

Nobody ever asks you if you want to supersize your salad

1. Complicated problems are best solved with simple solutions.
2. When it comes to lust, renting is cheaper than owning.
3. Only the wealthy benefit from fasting.
4. Spiritual growth is an option for the wealthy, but it comes standard for those in poverty.
5. Children will resort to good manners when all else fails.
6. Once you think you're an expert, you've stopped being one.
7. A good hairdresser beats a great therapist.
8. Your wife and children raise you to be a good husband and father.
9. How others see us, and how we see ourselves are rarely the same.
10. A dream come true often turns into a nightmare.
11. Anticipating a procedure is usually more painful than the procedure itself.
12. It is easier to die than to change.
13. Often the box is a better toy than the toy itself.
14. Sophisticated people are terribly interesting to themselves.
15. Your anger and fear are your best teachers.
16. It is better to be wise than to be intelligent.
17. People are punished, not for their crimes but for getting caught.
18. Justice is for the rich; jail is for the poor.
19. The real criminals are rarely caught, and even more rarely punished.
20. A quiet person can be more irritating than a loud person.
21. It is sometimes harder to love oneself than it is to love another.
22. The blame game, the only game where everybody is a loser.
23. The more you try to control life, the more life controls you.
24. The only people who are experts at raising children are those who don't have any.
25. Inside a sword, you find a word.
26. People always find time for regular exercise after they have a heart attack.
27. Nobody ever asks you if you want to supersize your salad.
28. The chicken crossed the road in order to hear the tree fall in the forest.
29. Atheism gets weaker as the doors to the ICU get closer.
30. Good company is better than great food.
31. Alcohol is more revealing than your diary.
32. The best medicine cannot overcome a poor lifestyle.
33. It is easier to open your heart to a suffering animal than it is to a suffering person.
34. Health food is an acquired taste.
35. Vegetables love us more than we love them.
36. For some a full wallet is more satisfying than a full stomach.
37. Not having toilet paper when you need it is bad, not having a toilet is worse.
38. If you want to get in touch with your Inner Child quickly, flush your toilet repeatedly.
39. Your pain is your wake up call.
40. The belief in science is at times more irrational than belief in GOD.
41. People don't care how much you know until they know how much you care.
42. The doctor's attitude can have worse side effects than the medicine.

43. Neglect is worse than death.
44. Many treatments are worse than diseases.
45. Good humour is better than good nutrition.
46. Choosing to die is easier than choosing to live.
47. Success and fear cannot exist together.
48. Indecision is the worst decision.
49. Worry is more disturbing to your sleep than a bad mattress.
50. The hungrier you are, the better the food smells.
51. If you think about it, it makes more sense for a man to wash his hands before he pees, after is nice too.
52. The bigger the home, the smaller the tip for the delivery person.
53. Some of the poorest people have the biggest bank accounts.
54. A mind is a terrible thing to use.
55. All new ideas won't fly unless you pilot them.
56. Climbing a mountain is easier than quieting a baby.
57. Beauty is often wasted on the ugly.
58. Trusting people requires more faith than trusting GOD.
59. Free financial advice is often very expensive.
60. Some marriages are arranged; most are deranged.
61. No one orders a police investigation when a beloved pet is put to sleep.
62. Emotional abuse leaves permanent bruises.
63. Calm seas don't test your sailing abilities.
64. Your open heart, to others is an empty trash can.
65. The bigger they are, the harder they hit.
66. The smaller you are, the louder you bark.
67. The smaller you are, the further you fly.
68. A geological fault can destroy a city; human faults can destroy a civilization.
69. Great talent pales when compared to great perseverance.
70. Good nurses are usually the worst patients.
71. It is easier to fight with your spouse than to fight with yourself.
72. Look into the mirror to see the person who is preventing you from achieving your goals.
73. The best way to avoid breaking a promise is not to make one.
74. Wisdom is wasted on the old.
75. Blind people are good judges of beauty.
76. Expensive perfume is less alluring than a freshly baked cinnamon bun.
77. Chicken soup isn't very good for the chicken's soul.
78. The value of knowledge is only realized in its application.
79. The good things in life are rarely good for us.
80. There has yet to be a mistake created that didn't have an excuse to go with it.
81. When food is scarce, anorexia is cured.
82. Nothing slows time like boredom.
83. I speed as carefully as possible to avoid a ticket.
84. Suffering is wasted if it doesn't teach you anything.
85. When we stop thinking, we start creating.
86. Children may be innocent but they're not always kind.

87. If you want to know if you are living up to your potential—write your eulogy.
88. Your mind is more enamored with itself than it is with you.
89. We don't lose our minds—Our minds lose us.
90. Stop thinking...Not easy is it?
91. Open your heart before you open your mouth.
92. In every "eccentric millionaire" is a poor mentally ill street person trying to get out.
93. Connect to everything—attach to nothing.
94. An excuse prevents you from learning from your mistakes.
95. Rap as a musical style is pronounced with the "C" silent.
96. GOD created evolution.
97. Mirrors reflect how you look; people reflect what you are.
98. People only want your honest opinion when it agrees with theirs.
99. Great expectations lead to great disappointments.
100. The devil is an equal opportunity employer.
101. People pray more sincerely in a casino than they do in church.
102. If you want unconditional love, get a dog.
103. Attitude like underwear should be changed before it begins to stink.
104. When you don't know, you know.
105. Your mouth, no matter how small, can fit your foot, no matter how big.
106. Be a human being, and a human doing.
107. The cause of headaches is not an aspirin deficiency.
108. It is harder to get an innocent man out of jail than it is to put a guilty man in jail.
109. Knowing the right questions is more important than knowing the right answers.
110. People need listening aides, not hearing aides.
111. The bigger the game, the better the commercial.
112. Long-term memory improves with age.
113. The worse the person, the better their lawyer.
114. When you're brutally honest, you're remembered for your brutality, not your honesty.
115. When dealing with oneself, honesty is the best policy; in dealing with others, decency is the best policy.
116. Dead people cannot apologize.
117. People care that you are a jerk, not why you are a jerk.
118. Therapists are paid to tell people what those who love them have been trying to tell them for years.
119. Small leaks left unattended transform into big floods.
120. The more channels, the less there is to watch.
121. The richest man in the graveyard decomposes as quickly as the poorest.
122. People who always get what they want rarely have what they need.
123. It is better to live in peace, than to rest in peace.
124. Soothers calm the parents more than they calm the child.
125. Little children—little problems; bigger children—bigger problems; no children—biggest problem.
126. Caring for children is easier than caring for parents.
127. GOD loves the poor, but helps the rich.

128. The louder you shout, the less you're heard.
129. What the eyes don't see, the heart won't feel.
130. The better the joke, the harder it is to remember.
131. People who live in glass houses don't have a lot of privacy.
132. Extremely smart people make the really stupid mistakes.
133. Man knows his truth—GOD knows the truth.
134. There is no integrity without temptation.
135. People buy things that they don't need with money they don't have to impress people they don't like.
136. Good listening involves the eyes as much as the ears.
137. The grass is always greener on the side where the lawn is best maintained.
138. Blood is thicker than water, but money is thicker than blood and power is thicker than both.
139. The more rights you demand, the more responsibilities you must assume.
140. The pursuit of joy will bring you more pleasure than the pursuit of pleasure.
141. If you want to understand and appreciate your parents, have some children.
142. How you look at something dictates what you see.
143. The angrier you are, the more likely you're mistaken.
144. Who ever put the letters "man" in romance was highly mistaken.
145. When the patient resumes complaining, we know they are feeling better.
146. You don't marry a woman—you marry her memory bank.
147. No matter how you spell it—when you're "aloof"—you're "a fool".
148. It's easier to raise Lazarus than to raise children.
149. The diagnosis of your disease is found in the truths you aren't willing to face.
150. Jesus never got married because he only wanted to get crucified once.
151. If you're going to bother to think, then think big.
152. Behind every contented man is an agitated woman.
153. The sharpest lawyer can't argue his way into heaven.
154. Make love not war, but if you want to do both, get married.
155. The best doctor and the worst patient both reside within us.
156. Man maybe ignorant but nature is cruel.
157. Listening is so crucial to loving that the word "ear" is right in the middle of the word "heart".
158. An only child is a lonely child.
159. Obstacles are just hidden opportunities.
160. Responsibilities are privileges.
161. Difficult people teach us patience.
162. Obligations are our honours.
163. Never mind your face, make-up your mind.
164. Everything goes according to plan—it just isn't your plan.
165. The smaller the dog—the bigger the bark.
166. You can't sharpen a pen.
167. People who live in stone houses shouldn't throw glass.
168. You can't give what you don't have—so forgive your parents.
169. You know you've forgiven when you've forgotten.
170. The Guru says, "Life is an illusion"—the Guru never had a Kidney Stone.

171. A measure of your strength is how lightly you carry your burdens.
172. Your mind not your circumstances decide how difficult your life is.
173. Denying your self a pleasure is less valuable than letting go of the idea that pleasure comes from outside yourself.
174. One wrong doesn't make a right.
175. A tyrant is one who is ruled by their inner child.
176. We don't find jobs; they find us—especially around the house.
177. Employees—enjoy your job in spite of your employer.
178. Women marry nice guys—they're just not attracted to them.
179. The more impatient you are, the more likely you are to become an in-patient.
180. People are always ready to blame others for their failures but usually take personal credit for their successes.
181. If you are hungry—you waited too long to eat.
182. If you are full—you have eaten too much.
183. If you over-weight and hungry— then you are starving.
184. We condemn others in order to deflect from our role in the mess.
185. We feed our children violence and we are shocked when they act it out.
186. There is no peace until there is reconciliation.
187. The faster the food—the faster the health decline.
188. The sun is always shining on us—it's our minds that produce the clouds.

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