

Authenticity Quotes

Genuineness, truthfulness and acting on our convictions

"Have the 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."

W. Clement Stone

"It is not the facts which guide (our) conduct, but (our) opinions about facts; which may be entirely wrong. We can only make them right by discussion."

Sir Norman Angell

"Every man has three characters—that which he exhibits, that which he has, and that which he thinks he has."

Karr

"In the long run, digging for truth has always proved not only more interesting but more profitable than digging for gold."

George R. Harrison

"Facts that are not frankly faced have a habit of stabbing us in the back."

Sir Harold Bowden

"Common sense is the knack of seeing things as they are, and doing things as they ought to be done."

Stowe

"No one man can, for any considerable time, wear one face to himself, and another to the multitude, without finally getting bewildered as to which is the true one."

Hawthorne

"Never esteem anything as of advantage to thee that shall make thee break thy work or lose thy self-respect."

Marcus Aurelius

"If any man seeks for greatness, let him forget greatness and ask for truth, and he will find both."

Horace Mann

"Music is your own experience, your thoughts, your wisdom. If you don't live it, it won't come out your horn."

Charlie Parker

"If you call forth what is in you, it will save you. If you do not call forth what is in you, it will destroy you."

Gospel of Saint Thomas

"To contact the deeper truth of who we are, we must engage in some activity or practice that questions what we assume to be true about ourselves."

A. H. Almaas

"Man will occasionally stumble over the truth, but usually manages to pick himself up, walk over or around it, and carry on."

Winston Churchill

"Honesty and transparency make you vulnerable. Be honest and transparent anyway."

Mother Theresa

"No legacy is so rich as honesty."

Shakespeare

"If you tell the truth you don't have to remember anything."

Mark Twain

"The men who succeed best at public life are those who take the risk of standing by their own convictions."

James A. Garfield

"To find yourself, think for yourself."

Socrates

"How desperately difficult it is to be honest with oneself. It is much easier to be honest with other people."

Edward F. Benson

"There is no wisdom save in truth."

Martin Luther

"Falsehoods not only disagree with truths, but usually quarrel among themselves."

Daniel Webster

"Every violation of truth is a stab at the health of human society."

Ralph Waldo Emerson

"Truth, when not sought after, rarely comes to light."

Holmes

"Let the people know the truth and the country is safe."

Abraham Lincoln

"Half of the work that is done in this world is to make things appear what they are not."

E. R. Beadle

"Character is not made in a crisis — it is only exhibited."

Dr. Robert Freeman

"Good leaders cultivate honest speech; they love advisors who tell them the truth."

Proverbs 16: 13 MSG

"There is no more powerful weapon for change than honesty."

Margaret Heffernan (CEO, CMGI)

"You got to be who you are when you are."

"Snoop Dog"

"Believe those who are seeking the truth; doubt those who have found it."

Andre Gide

"We must be the change we are trying to create."

Ghandi

"What is true is invisible to the eye. It is only with the heart that one can see clearly."

Antoine de Saint-Exupery

"Morality in government begins with officials using words as honestly as possible to describe the truth."

David Gergen

"Just get rid of the false and you will automatically realize the true."

Ho-Shan

"The pursuit of truth is like picking raspberries. You miss a lot if you approach it from only one angle."

Randal Marlin

"Example is not the main thing in influencing others. It is the only thing."

Albert Schweitzer

"Only in quiet waters things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world."

Everett W. Lord

"Nothing more completely baffles one who is full of tricks and duplicity than straightforward and simple integrity in another."

Colton

"The sincere alone can recognize sincerity."

Carlyle

"Just be what you are and speak from your guts and heart - it's all a man has."

Hubert Humphrey

"Like an ability or a muscle, hearing your inner wisdom is strengthened by doing it."

Robbie Glass

"It always comes back to the same necessity: go deep enough and there is a bedrock of truth, however hard."

May Sarton

"Sincerity is impossible unless it pervades the whole being, and the pretense of it saps the very foundation of character."

James Russell Lowell

"Unless you give yourself to some great cause you haven't even begun to live."

William P. Merrill, D.D.

"A man that seeks truth and loves it must be reckoned precious to any human society."

Frederick the Great

"We must be truthful and fair in the ordinary affairs of life before we can be truthful and fair in patriotism and religion."

Ed Howe

"Our view of reality is like a chart of the sea - the truer it is, the less likely we will become lost."

Al Watts

"It is easier to know the truth than to seek the truth."

Charles Kimball

"Truth is what stands the test of experience."

Albert Einstein

"In our world, the road to holiness necessarily passes through the world of action."

Dag Hammarskjold

"You can never be sure whether you are discovering the truth or inventing it."

Frederick Buechner

"To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man."

William Shakespeare in Hamlet

"The truth - you've got to deal with it or it will kill you bit by bit."

Ziggy Marley

"There can be no happiness if the things we believe in are different from the things we do."

Freya Madeline Stark

"Follow the grain in your own wood."

Howard Thurman

"To contact the truth of who we are, we must engage in some activity or practice that questions what we assume to be true about ourselves."

A. H. Almaas

"Common sense is the knack of seeing things as they are, and doing things as they ought to be done."

Stowe

"Words without actions are the assassins of idealism."

Herbert Hoover

"How shall we learn to know ourselves? By reflection? Never; but only through action. Strive to do thy duty; then shalt thou know what is in thee."

Goethe

"All worthwhile men have good thoughts, good ideas and good intentions - but precious few of them ever translate those into action."

John Hancock Field

"Honesty is the first chapter of the book of wisdom."

Thomas Jefferson

"The truth is to be lived, not just mouthed."

Hui - Neng

"He does not believe that does not live according to his belief."

Thomas Fuller

"Best keep yourself clean and bright; you are the window through which you see the world."

George Bernard Shaw

"The truth is more important than the facts."

Frank Lloyd Wright

"Sometimes you can't find the truth; you have to wait for it to find you."

Chris Jones (Esquire Magazine)

"Not all truth will be discovered in what is to come; some must be recalled from what has been forgotten."

David J. Wolfe

"When one man or woman decides to risk addressing the world with truth, the world may stop what it is doing and hear."

Robert Fulghum

"An organization's works, not its words, are the telling assessment of its beliefs."

John Carver

"Sometimes, leadership differs from non-leadership only in that leadership views the world with a slightly larger lens."

John Carver

"Nothing is easier than self-deceit. For what each man wishes, that he also believes is true."

Demosthenes

"Trust is the great simplifier. If people in business told the truth, 80 to 90 percent of their problems would disappear."

Will Schutz

"Everyone prefers belief to an exercise in judgment."

Seneca

"You only build credibility by telling the truth. You simply can't operate unless people believe you and believe one another."

Jack Stack
(in *The Great Game of Business*)

"We lie loudest when we lie to ourselves."

Eric Hoffer

"Who is more foolish, the child afraid of the dark or the man afraid of the light?"

Maurice Freehill

"The real voyage of discovery consists not in seeking new lands but seeing with new eyes."

Marcel Proust

"If we attach more importance to what other people believe than to what we know to be true - if we value belonging over being - we will not attain authenticity."

Nathaniel Branden

"There is but one cause of failure and that is a man's lack of faith in his true self."

William James

"Leaders lead by virtue of who they are."

Kevin Cashman

"Belief is not primarily about dogmas but about action. If we believe in a future we will act like it."

Matthew Fox

"What does it matter how one comes by the truth so long as one pounces on it and lives by it?"

Henry Miller

"Rather than love, than money, than fame, give me the truth."

Henry David Thoreau

"The truth is not simply what you think it is; it is also the circumstances in which it is said, and to whom, why and how it is said."

Vaclav Havel

"Most of the basic truths of life sound absurd at first hearing."

Elizabeth Goudge

"Truth, like surgery, may hurt, but it cures."

Han Suyin

"I tore myself away from the safe comfort of certainties through my love for the truth; and truth rewarded me."

Simone de Beauvoir

"We may be personally defeated, but our principles never."

William Lloyd Garrison

"The truth is the kindest thing we can give folks in the end."

Harriet Beecher Stowe

"If you do not tell the truth about yourself, you cannot tell it about other people."

Virginia Woolf

"You must never confuse faith that you will prevail in the end - which you can never afford to lose - with the discipline to confront the most brutal facts of your current reality, whatever they might be."

Jim Stockdal

"Conviction is worthless unless it is converted into conduct."

Thomas Carlyle

"Putting first things first means organizing and executing around your most important priorities. It is living and being driven by the principles you value most, not by the agendas and forces surrounding you."

Stephen R. Covey

"Unless it grows out of yourself no knowledge is really yours, it is only borrowed plumage."

D. T. Suzuki

"Concerning all acts of initiative or creation there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too... Whatever you think you can do or believe you can do, begin it. Action has magic, grace and power in it."

Goethe

"Everyone has talent. What is rare is the courage to follow that talent to the dark places where it leads."

Erica Jong

"I have often thought morality may consist solely in the courage of making a choice."

Leon Blum

"Character is doing what's right when nobody is looking."

J. C. Watts, Jr.

"Wisdom is knowing what to do next; virtue is doing it."

David Starr Jordan

"We know truth, not only by reason, but also by the heart."

Blaise Pascal

"Truth is the only safe ground to stand upon."

Elizabeth Cady Stanton

"The heart of effectiveness is building integrity through the constant observation of one's lack of integrity."

William Torbert

"Demanding historical (or scientific) veracity as a prerequisite for truth is another kind of tunnel vision. To do so is to mistake poetry for prose."

Charles Kimball
(in When Religion Becomes Evil)

"The difference between fiction and reality is that fiction has to make sense."

Tom Clancy

"Lying makes a problem part of the future; truth makes a problem part of the past."

Rick Pitino

"If the brutal facts are not faced by leaders, the brutal reality sets in."

Andy Grove

"I don't think you can do a greater disservice to someone who works for you or with you than to not be truthful about performance."

Shelly Lazarus (Ogilvy)

"If I speak up I am condemned; if I stay silent I am damned."

Jean Valjean (Les Miserables)

"It's time to question a job or career move when it seems like most energy is devoted to making things appear other than what they really are."

Al Watts

"You never find yourself until you face the truth."

Pearl Bailey

"The essence of an organization lies in what it believes, what it stands for, and what it values. An organization's works, rather than its words, are the telling assessment of its beliefs."

John Carver

"Sing your song; don't let the bastards get you down."

Garrison Keillor

"If you are not prepared to resign or be fired for what you believe in, then you are not a worker, let alone a professional. You are a slave."

Howard Gardner

"The truth may make you free, but there's an even chance it will first scare the daylight out of you."

Gregg LeVoy

"Honesty is the first chapter in the book of wisdom."

Thomas Jefferson

"The best advice I can give to any young man or young woman upon graduation from school can be summed up in exactly eight words, and they are - be honest with yourself and tell the truth."

James A. Farley

"Aside from the strictly moral standpoint, honesty is not only the best policy but the only policy from the standpoint of business relations. The fulfillment of the pledged word is of equal necessity to the conduct of all business."

James P. Bell

"The essential element in personal magnetism is a consuming sincerity—an overwhelming faith in the work one has to do."

Bruce Barton

"Not the truth of which one supposes himself possessed, but the effort he has made to arrive at truth, makes the worth of the man. For not by the possession, but by the investigation, of truth are his powers expanded."

Lessing

"Our view of reality is like a map with which to negotiate the terrain of life. If the map is true and accurate, we will generally know how to get there. If the map is false and inaccurate, we generally will be lost."

M. Scott Peck

“Sunlight is the best disinfectant.”

Louis Brandeis, U.S. Supreme Court Justice

“The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity.”

(Proverbs 11:3).

“The worst of all deceptions is self-deception.”

Saul Bellow

“The best mind-altering drug is truth.”

Lily Tomlin

“The pure and simple truth is rarely pure and never simple.”

Oscar Wilde

“Winners see trials as opportunities to reinforce values, not abandon them.”

Howard Schultz, Starbucks CEO

"Spinning the message is a Trust killer. Where there is truth, there is Trust."

John G. Miller

"It is what we think we know already that often prevents us from learning."

Claude Bernar

"The truth does not change according to our ability to stomach it."

Flannery O'Connor

“Do not look back in anger, or forward in fear, but around in awareness.”

James Thurber

“Intelligence is quickness in seeing things as they are.”

George Santayana

“The naked truth is always better than the best dressed lie.”

Ann Landers

“It's far better to grasp the Universe as it really is than to persist in delusion, however satisfying & reassuring. “

Carl Sagan

"To believe in something, and not to live it, is dishonest."

Mohandas Gandhi

"We can ignore reality, but we cannot ignore the consequences of ignoring reality."

Ayn Rand

The most obvious, ubiquitous important realities are often the ones that are the hardest to talk about.

David Foster Wallace

In all intellectual debates, both sides tend to be correct in what they affirm, and wrong in what they deny.

John Stuart Mill

"Power is not revealed by striking hard or often, but by striking true"

Honore de Balzac

“The most erroneous stories are those we think we know best--and therefore never scrutinize or question.”

Stephen Jay Gould

“Someone who knows too much finds it hard not to lie.”

Ludwig Wittgenstein

“The most profound insight in the history of humankind is that we should seek to live in accord with reality.”

Loyal Rue

“It is what we know already that often prevents us from learning.”

Claude Bernard

“To be persuasive, we must be believable; to be believable, we must be credible; to be credible, we must be truthful.”

Edward R. Murrow

“During times of Universal deceit, telling the truth becomes a revolutionary act.”

George Orwell

“Judge a man by his questions, not his answers.”

Voltaire

“To be persuasive we must be believable; to be believable we must be credible; to be credible we must be truthful.”

Edward R. Murrow (1908-1965); American Journalist

“Discernment is having the eyes to see, and the ears to hear - and the ability to feel the emotional energy that is Truth.”

Robert Burney

“All knowledge is partial, infinitesimally partial. Reason is a net thrown out into an ocean. What truth it brings in is a fragment, a glimpse, a scintillation of the whole truth.”

Ursula K. LeGuin

“The day we see the truth and cease to speak is the day we begin to die.”

Martin Luther King

“Sometimes, being true to yourself means changing your mind. Self changes, and you follow.”

Vera Nazarian

“A bag full of money is stronger than two bags of truth.”

Danish proverb

"He who knows nothing is closer to the truth than he whose mind is filled with falsehoods and errors."

Thomas Jefferson

“The truth that makes men free is for the most part the truth which men prefer not to hear.”

Herbert Agar

“The most exhausting thing you can do is to be inauthentic.”

Anne Morrow Lindbergh

“The authentic self is the soul made visible.”

Sarah Ban Breathnach

“Infidelity does not consist in believing or in disbelieving; it consists in professing to believe what one does not believe.”

Thomas Paine

“Integrity is telling myself the truth. Honesty is telling the truth to other people.”

Spencer Johnson

“It is error only, and not truth, that shrinks from inquiry. “

Thomas Paine

"Let us have INTEGRITY and not write checks with our tongues which our conduct cannot cash."

Neal A. Maxwell

“Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold.”

Leo Tolstoy, novelist and philosopher (1828-1910)



Alan Watts
inTEgro Inc.
721 West Minnehaha Parkway
Minneapolis, MN 55419
(612) 827-
2363
