

To: undisclosed-recipients:[@]
Bcc: [REDACTED]
From: Will Ford
Sent: Tue 1/26/2016 2:08:39 PM
Subject: Jan 26th tidbits & quotes

**"Everything you need is already inside." -
Bill Bowerman**

https://en.wikipedia.org/wiki/Bill_Bowerman

<https://www.youtube.com/watch?v=4zmH7rHQX5o>

**"It is better to keep your mouth closed and let people think you are a fool than to open it
and remove all doubt." - Mark Twain**

"Nothing strengthens authority so much as silence." - Leonardo da Vinci

"Silence is golden when you can't think of a good answer." - Muhammad Ali

"Sometimes being a friend means mastering the art of timing. There is a time for silence. A time to
let go and allow people to hurl themselves into their own destiny. And a time to prepare to pick
up the pieces when it's all over." - Octavia Butler

"Silence is a true friend who never betrays." - Confucius

"Silence is the sleep that nourishes wisdom." - Francis Bacon

"Any fool can criticize, condemn and complain - and most fools do." - Benjamin Franklin

"We need to find God, and he cannot be found in noise and restlessness. God is the friend of
silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the
sun, how they move in silence... We need silence to be able to touch souls." - Mother Teresa

"There are three reasons why I live in Scotland. First, I like silence, and you have to be a
millionaire to buy silence in Italy. Second, I like cold weather. Third, in Italy I have too many
relatives and know too many people, so I never get a quiet time." - Gian Carlo Menotti

**"Better to remain silent and be thought a fool than to speak out and remove all doubt." -
Abraham Lincoln**

"Well-timed silence hath more eloquence than speech." - Martin Farquhar Tupper