives that shape us, but our beliefs as to what those events mean.

-Anthony Robins.

- Don't argue for other people's weaknesses. Don't argue for your own. When you make a mistake, admit it, correct it, and learn from it--immediately.

-Dr. Stephen Covey.

- If you're proactive, you don't have to wait for circumstances or other people to create perspective expanding experiences. You can consciously create your own.

-Dr. Stephen Covey.

- Begin with the end in mind.

-Dr. Stephen Covey.

- All successful people men and women are big

standing army.

-Edward Everett.

- I believe that good things come to those who work.

-Wilt Chamberlain.

- Planning is bringing the future into the present so you can do something about it now.

-Alan Lakein.

- How do you eat an elephant? One bite at a time.
- Action without planning is the cause of every failure.

-Alex Macken.

- The things that matter most must never be at the mercy of the things that matter least.

-Soethe.

- Do not wait. The time will never be 'just right. Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.

-Napoleon Hill.

- Do what you can, with what you have, right where you are

-Theodore Roosevelt.

- The world has the habit of making way for the man whose words and actions show that he know where he in going.

-Napoleon Hill.

- The real measure of our wealth is how much we would be worth if we lost all our money.

-John H. Jowett.

- Be not afraid of doing slowly but only afraid of standing still.

read? And third, who could I ask?

-Jim Rohn.

- Learn to help people with more than just their jobs: help them with their lives.

-Jim Rohn.

- End your day by privately looking directly into your eyes in the mirror and saying, 'I love you!' Do this for thirty days and watch how you transform.

-Mark Victor Hansen.

- Do the hard jobs first. The easy jobs will take care of themselves.

-Dale Carnegie.

- Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear.

-Dale Carnegie.

- Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

-Dale Carnegie.

- Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one, it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves.

-Dale Carnegie.

- The best job goes to the person who can get it done without passing the buck or coming back with excuses.

-Napoleon Hill.

- Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.

-Napoleon Hill.

- The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun.

-Napoleon Hill.

- Effort only fully releases its reward after a person refuses to quit.

-Napoleon Hill.

- The world has the habit of making room for the man whose actions show that he knows where he is going.

-Napoleon Hill.

- It's a funny thing about life; if you refuse to accept anything but the best, you very often get it.

-Somerset Maugham.

- A man of knowledge lives by acting, not by thinking about acting

-Carlos Casteneda.

- If you are what you do, then when you don't, you aren't.

-Wayne Dyer.

- By your thoughts you are daily, even hourly, building your life; you are carving your destiny.

-Ruth Barrick Golden.

- The future belongs to those who believe in the beauty of their dreams.

-Eleanor Roosevelt.

- You are designed for success, engineered for achievement, endowed with the seeds of greatness.

-Zig Ziglar.

- It does not matter where you have been, it only matters where you are going.

-Richard Carswell.

- Talk does not cook rice.

-Chinese proverb.

- Those who know do not talk, and talkers do not know.

-Lao tzu.

- The man who walks with God always gets to his destination.

-Rick Mathes.

- There's no sense aiming for a goal with no arrow in your bow.

- Youth and beauty fade away, character endures forever.

- If the road is too straight, there is danger in it.

-Sir Godwin Diwanbor.

- The best way of how not to tell Nigerians something is to put it into Writing because...

- Sam Ishaya.

- Self-control is strength; Calmness is power.

-Allen James.

- Education is a better safeguard of liberty than a

- Forgiveness does not change the past, but it does enlarge the future.
-Paul Boese.
- Nothing is, at last, sacred, but the integrity of your own mind.
-Ralph W. Emerson.
- When we are dreaming alone it is only a dream. When we are dreaming with others, it is the beginning of reality.
-Don Helder Camra.
- Be faithful in small things because it is in them that your strength lies.
-Mother Theresa.
- An ally has to be watched just like an enemy.
-Lao Trotsky.
- It is a greater work to educate a child, in the true and larger sense of the word, than to rule a state"
-William Ellery Chering.
- Defeat is a state of mind. No one is ever defeated until defeat has been accepted as reality. To me, defeat is anything merely temporary, and its punishment is but an urge for me to greater effort to achieve my goal. Defeat simply tells me that something is wrong in my doing; it is a path leading to success and truth.
-Bruce Lee.
- Be a change you want to do.

- **-Chinese proverb.**
The future belongs to those who believe the beauty of their dream.
- **-Eleanor Roosevelt.**
Bigness comes from doing many small things well. Individually, they are not very dramatic transaction. Together though, they add up.
- **-Edward S. Finklestein.**
A bad name is like a stigma.
- When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.
-Confucius.
- When you gamble you share with the devil.
- Be grateful for the beggar – He gives you chance to feel superior.
- A man is great only when he is kneeling.
- Better to hide your knowledge than show your ignorance.
- The wise will learn from everyone.
- Our life is frittered away by detail... Simplify, Simplify.
-Thoreau.
- If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude".
-Charles R. Sulindol.
- If you want to achieve excellence, you can get there today. As of this second, quit doing less-than Excellency work"
-Jose Ortegay Gasset.
- Excellence happens when high purpose and intense

pragmatism meet”

-Peters and Austin.

- Good deeds are better than creeds
 - The art of living is knowing how far to go – then going a little further.
 - Don't slam the door – you might want to return.
 - Don't start a quarrel when the gun is to be loaded
 - If you escape from the lion's den, don't go back for your hat
 - To resort to violence is to lose the argument.
 - An argument is an exchange of ignorance.
 - Quarrels are the weapons of the weak.
 - The nearer the king, the nearer the gallows.
 - A thief believe everybody else is a thief; don't deal with someone with nothing to lose
 - We are known by the friends we keep.
 - Where there is honey, there are flies/bees.
 - All beginning, are difficult.
 - We are yesterday's children.
 - If you ride a tiger, you can't dismount.
 - The more laws – the more offenders – bureaucracy
 - To be like Christ is to be a Christian.
 - A smile will open many doors.
 - In the company of fools, the wise looks foolish
 - In good company, the journey is short.
- Anon.**
- To be poor and content is to be rich indeed.
- Buddha.**
- To want for nothing is to have everything.
- Buddha.**

- The devil has the best tunes.
- General Booth.**
- All that a person leaves behind are his deeds, and deeds are better than good creeds.
 - If you play with the devil, you will end up in hell.
 - There are no small enemies.
 - Better to hate a good enemy than a bad friend.
 - Education is a better safeguard of liberty than a standing army.
- Edward Everett.**
- Talk less, listen more and be wise. You could discover the secret of being and staying happy.
- Sophocles.**
- Not everything that is faced can be changed, but nothing can be changed until it is faced.
- James Baldwin.**
- It is common to take a method and try it. If it fails, admit it frankly and try another. But above all, try something.
- Franklin D. Roosevelt.**
- The future belongs to those who believe in the beauty of their dreams.
- Eleanor Roosevelt.**
- He who is firmly seated in authority soon learns to think security, and not progress, the highest lesson of state craft.
- James R. Lowell.**
- Discretion is being able to raise your eye brow instead of your voice.
- Tribune Cartoon.**

- Instant obedience is the only kind of obedience there is; delayed obedience is disobedience.
-Thomas A. Kempis.
- Even if you're on the right track, you'll get run over if you just sit there.
-Will Rogers.
- Maybe you can't change the whole world, but if you have love in your heart you can make small differences everyday, which really does change the world, one life at a time.
-Kristina Konez.
- History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.
-Bertie Chares Forbes.
- If you don't know where you're going, you will end up where you don't want to be. Clear and specific directions are important.
-Richard Carswell.
- If a man takes no thought about what is distant, he will find sorrow near at hand.
-Confucius.
- The greatest discovery of my generation is that people can alter their lives by altering their attitudes or minds.
-William James.
- You are where you are and what you are, because of your own thoughts, attitudes and behaviors.

- **-Mahatma Gandhi.**
- Fix your eyes forward on what you can do, not back on what you cannot change.
-Tom Clancy, Author.
- Don't cry over anything that won't cry over you.
-Bob B. proctor.
- All our dreams can come true – if we have the courage to pursue them.
-Walt Disney.
- People think I'm disciplined. It is not discipline. It is devotion. There is a great difference.
-Luciano Pavarotti.
- Happiness is found in doing; not merely in possession.
-Napoleon Hill.
- I believe people should study a little bit every day. It should become habitual, like brushing your teeth, combing your hair, having a shower or getting dressed. Study the mind, laws of the universe and paradigms. There's enough information on those subjects to keep a person studying forever.
-Bob Proctor.
- I want to demonstrate by my life and my results, not my talk, not my wishes, but by my results.

-Gerry Robert.

- Believe in yourself and there will come a day when others will have no choice but to believe with you.

-Cynthia Kersey.

- People who deliberate fully before they take a step will spend their lives on one leg.

-De mello Anthony.

- Forget yourself for others, and others will not forget you.

-Dr. Jack W. Hayford.

- Be such a person and live such a life, that if every person was such as you, and every life like yours, this earth would be God's paradise.

-Dr. Jack W. Hayford.

- Champions are made under difficult situations.
- Whenever you are asked if you can do a job, tell them, certainly I can- and get busy and find out how to do it.

-Theodore Roosevelt.

- To be nobody but yourself – in a world which is doing its best, night and day, to make you like everybody else – means to fight the hardest battle which any human being can fight – and never stop fighting.

-E. E. Cummings.

- He who does not read has no advantage over he who cannot read.

-Anon.

- To be a champion, you have to believe in yourself when nobody else will.

-Sugar R. Robinson.

- If one is patient in one moment of anger, one will escape a one hundred days of sorrows.

-Chinese proverb.

- It has been my philosophy in life that problems vanish when faced boldly.

- Unknown author.

- The fastest road to frustration and depression is to serve two masters.

-Anon.

- Take hold of the future or the future will take hold of you.

-Patrick Dixon.

- He who has mercy on the poor, happy is he.

-Prov. 14:21.

- Those who bring sunshine to the lives of others cannot keep it from themselves.

-James Barne.

- Coming together is a beginning. Keeping together is progress. Working together is success.

-Henry Ford.

- Where success is concerned, people are not measured in inches or pounds, or college degrees, or family background; they are measured by the size of their thinking.
-Richard Carswell.
- Failure isn't the worst result, not trying is.
-Richard Carswell.
- The true champion keeps setting goals for him/herself whenever he/she achieves old goals.
-Richard Carswell.
- Anger makes you smaller, while forgiveness forces you to grow beyond what you were. Always forgive your enemies; nothing annoys them so much.
-Oscar Wilde.
- Do not fear when your enemies criticize you. Beware when they applaud.
-Ralph Waldo Emerson.
- By failing to prepare you are preparing to fail.
-Benjamin Franklin.
- Success seems to be connected with action. Successful people keep moving.
-Conrad Hilton.
- Ninety-nine percent of failures come from people who have the habit of making excuses.
-George Washington Carver.

- **-Richard Carswell.**
- Sow an action, reap a habit. Sow a habit, reap a character. Sow a character, you'll reap a destiny.
-William James.
- Take full responsibility for what happens to you. Accepting full responsibility is one of the highest forms of human maturity.
-Richard Carswell.
- The door to freedom is education. For us to save ourselves, we must educate ourselves.
-Richard Carswell.
- Keep your mind off the things you don't want by keeping them on the things that you do want.
-Richard Carswell.
- If you do not have the discipline to save money, the seeds of greatness are not in you.
-W. Clement Stone.
- Destiny is not a matter of chance; but a matter of choice. It is not a thing to be waited for; it is a thing to be achieved.
-Richard Carswell.
- Successful people don't drift to the top. It takes focused action, personal discipline and lots of energy everyday to make things happen. The habits you develop from this day forward, will ultimately determine how your future works out.
-Richard Carswell.
- You better live your best, act your best and think your

best today, for today is the sure preparation for tomorrow and all the other tomorrows that follow.

-Harrie Martineau.

- Negative habits breed negative consequences. Successful habits create positive rewards.

-Richard Carswell.

- Life will always give you consequences related to your actions.

-Richard Carswell.

- There are in nature neither rewards nor punishments, there are consequences.

-Robert Ingersoll.

- Fortune is a lazy goddess, she will not come to you; you must go to her.

-Richard Carswell.

- All good things come to those that hustle while they wait.

-Thomas Edison.

- All things are given to us, but we have to do the taking.

-Earnest Holmes.

- Action is an awesome weapon that will always give you an advantage over the inactive individual with more brains and talents.

-Richard Carswell.

- Honor and reward fall to those who show their qualities in action.

-Aristotle.

- Hold fast to dreams for if dreams die, life is like a

broken-winged bird that cannot fly.

-Richard Carswell.

- On the other side of disappointment, is victory.

-Richard Carswell.

- You are not bound by the mistakes of the past, or the limitations that you perceive in the future.

-Richard Carswell.

- Things flow to the person who is already in alignment to receive them.

-Richard Carswell.

- The greatest discoveries of the world came from a person who actually noticed something everyone else had not yet seen.

-Richard Carswell.

- Nothing is good enough unless it reflects our best.

-Richard Carswell.

- Those who have failed in life, have believed in luck, fate or destiny.

-Richard Carswell.

- No life is wasted unless it ends in sloth, dishonesty or cowardice.

-Richard Carswell.

- You can control your thinking. Your thinking controls your behavior. Your behavior controls your results.

-Richard Carswell.

- Money properly earned and combined with enlightened intentions, makes the world a better place.

-Richard Carswell.

which the far greater part of the members are poor and miserable.

-Adam Smith.

- Progress is a nice word. But change is its motivator. And change has its enemies.

-Robert Kennedy.

- It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself.

-Ralph Waldo Emerson.

- Here lies a man who knows how to enlist into his service, people better than himself.

-Andrew Carnegie-epitaph.

- Difficulties are things that show what men are.

-Epictetus.

- Change is not made without inconvenience, even from worse to better.

-Richard Hooker.

- Business is like war in one respect. If its grand strategy is correct, any number of tactical errors can be made and yet enterprise proves successful.

-General Robert E. Wood.

- When dealing with people, let us remember we are not dealing with creatures of logic. We are dealing with creatures of emotions.

- The person who says it cannot be done should not interrupt those persons who are doing it.

-Chinese Proverb.

- The sun shines after every storm.

-Ralph Waldo Emerson.

- ... One should keep going despite heavy weather; for there is always a calm ahead.

-L. Ron Hubbard.

- A successful man is one who can build a strong foundation with the bricks that others threw at him.

- If you can find a path with no obstacles, it probably does not lead anywhere.

-F. A. Clark.

CHAPTER TWO

LEADERSHIP, INTEGRITY AND LIFE CHALLENGES

- No society can surely be flourishing and happy, of which the far greater part of the members are poor and miserable.
- Adam Smith, The Wealth of Nations.
- During times of universal deceit telling the truth becomes a revolutionary act.
-George Orwell.
- If my critics saw me walking over the Thames (river), they would say it was because I couldn't swim.
-Margaret Thatcher.
- One's dignity may be assaulted, vandalized and cruelly mocked, but cannot be taken away unless it is surrendered.
-Micheal J. Fox.
- Have courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.
-Clement W. Stone.
- Winning doesn't always mean being first.
-Daily Independent 24/5/2011.
- What distinguishes one person's meltdown from another's indifference is their perception of control over the situation.
-Paul J. Rosch.
- No society can surely be flourishing and happy, of

task accomplished, the people will say “we have done this ourselves”

-Lao-Tzu.

- Lives of great men all reminds us We can make our lives sublime, and, departing, leave behind us footprints on the sand of time'.

-Henry Wadsworth Longfellow.

- “If these people plan above our heads, without consulting us, how can we develop? We will follow their plans because they are 'expert', they are the authority, but the plan can only fail if they don't consult us”

A group of Tanzanian villagers, 1973 in Spore Number 84, Dec. 1999

- Few will have the greatness to bend history itself, but each of us can work to change a small portion of events and in the total of all those acts will be written the history of this generation.

-Robert F. Kennedy.

- A leader is anyone who has two characteristics: First, he is going somewhere; second, he is able to persuade other people to go with him.
- This will be a better place when the power of love replaces the love of power.
- A good leader takes more of the blame and less of the credit he deserves.
- The work of a leader is to turn weakness into strength, obstacles into stepping stones, and disaster into triumph.
- We must live with people to know their problems and

-Dale Carnegie.

- Courage is rightly esteemed, the first of human qualities... because it is the quality which guarantees all others.

-Winston Church.

- The quality of a person's life is in direct proportion to his commitment to excellence regardless of the chosen fields of endeavor. And one day, you will play each other and he will have the advantage.

-Vincent Lombardi.

- The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

-Vince Lombardi.

- Success on any major scale requires you to accept responsibility. In the final analysis, the one quality that all successful people have is the ability to take responsibility.

-Michael Korda.

- Nearly all men can stand adversity, but if you want to test a man's character, give him power.

-Abraham Lincoln.

- Injustice anywhere is a threat to justice everywhere.

-Martin Luther King.

- The wisdom of the wise and the experience of the aged are perpetuated by quotations.

-Benjamin Disraeli.

- I want to demonstrate by my life and my results, not my

talk, not my wishes, but my results'.

-Gerry Robert.

- It is fullness of life which makes one happy, not fullness of purse.

-Rabindranath Tagore.

- No man is rich enough to buy back his past.

-Oscar Wilde.

- No person can climb out beyond the limitations of his/her own character.

-John Morely.

- The darkest hour of any man's life is when he sits down to plan how to get money without earning it.

-Horace Greeby.

- It is better to be a lion for a day than a sheep all your life.

-Elisabeth Kenny.

- Any army of sheep led by a lion would defeat an army of lions led by a sheep.

-An Old Arab Proverb.

- When you are in light, everything will follow you... But when you enter darkness, even your shadow will not follow you.

- Happiness is not something you find, it's something you create.

- When the characters of a man is not clear look at his friend

-Japanese Proverb.

- Living consciously involves being genuine. It involves

listening and responding to others honestly and openly; it involves being in the moment.

-Sidney Poitiers.

- Really big people are, above everything else, covetous, considerate and generous; not just to some people in some circumstances, but to everyone all the time.

-Thomas J Watson.

- My father used to say to me, 'Whenever you get into a jam, whenever you get into a crisis or an emergency...become the calmest person in the room and you'll be able to figure your way out of it.'

-Rudolph Giuliani.

- Humility does not consist in an ignorance of truth. If a man is above the average height of men, he cannot help knowing it.

-Catholic Priest Henry Cardinal Manning.

- Civilization is always in danger when those who have never learned to obey are given the right to command.

-Fulton J. Sheen.

- The greatest want of the world is the want of men, men who will not be bought or sold. Men who in their inmost souls are true and honest. Men who do not fear to call sin by the right name. Men whose conscience is take to duty as the needle to the pole. Men who will stand for what heaven falls.

-Anon.

- Select a few people to be particularly kind to today – those you were a little harsh with yesterday.

-Norman Vincent Peele.

- And with the best leaders, when the work is done, the

is rightly considered the most indispensable of liberties.

- live with God to solve them.
- People may doubt what you say, but they will always believe what you do.
- The person who looks up to God rarely looks down on people.
- A man who won't die for something is not fit to live.
-Martin Luther King, Jr.
- Liberty does not consist in mere declarations of the rights of man. It consists in the translation of those declarations into definite actions.
-Woodrow Wilson.
- An ally has to be watched just like an enemy.
-Leo Trotsky.
- A life isn't significant except for its impact on other lives.
-Jackie Robinson.
- The glory of God is to conceal a thing; the glory of the King is to search it out.
-Fulton Anderson.
- True heroism is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.
-Arthur Ashe.
- Wealth is hidden from those who must do it all themselves, wealth exposes itself to those who are patient enough to train others.
-Ibrahim Adam.
- Leaders make things happen. A leader is a person who produces change in society.
-Brain P. Lees.

- Leadership transforms followers, creates visions of the goals that may be attained, and articulates for followers the way to attain those goals.
-Stogill & Bass.
- Leadership is the ability to decide what is to be done and then to get to others to want to do it.
-Dwight Eisenhower.
- A leader is a person you will follow to a place you wouldn't go by yourself.
-Joel Barker.
- Leadership is the behavior of an individual when he is divesting the activities of a group toward a shared goal.
-Hemphill & Coons.
- Leadership is the process by which an agent induces a subordinate to behave in a desired manner.
-W. G. Bennis.
- Leading is the art of influencing others to their maximum performance to accomplish any task, object or project.
-W. A. Cohen.
- Freedom means responsibility – That's why we most dread it.
- Freedom is no more than a chance to do better.
- No-one is perfectly free until all are free.
- The only way to make sure people you agree with can speak is to support the rights of people you don't agree with.
-Eleanor H. Norton.
- We cannot live only for ourselves. A thousand fibres connect us with our fellowmen, and among those

fibres, as sympathetic threads, over actions run as causes, and they come back to us as effects.

-Melville Herman.

- Education make a people easy to lead, but difficult to drive; easy to govern, but impossible to enslave.
-Peter Broughan.
- That you may retain your self-respect, it is better to displease the people by doing what you know is right than to temporarily please them by doing what you know is wrong.
-William J. H. Boetaker.
- As I would not be a slave, so I would not be a master. This expresses my idea of democracy.
-Abraham Lincoln.
- Character cannot be developed in ease and comfort. Only through the experience of trail and suffering can the soul be strengthen, vision cleared, ambition inspired and success achieved.
-Helen Keller.
- Power corrupts, but lack of power corrupts absolutely.
-Adlai Stevenson.
- Diplomacy is thinking twice before saying nothing.
-Unknown.
- A diplomat is a person who can tell you to go to hell in such a way that you actually looked forward to the trip.
-Caskie Stinnett.
- My father taught me to work. He didn't teach me to love it.
-Abraham Lincoln.
- Liberty of conscience (when people have consciences)

- A dog that walks alone is an easy prey to the lion.
- A child that washes his hands well, dines with the kings.
- The braveness of a man is not measured by how many people he has murdered but by how many he has been able to influence positively.
- At the point of delivery, a pregnant woman has no shame.
- An incubating bird sees less prey.
- A piece of charcoal cannot be washed by a million barrels of soap/detergent.
- The railway should not be crossed by an elephant
- The lion cannot dig the pit to trap the monkey.
- You do not cook for the visitor; you have to wait until s/he arrives.

-African Saying.

- Indeed, it is with old honey that medicine is made from.

-Hausa adage.

- A young man might have many new cloths; the old man has more rags.

-African saying.

- The stomach is not meant for storing on food.

-African Saying.

- A tall tree definitely has her roots from somewhere.

-African Saying.

- Da ruwan ciki ake jan na rijiya (You draw water from the well using the strength of the water that is already in the belly);

-Hausa adage.

- Batsen nghu go di batsen nghu (basten is a local

CHAPTER THREE

AFRICAN SAYINGS AND FOLKLORES

Prof. J. O. Ojoade, Professor of African Folklore in his inaugural lecture on 25/3/04 cited many proverbs. A few will do here:

- You cannot barb somebody in his absence.
- Do not bargain for the fish that is still in the water.
- The witch doctor will die, the medical doctor will go to heaven and a consultant will not be left behind.
-Yoruba saying.
- In the midst of your illness, you will promise a goat, but when you have recovered a chicken will seem sufficient.
-Jukun proverb.
- The dog with a bone in his mouth does not bark.
-Tsonga-Shagana Corpus of Proverb.
- If you degrade one leper, others cry.
-Tiv proverb.
- When a big bird alights on a tree, the young ones fly away.
-African saying.
- When an elder enters and has no seat, the buttock pusher pushes up the child.
-Yoruba saying.
- If you respect today's king others will respect you when it is your turn.
-Igbo saying.

- The child that bends down to look at an elder's anus, God has prepared one who will look at his own too.
-Yoruba saying.
- If a child throws his father up in the air, his father's testicles will knock his eyes off and blind him.
- Although the penis is looking down, it is not stupid. It is simply thinking of the number of children it wants to produce or the number of troubles it has caused the owner.
- Life is when you are together. Alone, you are an animal.
-West African Proverb.
- You cannot clap with one hand.
-Moshood O. Abiola.
- When the mice laugh at the cat, there is a hole near-by.
-An African.
- When a labourer is praised, his cutlass begins to cut more keenly.
-An African.
- When a woman has ten children, there is nothing that happens in the night that she doesn't know about.
-An African.
- The gratification of wealth is not found in mere possessions or in lavish expenditure, but in its wise application.
- Politics is like a bikini. What it reveals is interesting; what it does not reveal is more interesting.
-Okadigbo of blessed memory.

- If the skull has flesh, every one should touch his/her own.
-Hausa Adage.

While at UNICAL for Association of Nigerian Geographers Conference, a book on: A Man with Idioms and Proverbs by one Ijang R Ayang was purchased. Among other proverbs the following were very captivating:

- A lizard that stops his father's funeral will (ultimately) carry the corpse on his head.
- It is only the well-incubated eggs that could bring forth young birds.
- If the crocodile can eat its own egg, what will it not do to the flesh of a frog? (He who destroys himself cannot spare others)
- When rain falls on a leopard, it does not wash off its spots.
- When the bush is on fire, the grasshoppers never wait to say goodbye to each other (when you see trouble coming, you should not wait for anybody).
- The crying of a chicken does not stop it from being used for rituals.
- A goat that keeps company with dogs will one day eat excreta.
- No matter the distance a bird flies in the sky, it must surely come down to drink water.
- The fall of the dead leaf is a warning to the one that is still green.
- The wild fire never gets pleasure by burning down one tree in the forest.

stone?

-Hausa Adage.

- Wanda ya ki ganin kwado dole zai sha shi a ruwa i.e. He who refuses to see frog, will drink it in water (well). Hausa Saying.
- He who does not want to see you, even when you are dancing in water, he or she will be praying that you finish on time because you are disturbing him/her with dust.

-Jaba Adage.

- Stagnant Water Stinks

- Anon.

- The cow that is in the front rarely drinks muddy water

-Popular Jaba Saying.

- The drum makes noise only when it's tight

-Jaba Adage.

- When a child is fully grown s/he belongs to the whole world

-Gwong Saying.

African Folklores

Who really amputated this Man?

A newlywed was moving to the farm in those days that women were not putting on brazier. One passer-by mischievously touched her breast. The husband of the woman did not retaliate but instead put his hand in his pocket and gave him a kola. In the same area, this same man was moving later in life and saw another old woman moving without a brazier; and he decided to touch it after

condiment with pungent aroma made from sorrel)(no matter how offensive the odour of your batsen, it is yours); you can not run away from your body's odour.

-Jaba/Ham adage.

- It is the most fruitful tree that gets the highest number of stones thrown at.

-African saying.

- A young man might have many new cloths but an old person has more rags.

-African saying.

- It is only a bastard child that points to his father's house with a left finger.

-African saying.

- If a cunning man dies, another cunning person can bury him.

- African saying.

- A stomach that is satisfied does not know what hunger means.

-African saying.

- If one stays too long in a latrine, s/he will begin to see flies with horns.

-Yoruba saying.

- A quarrel between brothers does not reach the bone. It stops in the blood.

-Ibo Proverb.

- If your daughter is beautiful, say it. It does not mean you will marry her.

-Yoruba saying.

- What money cannot buy is what a slave can never eat.

-Yoruba saying.

- Okro can never grow taller than her owner.
-Ibo proverb.
- You no go dey inside Water soap (will) enter your eye
-Ibo proverb.
- Free wine does not taste sour.
-Yoruba proverb.
- You cannot dance very well in the public with borrowed cloth.
-Ibo proverbs.
- If you follow the elephant, you will never get entangled in the forest
-Ghana Proverb.
- Only a fly without counsel will follow a dead body into the grave
- Yoruba proverbs.
- The strength of a fish is in the water.
-Moroccan proverb.
- You don't have to cut the tail of a tiger in order to count her teeth.
-Ibo Proverb.
- An elder person in a house should not stand and see the goat starve with a rope tied to its neck.
-Ibo Proverb.
- One can't be too busy to scratch the part of the body that is itching him/her.
-African Wise Saying.
- Mai hakuri mawadaci ne. mai hukuri yak an dafa dutse ya sha romonta. (The patient person is rich person).
-Hausa proverb.
- It is not on every tree that you tie a bull.

- If you close your eyes for bad people to pass, good people will also pass and you will not see them. So just keep your eyes open.
-African Saying.
- No matter how tall a tree is, it has its roots somewhere.
-Yoruba proverb.
- It is the same measure with which one borrows GARRI that will be used in paying back.
-African Saying.
- If you pursue a dog to the wall it will open its mouth.
-Ibo saying.
- Though the GOAT is working hard, but hair does not allow people to know that she is sweating'
-Yoruba Proverbs.
- What is meant for the FROG will not stay up on the tree; it must come down'
-African saying.
- Even the monkeys sweat. It is only the hair that is covering them.
-Nigerian Proverb.
- The way animal de run, na so hunter de follow am.
-African proverb.
- Before you can be higher than others you must have stood on the shoulders of another person.
-African Saying.
- If you stay too long in dust bin you will begin to see flies with horns.
-Yoruba adage.
- Me gara zai yi da duste? i.e. What can termite do with

- about life: It goes on.
-**Robert Frost.**
- The work praises the man.
-**Irish Proverb.**
- As long as there is life, there is danger.
-**Ralph Waldo.**
- Adversity causes some men to brake records.
-**William Arthur Ward in Quote.**
- Birds sing after a storm. Why shouldn't we?
-**Rose Kennedy.**
- A problem well stated is a problem half solved.
-**Charles F. Kettering.**
- The greatest gift you can give another is your full attention.
-**Richard Mocs, M.D.**
- No man ever, was wise by chance.
-**Seneca.**
- If you want to leave footprints in the sand of time, don't drag your feet.
-**Arnot L. Sheppard.**
- Life is tons of discipline.
-**Robert Frost.**
- A man is not free when he isn't a master of himself.
-**Epic Te Tus.**
- Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not.
-**Oprah Winfrey.**

making some cynical comments that her breast was flat. But instead of getting a kola, the husband of the old woman put his hands in a shelve and brought out a cutlass and amputated this man's hand. The question is: who amputated or cut off this man's hand used in touching breast of women? The first husband of the newlywed or that of the old woman with a flat breast?

African Folklore on Why Chicken is Always Used for Festivals

In the animal kingdom in those days there was a meeting. The chicken felt 'big' to attend and asked them to go and have their meeting. That whatever decision they took is binding on him. When it was time to decide on which animal to be used for sacrifice, a suggestion was made that it should be chicken; and others refused to voluntarily agree to be the sacrificial animal. Be there always when meeting/lectures are on so that no one will use you as a sacrificial lamb.

Do you know why Hawks never pick small Chicken?

A Jaba folklore has it that once upon a time a giant bird (hawk) forcefully came down from the sky and stole the child of a chicken. The mother bird was so furious and displayed anger to the highest order after which she did not have any energy to fight back. The same merciless hawk came flew from the sky and stole the child of the duck. The duck just saw her and turned her face to the other side and did not react. Jaba mythology has it that this particular act made the hawk to begin to think twice- that may be the duck might be planning something evil that is why she, unlike the

chicken did not react very sharply. This made her to return the small duck; and from that date till today she does not take the small duck any longer.

The moral story here is that one should take time to ponder on an issue first before taking a revenge or rash decision.

CHAPTER FOUR

OTHERS GREAT QUOTES, SHORT STORIES AND MISCELLANEOUS

- The art of living is more like wrestling than dancing.
-**Marcus Aurelius.**
- If you burn the candle at both ends, you may not be as bright as you think.
-**Herbert Y. Prochnow.**
- He who truly knows, has no occasion to shout.
-**Leonardo Da Vinci.**
- If you can't feed a hundred people, then feed just one.
-**Mother Teresa.**
- Dig a well before you are thirsty.
-**Chinese Proverb.**
- Imagination is more important than knowledge.
-**Albert Einstein.**
- In the race for quality, there is no finish line.
-**David T. Kearns.**
- I will permit no man to narrow and degrade my soul by making me hate him.
-**Booker T. Washington.**
- Hot heads and cold hearts never solved anything.
-**The Rev. Billy Graham.**
- Never insult an alligator until you have crossed the river.
-**Cordell Hull.**
- In three words, I can sum up everything I've learned

happens within him.

-Louis L. Mann.

- Self command is not only itself a great virtue, but from it all the other virtues seem to derive their principle luster.

-Adam Smith.

- There would be no great ones if there were no little ones.

-George Herbert.

- The great and the little have need of one another.

-Thomas Fuller.

- Man is born free, and everywhere he is in chains.

-Jean Jacques Rousseau.

- The person who can make hard things easy is the educator.

-Ralph Waldo Emerson.

- If you are still amazed by something you accomplished yesterday, then today is wasted.

- Mountain climbers help each other

-Ten Sing.

- In times of change, learners inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists.

-Eric Hoff.

- In your darkest moment, you usually can find something to laugh about if you try hard enough.

-Red Skelton.

- As you are moving up, release the rope so that others can climb.

On Humility

- Truly, great men and women are never terrifying. Their humility puts you at ease.

-Elizabeth Goudge.

- Heroes are people who rise to the occasion and slip quietly away.

-Tom Brokaw.

- Intelligence is like a river; the deeper it is, the less the noise it makes.

-Milwaukee Journal Sentinel.

- All men should strive to learn before they die, what they are running from, and to, and why?

-James Thurber.

- We relish news of our heroes, forgetting that we are extraordinary to somebody too.

-Helen Hayes. (Our Best Years)

On Charity

- What do we live for? If not, make the world less difficult for each other.

-George Eliot.

- To ease another's heartache, is to forget one's own.

-Abraham Lincoln.

- Let no one ever come to you without learning better and happier.

-Mother Teresa.

- Ninety-nine percent of all leadership occurs not from the top, but from the middle of an organisation.

-John C. Maxwell.

- The true measure of leadership is influence – nothing more, nothing less.
-John C. Maxwell.
- Mistakes made on a small scale, can be easily overcome.
-John C. Maxwell.
- When opportunities come, it's too late to prepare.
-John C. Maxwell.
- You may be able to grant someone a position, but you cannot grant him real leadership. Influence must be earned.
-John C. Maxwell.
- Good leaders go to their people, connect, find common ground, and empower them to succeed.
-John C. Maxwell.
- By helping others, you can help yourself.
-John C. Maxwell.
-Miguel de Cerventes.
- No one should be rich except those who understand it.
-Johann Goethe.
- Wealth is not in making money, but in making the man while he is making money.
-John Wicker.
- Wealth is not his that has it, but his that enjoys it.
-Benjamin Franklyn.
- Men are quick to aspire beyond their social means and quick to anger when those means prove inadequate but slow to accept their limitation.
-Ted Gurr.
- A candle is not dimmed by lighting another candle.

- Today's research is tomorrow's wealth.
-Anon.
-NCRI, Badeggi.
- In the midst of life we are in death.
-An Epitaph at Zungeru.
- The difficult lies, not in the new ideas, but in escaping the old ones which ramify, for those brought up as most of us have been into every corner of our minds.
-John Maynard Keynes.
- There is no such thing as a good excuse.
-Dero Ames Sanders.
- Asking the right questions takes as much skill as giving the right answers.
-Robert Half.
- Facts do not cease to exist because they are ignored.
-Addous Huxley.
- Great ideas need landing gear as well as wings.
-C.D. Jackson.
- The shoe that fits one person itches another.
-Carl Gustav Jung.
- No trumpets sound when the important decisions of our lives are made. Destiny is made known silently.
-Agnes De Mille.
- Concentrate your strength against your competitor's relative weakness.
-Bruce Henderson.
- There is no security on this earth; there is only opportunity.
-General Douglas MacArthur.
- What happens to a man is more significant than what

- Paradigms are powerful because they create the lens through which we see the world.
-Dr. Stephen Covey.
- Each of us tends to think we see things as they are; that we are objective. But this is not the case. We see the world, not as it is, but as we are - or as we are conditioned to see it.
-Dr. Stephen Covey.
- Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, the providence moves too.
-Johann Wolfgang Von Goethe.
- I am still learning
-Michelangelo.
- Let the world know you as you are, not as you think you should be — because sooner or later, if you're posing, you will forget the pose and then where are you?
-Fanny Brice.
- The world does not demand that you be a lawyer, minister, doctor, farmer, scientist, or merchant; it does not dictate what you shall do, but it does require that you be a master in whatever you undertake.
-Orison Swett Marden.
- There is only one group of people who talk more about money than the rich and that is the poor.
-Mark Twain.
- The elevator to success is out of service, but the stairs

- Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.
-Samuel Ullman.
- Genuine kindness is not what we do. It is what we are.
-Vernon Horward.
- My mother taught me very early to believe I could achieve any accomplishment I wanted to. The first was to walk without braces.
-Wilma Rudolph.
- Smile, it is the key that fits the lock of everybody's heart.
- A laugh is a smile that bursts. I am too relevant in Christ to be ignored.
- Whatever makes men to be good Christians makes them good citizens.
-Webster.
- I cannot relive yesterday and tomorrow isn't here yet, so I will just deal with today.
-Anon.
- Beauty is not only skin deep. Your smile reflects your beauty also.
-Anon.
- I am more and more convinced that our happiness or our unhappiness depends far more on the way we meet the events of life than the nature of those events themselves.
-Karl Wilhelm Von Humboldt.
- Bigness comes from doing many small things well, individually; they are not very dramatic transactions. Together though, they add up.
-Edward S. Finkelstein.

- Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it.

-Williams Feather.

- I have never been a millionaire, but I have enjoyed a great meal, a crackling fire, a glorious sunset, a walk with a friend, a hug from a child, a cup of soup, a kiss behind the ear. There are plenty of life's tiny delights for all of us.

-Jack Anthony.

- We see things, not the way they are; rather, we see things the way we are'

-Talmud.

- When you have learnt all that Oxford can teach you, go and discover why, with so much wealth in Britain, there continues to be so much poverty, and how poverty can be cured.

-Edward Caird.

- If we have no peace, it is because we have forgotten that we belong to each other.

-Mother Teresa.

- Elizabeth 1, Queen of England describing Sir Walter Raleigh who was an adventurer, explorer of the Americas and prominent at her court said: 'I have seen many a man turn his gold into smoke, but you are the first who has turned smoke into gold.'

- A life isn't significant except for its impact on other lives

-Jackie Robinson.

- It was who said that 'Strength is the ability to build and not to destroy'.

-Napoleon Hill.

- I've come to believe that all my past failure and frustrations were actually laying the foundation for the understandings that have created the new level of living I now enjoy.

-Anthony Robins.

- I believe life is constantly testing us for our level of commitment, and life's greatest rewards are reserved for those who demonstrate a never-ending commitment to act until they achieve. This level of resolve can move mountains, but it must be constant and consistent. As simplistic as this may sound, it is still the common denominator separating those who live their dreams from those who live in regret.

-Anthony Robins.

- If you do what you've always done, you'll get what you've always gotten.

-Anthony Robins.

- It is in your moments of decision that your destiny is shaped.

-Anthony Robins.

- Happiness can be defined in part, at least, as the fruit of the desire and ability to sacrifice what we want now for what we want eventually.

-Dr. Stephen Covey.

- Live out of your imagination, not your history.

-Dr. Stephen Covey.

- What is your own in Philosophy? To show the fly the way out of the fly-bottle.
-Luding Wittgenstein.
- During times of universal deceit, telling the truth becomes a revolutionary act.
-George O. Well.
- The potential of the average person is like a huge ocean unsailed, a new-huge continent unexplored, a world of possibilities waiting to be released and channeled toward some great good.
-Brain Tray.
- The best loves long enough and a fulcrum on which to place it, and I shall move the world.
- Give me matter and motion, and I will construct the universe.
-Rene Descartes.
- He that riseth early must trot all day.
-Benjamin Franklin.
- Only he who does nothing makes no mistakes.
-French Proverb.
- The Strength of a lion is in the jungle.
- The lion's power lies in our fear of Him.
- I prefer friends with faults than those without; a fault confessed is half redressed.
- There is no such thing as a free Lunch.
-Milton Freedman.
- He who knows he's fool is not a great fool.
- Youth is the one thing that never returns.
- Old man make wars – young men die in them.

- are always open.
-Zig Ziglar.
- The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.
- The world is a book and those who don't travel read only a page.
-St. Augustine.
- If by strength is meant moral power, then woman is immeasurably man's superior.
-Mahatma Gandhi.
- If you don't know where you are going, (in research) any road will take you there.
-Dr. John W. Stake.
- If you think the world cannot do without you, die and see what will happen.
-Anon.
- It is easier to preach ten sermons than to live one.
- A person isn't educated unless he has learned how little he already knows.
- Discussion is an exchange of knowledge, argument is an exchange of ignorance.
- People seldom improve when they have no model to copy but themselves.
- Only hungry minds can become educated.
- People may doubt what you say but they will always believe what you do.
-George Janvier.
- A good example is a language all men can read.
- A good example is the best sermon you can preach.

- If you will carry the Bible while you are young, it will carry you when you are old.
 - A failure in life is one who lives and fails to learn.
 - A Christian must get on his knees before he can get on his feet.
 - Years make all of us old and very few of us wise.
 - An education isn't how much you have committed to memory, or even how much you know it's being able to differentiate between what you know and what you don't.
- Anatole.**
- I've failed over and over again in my life and that is why I succeed.
- Michael Jordan.**
- An Arab Philosopher said: He does not believe in the 'physical' existence of Hell & Heaven. But he believes that there is existence of hell & heaven, one does not have to die before he is in hell or heaven.
 - There is life after anywhere you are.
- Dr. Ben.**
- Education is a progressive discovery of our own ignorance.
- Will Durant.**
- Education is learning what you didn't know you didn't know.
- Daniel J. Boorstin.**
- Vulgar people take huge delight in the faults and follies of great men.
- Schopenhauer.**

- The greatest aim of education is not knowledge but action.
- Herbert Spencer.**
- Life is not worth living unless it is lived for others.
- Mother Theresa.**
- Mountain climbers help each other
 - My memory is the thing I forget with.
- Anon.**
- Do not be afraid of wealthy people but always bow to scholars.
 - Children are living messages we send to a time we will not see.
- Unknown.**
- Those who create new knowledge are producing wealth, while those who consume it are producing poverty.
- Philip Emeagwali.**
- An idle brain is the devil's workshop.
 - She that robs a scholar, robs twenty men.
 - A new broom sweeps very well.
 - Old vessels must leak.
 - Words fly, writings remain.
 - The Carmel always kneels when drinking from the streams of God, and kneels also to receive his burden for the day.
- Arab proverb.**
- In every community there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.
- Marianne Williamson.**

- Talk about yourself as much as you like, but do not expect others to listen.
-Mason Cooley.
- Mediocrity knows nothing higher than itself, but talent instantly recognizes genuine.
-Arthur C. Doyle.
- Not everything that can be counted counts, and not everything that counts can be counted.
-Albert Einstein.
- Faith and doubt are needed, not as antagonists, but working side by side to take us around the unknown curve.
-Thomas Shenton.
- In youth, we run into difficulties. In old age, difficulties run into us.
-Beverly Sills.
- An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind.
-Buddha.
- A single rose can be my garden – a single friend, my world.
-Leo Buscaglie.
- A true friend never gets in your way unless you happen to be going down.
-Arnold H. Slasow.
- History is a gallery of pictures in which there are few originals and many copies.
- History is a pack of lies about events that never

- A mistake is simply another way of doing things.
-Katherine Grahm.
- No nation and no people can flourish and prosper where the man is unable to look up to the woman in her womanliness!
-Abdrushin.
- Education is the transmission of Civilization.
-Will Durant.
- Education is the ability to listen to almost everything without losing your temper or self-confidence.
-Roberts frost.
- Education is a progressive discovery of our own ignorance
-Will Durant.
- The aim of ...oratory is to teach, to delight, to move.
- Talking and eloquence are not the same: to speak, and to speak well, are two things. A fool may talk, but a wise man speaks.
-Ben Johnson.
- I grew intoxicated with my own eloquence.
-Benjamin Disraeli.
- Histories make men wise; poets witty, the mathematics, subtle; natural philosophy, deep; morals, grave; logic and rhetoric, able to contend.
-Sir Francis Bacom.
- The object of oratory alone is not truth, but persuasion.
- Thomas Macaulay.
- What is the short meaning of the long speech?
- The applause of a single human – Being is of great

consequence.

-Boswell, Life of Johnson.

- We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit."

-Aristotle.

- The archer is known by his ability – not his arrows.
- Anyone can be a pilot in calm water.
- A dwarf on a giant's back see further than both.
- Though a fool may try to act wise he is still a fool.
- You can educate a person but you can't make him think
- To know nothing is to doubt nothing.
- What you can't avoid, welcome.
- When skating on ice, speed is safety.
- Strength lies not in defense but in attack.

-Adolf Hitler.

- A fool will always find someone more foolish to advise him.
- Don't call an alligator a big-mouth until you have passed him.

-Jamaican Saying.

- The old give advice because they no longer give example.
- A white beard doesn't make a person wise.
- Only a millionaire can afford to look poor.
- I grumble because I had no shoes – until I saw a man who had no feet.

-Confucius.

- To die is to be promoted to Glory.

-Salvation Army.

- The worship form of poverty is to be indebt
- A man is as big as his decisions.
- The art of pleasing, is the art of deceiving.
- We are not deceived by others but by ourselves.
- Energy creates energy.
- Wise men walk while fools sleep.
- Forbid something and it belongs desirable.
- We never hear the devils side of the story.
- The doctrine of an eye for an eye leaves everybody blind.
- Six part of earth makes us all equal.
- Faults are thick when love is thin.
- An education isn't how much you have committed to memory, or even how much you know. It's being able to differentiate between what you do know and what you don't.

- Anatole France.

- I want people around me who will tell me the truth, who will tell me the truth as they see it. You cannot operate and manage effectively if you have people around you who put you on the pedestal and tell you everything you do is right because that, in practice, can't be possible.

-Harry Truman.

- Men who know themselves are no longer fools. They stand on the threshold of the door of wisdom.

-Henry Ellis.

- Real obstacles don't take you in circles; they can be overcome. Invented ones are like a maze.
-Barbara Sher.
- The Capacity for getting along with our neighbor depends to a large extent on the capacity for getting along with ourselves. The self-respecting individual will try to be as tolerant of his neighbor's shortcomings as he is of his own.
-Eric Hoffer.
- There are no limitations to the mind except those we acknowledge; both poverty and riches are the offspring of thought.
-Napoleon Hill.
- The Master may be defined as: Coordination of knowledge and effort, in a spirit of harmony between two or more people for the attainment of a definite purpose.
-Napoleon Hill.
- The mind can't take you where your heart longs to go.
-Debbie Ford.
- The most difficult job in the world is thinking.
-Ford Henry.
- The rich substance of the universe is yours to do with as you wish.
- Why settle for so little in life when you can have so much, just by daring to be different in your thinking.
-Catherine Ponder.
- The errors of a wise man make your rule, rather than perfections of a fool.
-William Blake.

happened told by people who weren't there.

-George Santayana.

- History is a relentless master. It has no present, only the past rushing into the future. To try to hold fast is to be swept aside.
-John F. Kennedy.
- History is a tool used by politicians to justify their intensions.
-T. D. Koppel.
- History is a vest early warning system.
-Norinen Cousins.
- History is an account, mostly false, of events, mostly, unimportant, which are brought about by rulers; mostly knaves, and soldiers; mostly fools.
-Ambrose Bierce.
- Cleverness is not wisdom, but foolishness.
-Euripides.
- Life is a dream for the wise, a game for the fool, a comedy for the rich, a tragedy for the poor.
-Shalom Aleishem.
- Life consists not in holding good cards but in playing those you hold well.
-Josh Billings.
- Life is a series of conclusion with the future; it is not the sum of what we have been, but what we yearn to be.
-Jose onega & Gessit.
- Common sense in an uncommon degree is what the world calls wisdom
-Samuel Thylor Coleridge.

- Every man is a damn fool for at least five minutes every day; wisdom consists in not exceeding the limit.
-Elbert Hubberd.
- He dares to be a fool, and that is the first step in the direction of wisdom.
-James Huneker.
- N education isn't how much you have committed to memory, or even how much you know it's being able to differentiate between what you know and what you don't.
- Like failed over and over again in my life and that is why I succeed
-Michael Jordan.
- Always write angry letters to your enemies. Never mail them.
-James Fallows.
- Anger and intolerance are the enemies of correct understanding.
-Mahatma Gandhi.
- Anger dwells only in the bosom of fools.
-Albert Einstein.
- Anger is a killing thing; it kills the man who angers, for each rage leaves him less than he had been before – it takes something from him.
-Luis A'Amous.
- An age is called Dark, not because the light falls to shine, but because people refuse to see it.
-James Michener.
- Nobody will give a chance, you give yourself chance.

- A man of courage is also full of faith.
-Marcus Tullius Cicero.
- People that value privileges above principles soon lose both.
-Dwilight D. Eisenhower.
- Civilization is unbearable, but it is less unbearable at the top.
-Timothy Leary.
- Do not waste your time on social questions. What is the matter with the poor is poverty; what is the matter with the rich is uselessness.
-George Bernard Shaw.
- The human race is the only one that knows it must die, and it knows this only through its experience. A child brought up alone and transported to a desert island would have no more idea of death than a cat or a plant.
-Voltaire.
- It is a mango tree that has fruits that stone is thrown at.
-Dr. Ajibuah.
- If you pay the price you will enjoy the price.
- The unthankful heart discovers no mercies; but let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings.
-Henry Ward Beecher.
- The Universal wants to give to you. The moment you begin to change your vibration to one of abundance, it will start sending you people, situations and opportunities that reflect your inner state.
-Peggy McColl.

- All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as self evidence.
-Arthur Schopenhauer.
- A professor is a man whose job is to tell students how to solve the problems of life which he himself has tried to avoid by becoming professor.
-Author - Unknown.
- I asked; "Why doesn't somebody do something? Then I realized that I was somebody." (Myself).
-Unknown.
- "You have sat too long here for any good you have been doing. Depart, I say and let us have done with you. In the name of God, go."
-Oliver Cromwell.
- "We have no choice of what color we're born or who our parents are or whether we're rich or poor. What we do have is some choice over what we make of our lives once we're here".
-Mildred Taylor, Author.
- People who matter are most aware that everyone else does, too.
-Malcolm Forbes.
- The future belongs to those who believe in the beauty of their dreams.
-Eleanor Roosevelt.
- You are designed for success, engineered for achievement, endowed with the seeds of greatness.
-Zig Ziglar.

- The worst thing you can possibly do is worry about what you have done.
-Lichtenberg.
- People don't care how much you know until they know how much you care.
-Theodore Roosevelt.
- If you are truly at peace with yourself, you'll never be at war with others.
-Rooks Brynton.
- When we can begin to take our failures seriously, it means we are ceasing to be afraid of them. It is of immense importance to learn to laugh at ourselves.
-Katherine Mansfield.
- Everyman should have a wife because there are some things you cannot become on the government.
-Hal. Roach.
- Education has produced a vast population able to read but unable to distinguish what is with reading.
-B. M. Trevelyn.
- Education's purpose is to replace an empty mind with an open.
-Malcolm Forbes.
- Good teaching is one-fourth preparation and three-fourths pure theatre.
-Gail Godwin.
- An age is called Dark, not because the light fails to shine, but because people refuse to see it.
-James Michener.
- Instead of worrying about what people say of you, why

not spend your time trying to accomplish something they will admire.

-Dala Carnegie.

- If my critics saw me walking over the Thames, they would say it was because I couldn't swim.

-Margaret Thatcher.

- One sound idea is all that one needs to achieve success.

-Napoleon Hill.

- If a problem has no solution, it may not be a problem, but a fact – not to be solved, but to be coped with overtime.

-Shimin Peres.

- You will never outgrow warfare; you simply must learn to fight.

- All men fall....Great men get back up ...

-Anon.

- It is not good to go to a new place and say nobody knows anything there. You never can tell'

-Dr Joel Ajibuah.

- Don't be afraid your life will end; rather, be afraid that it will never begin.

-St. Augustine.

- As long as lice remain in the hair/ head, the finger nails will always be stained with blood.

- Winning means being unafraid to lose.

-Fran Tarkenton.

- The weak have one weapon; the errors of those who think they are strong.

-Georges Bidault.

- There is more to life than increasing its speed.

-Mahatma Gandhi.

- There is no limit to what can be accomplished if it doesn't matter who gets the Credit.

-Ralph Waldo Emerson.

- Don't resist change. Contribute to it.

- Change is inevitable, growth is optional.

- You become what you think.

- Great ideas often receive violent opposition from mediocre winds.

- Albert Einstein.

- A man may die, nations may rise and fall, but an idea lives on. Ideas have endurance without death.

-John Fit, Gerald Kennedy.

- The gem cannot be polished without friction, nor man perfected without trials.

-Chinese proverb.

- The stomach is not only for storing food.

-Anon.

- The world has a habit of making room for the man whose words and actions show that he knows where he is going.

-Napoleon Hill.

- The glory of God is to conceal a thing: the glory of the king is to search it out

-Falton Anderson.

- The mind is not a vessel to be filled but a fire to be kindled.

-Plutarch.

what he or she is.

-Richard Carswell.

- There are no accidents; there is no blind chance. Every cause has its effect; every effect has its cause; everything happens according to this law.

-Richard Carswell.

- When you blame others, you give up your power to change.

-Richard Carswell.

- People are always blaming their circumstances. The people who get on in the world are the people who get up and look for the circumstances they want, and if they can't find them, make them.

-George Bernard Shaw.

- No man has a chance to enjoy permanent success, until he begins to look in the mirror for the real cause of his mistakes. You must be able to see that the only person who has ever 'done you in' is YOU.

-Napoleon Hill.

- Men are not prisoners to fate, but only prisoners of their own mind.

-Franklin D. Roosevelt.

- Thoughts leads to purposes; purposes leads to action; actions form habits; habits decides character; and character fixes your destiny.

-Hindu Saying.

- Money seems to have a consciousness of its own and seems to stick around and accumulate where it is appreciated and taken care of.

-Richard Carswell.

- It doesn't matter where you have been; it only matters where you are going.

-Richard Carswell.

- You become what you think the most of the time.

-Richard Carswell.

- There is only one group of people who talk more about money than the rich and that is the poor.

-Mark Twain.

- You can never be happy without goals.

-Richard Carswell.

- The greatest need of human beings is a sense of meaning and purpose.

-Victor Frankl.

- Remember this; big goals can create a fear of failure. A lack of goals guarantees it.

-Richard Carswell.

- A word of caution; If your answer is a lot of money, you're fooling yourself.

-Richard Carswell.

- Most of us have endless desires, however, limited time. Ask yourself what sacrifice I will have to make.

-Richard Carswell.

- He who does not teach his son a trade, teaches him to steal.

-Jewish saying.

- He who seeks ravage, digs two graves.

-Chinese proverbs.

- The weak can never forgive. Forgiveness is an attribute of the strong.

-Mahatma Gandhi.

- There is no revenge as complete as forgiveness.
-Josh Billings.
- Be kind to everyone you meet, cause everyone is carrying a heavy burden.
-Mahatma Gandhi.
- Forgiveness is a way of reaching out from a bad past and heading out a more positive future.
-Marie Balter.
- When old words die out on the tongue, new melodies spring forth from the heart.
-Tagore.
- Life is full of changes and chances, and the most prosperous of man may meet with misfortune.
-Aristotle.
- Great occasions do not make heroes or cowards; they simply unveil them to the eyes of men.
-Brooke Westcott.
- Sometimes, great achievements can come only as the result of a period of failure that helps you understand who you really are.
-James Audubon.
- We need to teach the next generation of children from day one, that they are responsible for their lives. Mankind's greatest gift, also its greatest curse, is that we have free choice. We can make our choice built from love or from fear.
-Elizabeth Kubler-Ross.
- The better a man is, the more mistakes he will make, for the more new things he will try. I would never promote

- to a top-level job a man who was not making mistakes.
-Peter Drucker.
- The only way to exit the failure freeway and see the new territory where your SUPERGOALS live, is to take full responsibility for yourself and your choices that only you made including all of your failures and mistakes.
-Richard Carswell.
- It's been said a thousand different ways by a thousand different masters that you and only you are responsible for your life, but very few of all humanity in any given period throughout history has truly, this sentiment to heart and lived by it.
-Richard Carswell.
- In the long run, we shape our lives and we shape ourselves. The process never ends until we die. The choices we make are ultimately our own responsibility.
-Eleanor Roosevelt.
- Refuse to allow blame, bitterness, alienation and recrimination to take hold in your consciousness.
-Richard Carswell.
- Responsibility means to respond with ability instead of react.
-Richard Carswell.
- Our business in life is not to get ahead of others, but to get ahead of ourselves – to break our own records, to outstrip our yesterday by our today.
-Stewart B. Johnson.
- Everyone automatically attracts to themselves exactly

- It is really a very hard life. Men will not be nice to you if you are not good – looking, and women will not be nice to you if you are.
-Agatha Christie.
- It does not matter whether it is a black or white cat; so long as it catches the mice.
-Monitored on BBA Africa on 27/1/2011.
- It is not everything that counts, that can be counted.
-Anon.
- If you haven't got any socks, you can't pull them up.
-Jeffery Bernard.
- Conscience is a sacred sanctuary where God alone may enter as Judge.
-Felicite Robert de Lamennais.
- In my own life, I've noticed that winning usually follows losing.
-Robert Kiyosaki.
- Experience, is knowing a lot of things you shouldn't do.
-William Knudson.
- I see only the objective. The obstacle must give way.
-Napoleon.
- A conclusion is the place where you get tired of thinking.
-Edward Debono.

- Habit is either the best of servants or the worst of masters.
-Richard Carswell.
- Quality is not an act, it is a habit.
-Richard Carswell.
- Every problem has a solution, only if we perhaps change our attitude.
-Richard Carswell.
- Your habits and beliefs systems are a product of your environment and associations.
-Richard Carswell.
- Knowledge without wisdom is of little value.
-Richard Carswell.
- There are three kinds of people: those who are immovable, those who are movable and those who move.
-Arab Proverb.
- If you can think it and ink it, you can visualize it to realize it.
-Richard Carswell.
- Neither knowledge nor anything can stop you, except of course yourself.
-Richard Carswell.
- There are only four secrets to staying young; being happy, achieving success, you have to laugh and you've got to have a dream in life.
-Richard Carswell.
- The only people who fear death, are those with regrets.
-Richard Carswell.

- There isn't any second chance, to put your dreams into actions.
- Mary Kay.
- Our successes (or lack of them), are always in direct proportion to the people, skills we possess.
- Mary Kay.
- When you've changed your thoughts, you've changed your life. Cause, your thoughts, controls your life.
-Richard Carswell.
- You cannot hide your thoughts, they are reflected in your attitude, expressed in your actions, repeated as habits, established as your character, ultimately manifesting as your destiny.
-Richard Carswell.
- What the future holds for you is exactly what you hold for the future.
-Richard Carswell.
- Your external world will always tend to be reflection of the words, pictures, and images that flow through your mind.
-Law of correspondence.
- All successful men and women are dreamers and all super-achievers practice "back from the future thinking".
-Richard Carswell.
- The future belongs to those that believe in the beauty of their dreams.
-Richard Carswell.
- You will become as small as your controlling desire, as

- great as your dominant aspiration.
-James Allen.
- Great souls have wills; feeble ones have only wishes.
-Chinese proverb.
- To be one of the doers and thinkers, you have to stretch yourself.
-Richard Carswell.
- The majority of failures in life are simply the victims of their mental defeats.
-Richard Carswell.
- Thought is the original source of all wealth, all success, all material gain, all greater discoveries and inventions and all achievements
-Richard Carswell.
- Without a rich heart, wealth is an ugly beggar.
-Richard Carswell.
- Nothing is wrong or right only thinking makes it so.
-Shakespeare.
- If you don't know where you are going to, take any road it would take you there.
-Richard Carswell.
- Courage is not the absence of fear; it is the mastery of it.
-Richard Carswell.
- Throw your heart over the bar and your body will follow.
-Norman Vincent Peale.

perfect, Love me for tying.
Remember I am a child not a little adult.
Sometimes I don't understand what you say.
Please love me just for being me, not for the things I can do.
I love you! You're all I have!

-Author Unknown.

Why You Need to Bow Down To A Scholar.

I thank God and Staff of CODESRIA for the opportunity to facilitate a training of trainers' workshop on quantitative and qualitative research methodology for University Lecturers/Professors in Africa, organized by CODESRIA, Dakar-Senegal, from 26-30th April, 2011. Participants came from all over Africa. After the closing ceremony the interpreter since it was bilingual workshop gave me a precious gift which I consider as my certificate with the following kind/generous words which I cherish and thought it wise to include it in this book:

To Professor Bala Dogo:

This might come as a surprise to you. Just trying to apply my late father's advice. 'Do not be afraid of wealthy people but always bow to scholars.' I have learnt a lot from you. I am giving you this small gift to let you know how much I appreciate your lectures. As an Interpreter, I have learnt a lot.

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Miscellaneous.

An Old Man's Prayer when you go for his Counsel.

Prof Adepetu (my teacher) told me that his father used to pray that any person that went to him for advice should not follow or do as he suggested. So that the person will not remember him when everything goes on well, but will not blame him if it does not work out fine at the end.

Role Play on what is the weight of a Biro...

The weight of a biro in somebody's hand depends on how long he/she is holding it. It can make somebody to shiver after holding it for two-ten minutes for example. So do not look down on little efforts. The rays of the sun can get a paper burnt if focused.

Different types of animals have been used to describe the various behaviours of wo/men in a group.

- Hippo - sleeps a lot and yawns
- The Chameleon - Changes colour quickly
- The Rabbit - runs away
- The Snake - hides in the grass and strikes unexpectedly
- The Owl - Aren't I profound? Looks solemn but pretends to be wise
- The fish - Globbs, globbs not responding to anyone or anything
- The Frog - Croaks, croaks- same subject in a monotonous voice
- The Rhino - 'putting her/his foot in it' and is upsetting

people unnecessarily

- Peacock- seeking recognition- Aren't I a fine fellow?
- Monkey- fools around- chatters a lot and prevents people from concentrating
- Giraffe- Above it all; who looks down on others. I am above all this childish nonsense
- The Rabbit- flight behaviour. Easily changes topic when trouble/conflict is sensed
- The Donkey- I won't be moved. Stubborn. Not change his/her point of view.
- The Mouse- I hope no one sees me- timid to speak up on any issue.

-Author unknown.

You and I

- When you take a long time, you are slow but when I take a long time. I am thorough.
- When you do not do it, you are lazy. But when I do not do it. I am busy.
- When you do something without being told, you are overstepping your bounds. When I do something without being told, that's initiative.
- When you strongly give your side, you are being bullheaded. But when I do it, I am being firm.
- When you please the boss, you are polishing the brass. But when I please the boss, that is co-operation.
- When you overlook a rule of etiquette, you are being

rude. But when I skip a few rules, I am being original.

- When you get ahead, you are getting the breaks. But when I manage to get ahead, it's because of hard work.

-Unknown Author.

TAKE TIME...

- Take time to learn; It is a sign of greatness.
- Take time to think; It is a source of powers.
- Take time to plan; It is the first step to fulfillment.
- Take time to work; It is the price of success.
- Take time to dream; It is the Fountain of achievement.
- Take time to act; It is an expression of belief in oneself.
- Take time to give; It is a symbol of maturity.
- Take time to smile; It is the window of the soul.
- Take time to love; It is a gift of God.

Letter of a four year old to his mum and dad

Dear Mum and dad.

My hands are small. I don't mean to spill the milk.

My legs are short; please slow down so that I can keep up.

When I touch something bright and pretty, please don't slap my hands. Explain why I must not touch these things.

Please look at me when I talk to you. I need to know you are listening!

Let me make mistakes without feeling stupid. My feelings are tender.

Please don't expect the bed I made or the picture I draw to be

people-forcefully-turned-politician or what? I never knew that they had so much hatred for me. Ah ah. I cannot express myself? I don't have the right to be myself? Me think if they had their way... Indeed, if men were God! Oh that someone will remind him and them of that old Arab Proverb that: any army of sheep led by a lion would defeat an army of lions led by a sheep; promotion comes neither from the east nor from the west but from Allah Mai daga Mutane! The 'sixth' , 'seventh' or '...nth' person? I do not know yet... but do not be one.

When I die... What a glorious day! Don't cry. I have lived my life. I have made my contributions. I know by the grace of God, I have made my noble contributions and the world, surely, will not remain the same cos in my little way or corner I have registered my presence. If I ever touched your life... go and do the same and touch someone's own life so that the world will be sweeter.

Updated on 10/8/2011 (to mark 20th anniversary of marriage today).

CHAPTER FIVE

WHEN I DIE...

When I die? When will I die? Why think of when and how one will die?

How will I die? Me do not know! When and where will I take my last breath? Or when will The Lord come for me and us? Even when I know all these, does it matter? Where will I be buried? Oh no! See how that my Oga left! How my friend and nephew left in a gruesome manner. Does it matter that I should know? Know where and when I will be buried? Big talk! Hm. Good to talk about death cos, Hmn... in the midst of life we are in death as I saw on an epitaph the other day.

These are not my concern for now, anyway! That perhaps explains why when I wake up every day, my cry is: I thank You Lord! For life, increasingly I see, is a privilege; not a right to live!

When I die, the very day I breathe my very last, many things, I know will happen; surely happen.

Some will cry and cry! Painfully cry! Some will shed crocodile tears! Yet, so many will rejoice as if I was the one sharing the free air that God freely gave with them; and it seems to them that I was having a better share of it or what! Oh no. Or why should they rejoice? Why would they rejoice

over my demise? For whatever reasons they might be rejoicing are best known to them! Of course when an 'old' leaf falls, a brand new one will germinate or sprout out! A new beginning for one is an end of an epoch of another; and an end of an epoch of another is another new beginning for another; so the chain continues.

When I pass on, to that glory land, I know there will be series of meetings and consultations of where and when to bury me! Oh let me die a glorious death to qualify for a burial, not even a befitting burial! Cos if the death will not warrant a burial, yes 'cos so many have died and no trace of their corpse let alone a burial or grave yard for them. Which coffin to use for me? It does not matter! Not at all! I told my wife that it should not be an expensive one! Keep the remaining money of an expensive coffin to pay the many Volunteers or staff in CaRE-NGO; cos it is my yearning that CaRE-NGO should outlive me!

Yes I know My Joy shall be called upon to testify of the man she knows of; who has been with her/known for over 30-40 years, thick or thin. Sala, the only person whose birth has caused my heart to vibrate shall be summoned to also say what she has learned from 'Hay Guy'. The Only-Nono-Boy, who sang with me, I told him they should play my music when I am no more, will be there also. What will he say? I don't know. Likewise, that intelligent young boy who is always asking questions, Sha will be there, maybe sob or feel shy! What questions he will ask that day or thereafter? I don't know. Yes, that my friend who dedicated his PhD work to me, and another one his M.Sc. thesis- I know if you

call them, a 100% pass mark they will give me. Really, do I deserve all these honour? My old-man from western part of Naija, who has become like a father and friend, might be called upon to say one or two things about his son that he supervised all his degrees' work.

But these people you should call to testify of me...

Give them an essay to write on "Prof. Bala Dogo was a very bad person-Discuss". Whatever they say, you can take as the real assessment of me. The four and the 'fifth', in fact, the 'sixth' and for now include:

That person who was more or less my confidant, who came on his own, begging to stay with us so as to make his papers; he held the key to the granary in our house; but went behind and joined forces to almost discredit, and cheated me and CaRE-NGO. I used to think that even when others betray me, he will not. Alas, how sincerely wrong I was. Hmmm!

Call that his 'sister' too who disowned me as a father for religious reasons. As if I was forcing her to go and acquire higher degree for myself. Na waooh.

Call the wife of that my nephew and friend, who appears to be on her own now; who made me look as if there was no good in me except to think of the wealth of him after his demise or what? I sigh.

Call that girl who was more or less our daughter! We brought her up in development work and asked her to be assertive; she turned out to be a half clever girl. Oh no. She was withdrawn from school of nursing and she is still trying to find her bearing again. What caused this? Greed? Yes call that group of supposedly fifteen, led by one ex-shepherd-of-