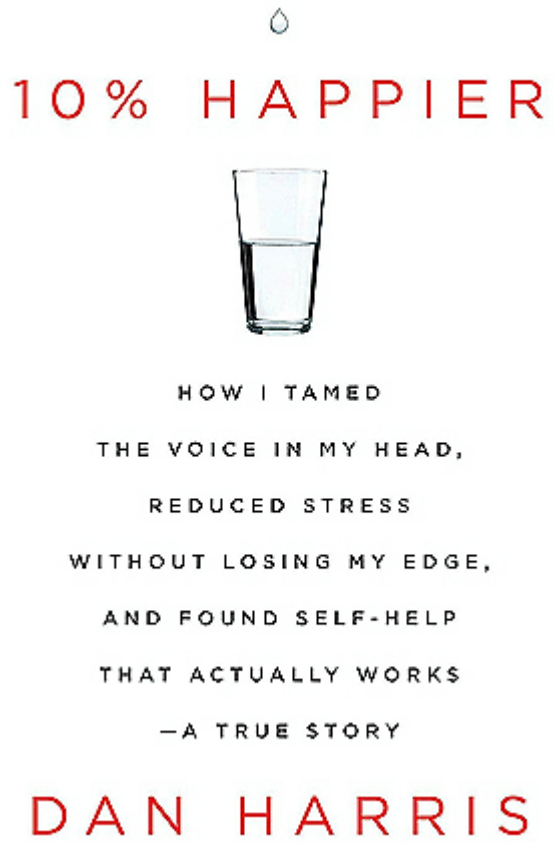
# Twitter Thread by Book Quotes

**Book Quotes**
@Strong_Mindd

## 8 Insightful Lessons From the Book "10% Happier"

## Thread




1. "When you have one foot in the future and the other in the past, you piss on the present."

2. "There’s no point in being unhappy about things you can’t change, and no point being unhappy about things you can."

3. "There’s no point in being unhappy about things you can’t change, and no point being unhappy about things you can."

4. "Pursuit of happiness becomes the source of our unhappiness."

5. "Meditation is not about feeling a certain way. It’s about feeling the way you feel."

6. "Everything in the world is ultimately unsatisfying and unreliable because it won’t last."

7. "May you be happy. May you be safe and protected from harm.

May you be healthy and strong. May you live with ease."

8. "The Buddha captured it well when he said that anger, which can be so seductive at first, has “a honeyed tip” but a “poisoned root."

The world is holistic.

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> — Book Quotes (@Strong_Mindd) April 17, 2022