

keep calm and carry on quotes

Keep Calm and Carry On Quotes: Timeless Wisdom for Modern Life

keep calm and carry on quotes have become a cultural phenomenon, inspiring countless people around the world to maintain composure during challenging times. Originating from a British propaganda poster during World War II, this simple yet powerful phrase has transcended its historical roots to become a mantra for resilience, patience, and perseverance in everyday life. Whether you're facing personal struggles, professional setbacks, or just the daily grind, these quotes offer a gentle reminder to stay grounded and keep moving forward.

The Origin and History of Keep Calm and Carry On Quotes

Before diving into the many variations and uses of keep calm and carry on quotes, it's worth exploring where this phrase came from. In 1939, as Britain was bracing for the impact of World War II, the Ministry of Information designed a series of posters to boost morale. Among them was the iconic "Keep Calm and Carry On" poster, intended to reassure the public in the face of air raids and wartime uncertainty.

Interestingly, the poster was never widely distributed during the war and remained largely unknown until a copy resurfaced in a bookshop in 2000. Since then, its message has resonated with people far beyond its original context, becoming a symbol of stoicism and quiet strength.

Why Keep Calm and Carry On Quotes Resonate Today

In today's fast-paced world, stress and anxiety often feel unavoidable. Yet, the enduring appeal of keep calm and carry on quotes lies in their simplicity and universality. These quotes encourage mindfulness, emotional regulation, and a focus on what can be controlled. They remind us that even amid chaos, maintaining a calm mindset is a powerful tool for problem-solving and emotional well-being.

Embracing Resilience Through Words

Resilience is not about ignoring difficulties but facing them with grace. Keep calm and carry on quotes help cultivate this mindset by providing a verbal anchor. When life throws unexpected challenges your way—be it a tough day at work, a personal loss, or global crises—these phrases serve as gentle nudges to breathe, assess, and persist.

Practical Applications in Daily Life

Applying keep calm and carry on quotes in everyday situations can be surprisingly effective:

- **Workplace Stress:** When deadlines pile up or conflicts arise, recalling this mantra can prevent reactive responses and promote thoughtful action.
- **Parenting Challenges:** Parenting often demands patience. These quotes offer reassurance during moments of frustration or uncertainty.
- **Health and Wellness:** Facing medical concerns or lifestyle changes becomes more manageable with a calm and steady attitude encouraged by these words.

Popular Keep Calm and Carry On Quotes and Variations

While the original phrase is iconic, many variations and adaptations have emerged, each offering a unique twist on the theme of calm perseverance. Here are some favorites that have gained traction in various communities.

Classic Quotes Inspired by the Original

- "Keep Calm and Carry On" - The original and most famous.
- "Keep Calm and Stay Strong" - Emphasizes inner strength alongside calmness.
- "Keep Calm and Keep Going" - Encourages continuous effort despite obstacles.

Creative and Motivational Spin-Offs

Some adaptations infuse humor or specificity to make the message more relatable:

- "Keep Calm and Drink Tea" - A playful nod to British culture and relaxation rituals.
- "Keep Calm and Trust the Process" - Popular among entrepreneurs and creatives.
- "Keep Calm and Smile On" - Promotes positivity as a coping mechanism.

How to Use Keep Calm and Carry On Quotes Effectively

Incorporating keep calm and carry on quotes into your life can be both motivational and practical. Here's how to do it without feeling cliché or superficial.

Personal Reflection and Mindfulness

Use these quotes as part of a daily meditation or journaling practice. Reflecting on the phrase can help center your thoughts and reduce anxiety. Writing about moments when staying calm helped you overcome difficulties reinforces the message's power.

Visual Reminders

Many people find that having a physical reminder—like a poster, phone wallpaper, or desk plaque—can trigger a calming effect when stress arises. This subtle cue helps train your brain to pause and breathe before reacting.

Sharing Positivity

Sharing keep calm and carry on quotes on social media or with friends can spread encouragement and foster a supportive environment. It's a small act that contributes to collective resilience, especially during tough times.

The Psychological Power Behind Keep Calm and Carry On Quotes

Understanding why these quotes are so effective involves some insight into human psychology. The phrase taps into cognitive-behavioral principles by encouraging a shift in mindset from panic to calm problem-solving.

Anchoring and Cognitive Reframing

Repeating a calming phrase acts as an anchor, giving the mind a stable point to return to amidst emotional turbulence. This is a form of cognitive reframing, where negative or overwhelming feelings are redirected into a more manageable perspective.

Stress Reduction and Emotional Regulation

By reminding yourself to “keep calm,” you engage your parasympathetic nervous system—the part of the nervous system responsible for rest and digestion. This physiological response lowers heart rate and reduces stress hormone levels, making it easier to think clearly.

Incorporating Keep Calm and Carry On Quotes Into Your Environment

Beyond personal use, these quotes have found their way into decor, fashion, and branding. Here are some creative ways to integrate them into your surroundings:

- **Home Decor:** Framed prints or canvas art featuring the phrase can add a touch of inspiration to living rooms, bedrooms, or workspaces.
- **Office Spaces:** Desk accessories or wall decals with keep calm messages promote a calm and productive work atmosphere.
- **Clothing and Accessories:** T-shirts, mugs, and tote bags emblazoned with these quotes make great conversation starters and reminders to stay composed.

Why Keep Calm and Carry On Quotes Will Never Go Out of Style

The timelessness of keep calm and carry on quotes lies in their universal applicability. Life is inherently unpredictable, and everyone experiences moments of doubt, fear, or overwhelm. These simple words offer a steady compass through the storm, encouraging a mindset that is both practical and hopeful.

Moreover, as society becomes more aware of mental health and emotional intelligence, phrases that promote calmness and resilience become increasingly relevant. They serve as accessible tools for self-care and empowerment, cutting across cultures and generations.

In essence, keep calm and carry on quotes remind us that while we cannot always control the circumstances around us, we can control our response. This message of empowerment and perseverance is why these quotes continue to inspire and comfort millions.

Whether you're looking for motivation during a tough day, a way to calm your mind before a big event, or just a simple reminder to take things one step at a time, keep calm and carry on quotes provide a timeless source of strength. They invite us all to face life's challenges not with fear, but with quiet courage and steady determination.

Frequently Asked Questions

What is the origin of the 'Keep Calm and Carry On' quote?

The 'Keep Calm and Carry On' quote originated from a British government motivational poster produced in 1939 during the beginning of World War II, intended to raise public morale in the event of a wartime disaster.

Who designed the 'Keep Calm and Carry On' poster?

The poster was designed by the Ministry of Information in the United Kingdom, but the specific individual designer remains unknown.

Why did the 'Keep Calm and Carry On' poster become popular only recently?

Although printed in large numbers, the poster was rarely displayed during the war and was largely forgotten until it was rediscovered in the early 2000s, leading to its resurgence as a popular motivational slogan.

What is the meaning behind 'Keep Calm and Carry On'?

The phrase encourages people to remain calm and maintain their composure during stressful or challenging situations, continuing with their duties and lives despite difficulties.

Are there variations of the 'Keep Calm and Carry On' quote?

Yes, many variations and parodies have been created, such as 'Keep Calm and Drink Tea', 'Keep Calm and Party On', and other humorous or personalized twists on the original phrase.

How has the 'Keep Calm and Carry On' quote influenced popular culture?

The quote has become a widely recognized meme, appearing on posters, merchandise, clothing, and digital media, symbolizing resilience and stoicism in contemporary culture.

Can the 'Keep Calm and Carry On' message be applied in modern times?

Absolutely, the message remains relevant today as a reminder to stay composed and focused during crises, stress, or uncertainty in personal or professional contexts.

What font is used in the original 'Keep Calm and Carry On' poster?

The original poster uses a typeface similar to Gill Sans, a popular British sans-serif font designed by

Eric Gill in the 1920s.

Where can I find authentic 'Keep Calm and Carry On' posters or merchandise?

Authentic reproductions and merchandise can be found through various online retailers, museums, and shops specializing in vintage or wartime memorabilia.

Additional Resources

****The Enduring Appeal of Keep Calm and Carry On Quotes****

keep calm and carry on quotes have transcended their original historical context to become a widely recognized mantra of resilience and composure. Originating during World War II, these words were designed to fortify the British public's spirit in the face of adversity. Today, they permeate popular culture, motivational speeches, and even marketing strategies, symbolizing a universal call to maintain steadiness amid chaos. This article delves into the origins, evolution, and contemporary relevance of keep calm and carry on quotes, while examining their impact and the reasons behind their persistent popularity.

Historical Origins and Context

The phrase "Keep Calm and Carry On" was initially part of a series of three motivational posters produced by the British government in 1939. The posters aimed to boost morale as the threat of Nazi invasion loomed. While two of the posters—"Your Courage, Your Cheerfulness, Your Resolution Will Bring Us Victory" and "Freedom Is in Peril, Defend It with All Your Might"—were distributed widely, the "Keep Calm and Carry On" poster was held in reserve, intended for use only in dire circumstances.

Interestingly, the poster was never officially displayed during the war, and it remained relatively unknown until a copy was rediscovered in a second-hand bookstore in 2000. This rediscovery sparked a global resurgence in interest, turning the phrase into a cultural icon. The simplicity and stoicism of the message resonated deeply in an era increasingly characterized by rapid change and uncertainty.

The Psychological Impact of Keep Calm and Carry On Quotes

The phrase's appeal lies in its psychological efficacy. From a cognitive-behavioral perspective, the quote serves as a coping mechanism that encourages emotional regulation and persistence. By advocating calmness in the face of crisis, it helps reduce anxiety and promotes a problem-solving mindset. This psychological grounding explains why keep calm and carry on quotes have found their way into stress management literature and therapeutic settings.

Moreover, the message's brevity and clarity facilitate memorability, making it an effective mantra. The phrase functions as a cognitive anchor, allowing individuals to refocus when overwhelmed. This

utility has led to its adoption not only in personal resilience strategies but also in corporate leadership and crisis communication frameworks.

Modern Adaptations and Cultural Significance

As the original wartime context faded, keep calm and carry on quotes morphed into a flexible template for various adaptations. Modern reinterpretations often replace “Carry On” with alternative endings to suit different moods or occasions, such as “Keep Calm and Drink Coffee” or “Keep Calm and Stay Positive.” These variations have become a staple in online memes, merchandise, and advertising, demonstrating the phrase’s adaptability.

However, this commercialization and proliferation have sparked debate among cultural critics. Some argue that the phrase’s overuse dilutes its historical gravity and transforms a serious wartime message into a banal slogan. Others contend that its widespread adoption underscores its fundamental human truth—that calm perseverance is universally relevant.

SEO and Digital Marketing Implications

From an SEO standpoint, keep calm and carry on quotes represent a potent keyword cluster, attracting millions of searches annually. Their popularity ensures high organic traffic potential for websites focusing on motivational content, historical analysis, or lifestyle products. Incorporating LSI keywords such as “inspirational quotes,” “motivational phrases,” “wartime slogans,” and “resilience sayings” can enhance search engine visibility.

Effective digital marketing strategies leverage the phrase’s familiarity while tailoring content to specific demographics. For instance:

- Wellness blogs use it to promote mental health and mindfulness techniques.
- Fashion brands print variations on apparel to tap into nostalgic or trendy markets.
- Corporate training programs incorporate the quote in leadership development materials.

By balancing authenticity with creative adaptation, marketers can maintain engagement without succumbing to cliché.

Comparative Analysis: Keep Calm and Carry On vs. Other Motivational Quotes

When compared with other famous motivational sayings—such as “This Too Shall Pass” or “Carpe Diem”—keep calm and carry on quotes stand out for their understated pragmatism. While “Carpe

Diem” urges immediate action and seizing the day, “Keep Calm and Carry On” advocates measured endurance and steady progress.

The phrase’s appeal is further enhanced by its historical weight. Many motivational quotes lack a direct tie to a significant event, but keep calm and carry on is rooted in a collective experience of hardship and survival. This historical connection adds layers of meaning and gravitas, making the quote more than just an abstract piece of advice.

Pros and Cons of Using Keep Calm and Carry On Quotes in Contemporary Discourse

- **Pros:** Universally understood, promotes emotional regulation, adaptable to various contexts, historically significant.
- **Cons:** Risk of overuse leading to cliché, potential trivialization of serious historical events, may oversimplify complex emotional experiences.

These factors should inform how individuals and organizations deploy the phrase in communication to maintain respect for its origins while maximizing its motivational potential.

The Enduring Legacy of Keep Calm and Carry On Quotes

The journey of keep calm and carry on quotes from obscure wartime propaganda to a global cultural phenomenon is a testament to the power of simple, well-crafted messaging. Its continued relevance in the 21st century, amid economic uncertainty, social upheaval, and global crises, highlights an intrinsic human need for reassurance and resilience.

Whether invoked in moments of personal challenge or as part of broader social narratives, the phrase remains a beacon of calm and fortitude. As society evolves, so too will the interpretations and applications of this iconic quote, ensuring its place in the lexicon of enduring motivational wisdom.

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2010-09-01 In *Little Ways to Keep Calm and Carry On*, a psychologist, psychiatry professor, and anxiety researcher presents twenty simple lessons based in cognitive behavioral therapy (CBT) that readers can use to relieve everyday anxiety on the spot and to develop resilience.

keep calm and carry on quotes: Keep Calm and Carry On Kurani Marsters, 2012 *Keep Calm and Carry on* (my second book) delves deeper into my past and the anxiety itself in an attempt to discover why the anxiety came about and how past experiences have impacted on my anxiety. This book will hopefully inspire you to do some investigating of your own into your anxiety and help you to overcome it.

keep calm and carry on quotes: Keep Calm and Carry a Big Drink Kim Gruenenfelder, 2025-08-22 In *Keep Calm and Carry a Big Drink*, Kim Gruenenfelder's delicious follow-up to *There's Cake in My Future*, Seema, Nic and Mel are back, adjusting to their new lives as a bride-to-be, a mother-to-be, and a recently single girl looking for love. It's been almost a year since Mel, Nic and Seema pulled their magical charms out of the cake at Nic's bridal shower and most of their happily-ever-afters seemingly came true. Seema is about to marry Scott in an elaborate three-day affair. Nic is glowingly pregnant. And Mel... well, Mel feels as if she accidentally veered off the rails of her life at some point and isn't sure how to get back on. She recently became single again, she's been threatened with a layoff from her teaching job, and she has to find her own place now that Scott is moving in with her roommate, Seema. Nic thinks Mel just needs a new cake charm to bring her good luck. . . and decides to rig the cake pull at Seema's bridal shower. Desperate for travel, Mel asks for the passport charm. But, once again, the cake proves to have a mind of its own, and she pulls a charm she doesn't want, and can not use. Rather than be bound by the charm's prophecy, Mel realizes she, and she alone, is responsible for her destiny. A spur of the moment decision takes her to Paris and then Maui, where she finds herself on an adventure that she never could have imagined, experiencing the trials and tribulations of a life suddenly and perfectly unplanned. And, along the way, she begins to learn that, however nonsensical it may seem, the cake is never wrong...

keep calm and carry on quotes: Powerful Quotes of Winston Churchill Sreechinth C, POWERFUL QUOTES OF WINSTON CHURCHILL A true patriotic British Prime Minister who led the country to victory when its people had lost all hope during the second world war. He was born on 30th November 1874, and served as the Prime Minister of the UK between 1940 and 1945 and once again from the year of 1951 to 1955. Churchill's speech during the war infused courage into the mind of people to face the war. Winston Churchill's quotes are both comical as well as thought provoking. Once an interviewer asked Churchill what are the qualities of a good politician. His reply was A politician needs the ability to foretell what is going to happen tomorrow, next week, next month, and next year. Then he added And to have the ability afterwards to explain why it didn't happen. Winston Churchill has also laid his hands in the fields of arts and literature. He received Nobel Prize in Literature for his work *The Second World War*. Winston Churchill died on 1965, as he suffered a severe stroke. The country gave the leader a deserving sent off. Churchill is considered to be one of the most powerful, influential Prime Ministers of Britain. Here we have collected sayings and quotes of Winston Churchill which consists of quotations about various topics like life, success, violence, god, relationship, freedom, and a lot more. You can find many motivational, wise and mood shifting quotes among those he had spoken. This book, 'Powerful Quotes of Winston Churchill' contains the sayings and quotes of Winston Churchill, probably the biggest collection of Winston Churchill quotes that you can find. Turn the pages and grasp the gifts that Winston Churchill has left for you....

keep calm and carry on quotes: Keep Calm and Carry On , 2009-07-15 *Keep Calm and Carry On* was a World War 2 government poster discovered in a dusty box nine years ago. Though it never saw the light of day in 1939 (it was only supposed to go up if Britain was invaded), it has suddenly struck a chord in our current difficult times, now we are in need of a stiff upper lip and optimistic energy once again. Gordon Brown had one up in 10 Downing Street and James May wears a *Keep Calm* T-shirt on the telly - it is suddenly everywhere. The book is packed full of similarly motivational and inspirational quotes, proverbs, mantras and wry truths to help us through the

recession, from such wits as Churchill, Disraeli and George Bernard Shaw. Funny, wise and stirring - it is a perfect source of strength to get us all through the coming months. 'A banker is a fellow who lends you his umbrella when the sun is shining and wants it back the minute it begins to rain' Mark Twain 'It's a recession when your neighbor loses his job; it's a depression when you lose your own' Harry S. Truman 'An economist is an expert who will know tomorrow why the things he predicted yesterday didn't happen today' Laurence J. Peter 'Always laugh when you can. It is cheap medicine' Lord Byron 'Better bread with water than cake with trouble' Russian Proverb

keep calm and carry on quotes: A Mormons Thoughts and Quotes E. Verl Adams, 2013-01-23 I started saving some of these thoughts before I went on a mission for the Church of Jesus Christ of Latter-day Saints in 1952 to 1954. I don't pretend to be the only one that has thoughts that are worth saving. I just started saving them, and it grew into this thing. Also, there are thoughts that I have collected from others that I have saved, and I have included some of my favorites. I have put dates on my latest thoughts. But I didn't worry about dates way back when I started saving this stuff. Maybe some of this has subconsciously come from remembering stuff from other people, so I went back and checked on a lot of it on the Gospel Link program for duplication, and I was able to get authors for some of them. I tried to avoid quoting anyone without giving them credit. But sometimes I have heard others use some of these sayings in their talks after I recorded them.

keep calm and carry on quotes: Reset: Make the Most of Your Stress Kristen Lee EdD LICSW, 2014-10-31 How can you make the most of your stress? RESET: Make the Most of Your Stress was named Motivational Book of 2015 Winner and a Finalist in the Self-Help and Health and Wellness categories by Next Generation Indie Book Awards. RESET has been called a breakthrough model that reframes our ideas about stress, and an excellent guide chock full of practical strategies, insightful stories, and wise advice for anyone who experiences stress in their daily work. There are far too many 5-step, simplistic models of stress reduction to go around. Reset offers a fresh perspective that is not only backed up with years of research and clinical practice, but presented in a way that allows each reader to take into account their own circumstances and develop a plan for well-being that actually works. When you feel the negative effects of stress and anxiety, RESET's components will help you get your bearings and recalibrate: Realize. Energize. Soothe. End Unproductive Thinking. Talk it Out. Whether you know it or not, you're already responding to stress-either constructively or destructively. Read RESET to develop a plan that is unique to you and your circumstances to better equip you to respond to the challenges before you and make the most of your stress.

keep calm and carry on quotes: Quotable Quotes Editors of Reader's Digest, 2012-12-27 A thorough revision and update of the best-selling Reader's Digest original Quotable Quotes will bring this timeless classic into the 21st century. The new collection will feature words of wisdom, wry witticisms, provocative opinions, and inspiring reflections from history's greatest figures, such as Benjamin Franklin, William Shakespeare, Socrates, Abraham Lincoln and scores more. It will also contain the best quips and quotes from modern celebrities like Colin Powell, Garrison Keillor, John Stewart, Steve Jobs, J.K. Rowling, Stephen King, Conan O'Brien, Jerry Seinfeld, Barack and Michele Obama, Lady Gaga, and well beyond. Sometimes all it takes is a poignant observation to turn our entire outlook on a topic, or even life itself, upside down. Whether readers are looking to polish a speech, get a quick laugh, or be inspired by the wisdom of the world's greatest minds, Quotable Quotes will provide them with unique insights and revelatory perceptions. With this up-to-date yet timeless edition, this book will have relevance for all readers, old and young, on subjects that range from life to the universe and everything in between: family, friends, work, death, taxes, religion, the modern world, literature, pop culture, and more. Our belief was that if we kept putting great products in front of customers, they would continue to open their wallets --Steve Jobs The world is more malleable than you think, and it's waiting for you to hammer it into shape. --Bono

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keep calm and carry on quotes: Keep Calm and Pedal On , 2014-05-22 In the never ending streams of traffic and the choking fumes of pollution this book gives the average cycle enthusiast or, indeed novice, a collection of quotes, sayings and proverbs on even more reasons why one should get on their bike. In the format of the bestselling Keep Calm and Carry On, Keep Calm and Pedal On is the perfect gift for keen bikers. It is a book that will give a cyclist comfort in the knowledge that their passion for bikes is shared with some of world's greatest leaders, personalities and authors. After all, in the words of John F. Kennedy, 'Nothing compares to the simple pleasure of a bike ride.'

keep calm and carry on quotes: The Little Book of Threads Sayre Van Young, 2023-10-03 Need a little inspiration for your next post on Threads? The Little Book of Threads features 1400 short, poignant and funny quotes from every walk of life and for every conceivable topic. The succinct, punchy quotes in this wonderfully diverse collection come from writers, celebrities, artists, and politicians all over the world, including Barack Obama, Oscar Wilde, Dolly Parton, Julia Child, Tupac Shakur, and Hunter S. Thompson. With an easy-to-use, A-to-Z organization by topic, you can quickly find the perfect quote for anything you want to post about. "Be yourself; everyone else is already taken." —Oscar Wilde "You'd be surprised how much it costs to look this cheap." —Dolly Parton "I read part of it all the way through." —Samuel Goldwyn

keep calm and carry on quotes: Two Truths and a Guy Jeannine Henvey, 2021-10-12 High school is hard enough. Imagine having to keep a secret that can change your twin's life. Sixteen-year-old twins, Stella and Peter, move cross-country with their parents to start fresh and leave their former life behind. Will the past determine their future, or will they finally get their happy ending? ----- Peter and Stella may be twins, but individually their struggles are one of a kind. From the outside, they seem like two kids just trying to find their way at a new school, but behind closed doors they deal with the emotional baggage from the past they've yet to unpack. Beauty queen Mom counts Stella's every calorie rather than deal with Peter's transition. And even though Dad supports Peter's true self, he's blind to seeing Stella for who she really is. She just wants to be a teenage girl known for anything other than her sibling. Meanwhile, with a skin-tight binder around his chest, and eagerness to fit in with his classmates, Peter feels like he's suffocating. All this, just to have his outside match his inside--and simply be. If anyone learns their secret, the family's sacrifice of moving to California will have been for nothing. Brimming with a rollercoaster of emotion and unwavering hope, *Two Truths And A Guy* is a heartfelt coming of age story that touches us with the power of loyalty, the need for acceptance, and the importance of living our truth.

keep calm and carry on quotes: Wartime Farm Peter Ginn, Ruth Goodman, Alexander Langlands, 2012-09-24 During World War Two Britain had to look to the land to provide the produce it had previously shipped in from abroad, meaning huge changes on both the agricultural and domestic scenes. Accompanying an 8-part BBC series and written by the three presenters who spend a year living on a reconstructed farm from the era, *Wartime Farm* sets these changes within a historical context and looks at the day-to-day life of that time. Exploring a fascinating chapter in Britain's recent history, we see how our predecessors lived and thrived in difficult conditions with extreme frugality and ingenuity. From growing your own vegetables and keeping chickens in the back yard, to having to 'make do and mend', many of the challenges faced by wartime Britons have resonance today. Fascinating historical detail and atmospheric story-telling make this a truly compelling read.

keep calm and carry on quotes: The Pillars of Life Matthew Mendenhall, Tamrah Mendenhall, 2023-12-06 Embark on an extraordinary journey with "The Pillars of Life". This transformational guide explores the five pivotal elements of existence – Spirit, Mind, Love, Body, and Work. Prepare to awaken your true potential, master holistic leadership, and step into a life of purpose, fulfillment, and inspiration. Begin your life-changing journey today! *The Pillars of Life* packs 30 biblical values

(and 8 years of research) into relatable, bite-sized chunks that the busy working family can instantly apply to start living a more balanced life. This is the long-awaited book version of the Pillars of Life poster (acclaimed by Sr. Bishop Emery Lindsay of the Holiness Church). This transformational guide takes the guesswork out of understanding the major truths (The Virtues, the Armor of God, the Fruit of the Spirit, and more) scattered throughout the Bible. We now have all the values God intended for us to have... right at our fingertips. The values are structured into five pivotal elements of existence – Spirit, Mind, Love, Body, and Work. This catalyst for change presents a comprehensive pathway to holistic leadership, steering readers to discover their divine connection, harness their emotional intelligence, embrace unconditional love, honor their physical needs, and align their work with their purpose. Twenty years of deacon leadership and being married with three radiant children, has revealed concepts of balance others yearn for and truly appreciate. Each pillar is therefore organized into Biblical and modern illustrations, reflections, quotes, prayers, practical applications, individual reflection questions, and even group discussion questions. This makes The Pillars of Life appealing to both working families and individuals looking to build a biblically based, well-balanced home in the midst of a confusing world.

keep calm and carry on quotes: Why Do We Quote? Ruth Finnegan, 2011-03-01 Quoting is all around us. But do we really know what it means? How do people actually quote today, and how did our present systems come about? This book brings together a down-to-earth account of contemporary quoting with an examination of the comparative and historical background that lies behind it and the characteristic way that quoting links past and present, the far and the near. Drawing from anthropology, cultural history, folklore, cultural studies, sociolinguistics, literary studies and the ethnography of speaking, Ruth Finnegan's fascinating study sets our present conventions into crosscultural and historical perspective. She traces the curious history of quotation marks, examines the long tradition of quotation collections with their remarkable recycling across the centuries, and explores the uses of quotation in literary, visual and oral traditions. The book tracks the changing definitions and control of quoting over the millennia and in doing so throws new light on ideas such as imitation, allusion, authorship, originality and plagiarism.

keep calm and carry on quotes: Tweet This Book Sayre Van Young, Marin Van Young, 2011-01-11 Packed with great short quotes, this is the perfect tool for spicing up ones tweets. The A-to-Z organization makes it quick and easy to find tweetable quotes on everything from love and hate to lust and repentance.

keep calm and carry on quotes: Facing Fear: Handling Constant Vivid Fear of Soft Bipolar, Agoraphobia, and Generalized Anxiety Disorder Charles K. Bunch, Ph.D., 2015-03-08 If you have depression, vivid fears, bipolar disorder, cyclothymia, panic attacks, agoraphobia, or anxiety, this book is for you! This is a unique resource: the focus is not how to handle symptoms of anxiety but confront fear which is the foundation for anxiety. We all have fear. It is part of the human experience. Dr. Bunch explains the purpose of human fear in concise understandable terms. You will find relief that your experience is vivid fear and that the mind was actually made to handle fear. Dr. Bunch draws on 25 years of clinical practice and knowledge of fear viewed from worldwide cultures. Using metaphors, you can find ways to resolve fear in your mind, and place it on the journey of your life. Facing it, you can find purpose for fear but then leave it. It is a doorway to your whole self. This every person's Zen approach will stimulate your own imagination on how you deal with fear. The answers are within you already. Boise Bipolar Center is directed by Charles K. Bunch, Ph.D., and he is the author of other innovative books, including Soft Bipolar Suffering and Blue Light Management for Soft Bipolar Disorder.

keep calm and carry on quotes: Worry-Free Living Arnie Cole, Michael Ross, 2014-05-13 Winning Your Family's Battle Over Worry Worry Free Living explores every family's daily battles with stress from three perspectives - how it affects our mind, body, and spirit - and gives readers easy-to-follow plans for finding relief. The authors help parents identify what's bugging their families and how to clarify their worries, sorting them into those they can and cannot do something about. What's more, Cole and Ross have filled various chapters with the latest Back to the Bible research

findings from Pamela Ovwigho, PhD - a leading researcher with the Center for Bible Engagement. They also include some of the best insights, advice, and treatment options from a variety of medical professionals. Most importantly, they explain everything within the understanding of a Master Creator, God, who is the ultimate Counselor and Healer. Ideal for individual use and group study, this resource helps readers: 1. Uncover the most common worries and stress-points of men, women, kids, and twenty-somethings in our care 2. Become self-aware: evaluating the stress in our households and plotting realistic steps toward change 3. Reach out to those we love-from worried spouses and in-laws to teens and young children 4. Understand the difference between the mind (what we think) and the brain (the physical processes of chemical reactions) ... and how they contribute to worry 5. Learn to de-stress our thinking and calm down our bodies 6. Give up unhealthy religiosity-such as the false belief that worrying is a sign that we lack faith 7. Reject the myth that we are in control and learn to take Jesus at His word: Come to me, all you who are weary and burdened, and I will give you rest (Matthew 11:28). In the words of Dr. Archibald Hart (one of the experts interviewed in this book), You must come down from the 'hills' of stress and into the 'valleys' of rest on a daily basis. Our bodies are not designed for a continual state of fear, worry, and anxiety - but instead for continual tranquility with short bursts of adrenaline. Worry Free Living shows moms, dads, caregivers, and ministers alike how to break the cycle of unnecessary suffering and find peace in Christ.

keep calm and carry on quotes: Styled Emily Henderson, Angelin Borsics, 2015-10-13 NEW YORK TIMES BESTSELLER • The ultimate guide to thinking like a stylist, with 1,000 design ideas for creating the most beautiful, personal, and livable rooms. It's easy to find your own style confidence once you know this secret: While decorating can take months and tons of money, styling often takes just minutes. Even a few little tweaks can transform the way your room feels. At the heart of Styled are Emily Henderson's ten easy steps to styling any space. From editing out what you don't love to repurposing what you can't live without to arranging the most eye-catching vignettes on any surface, you'll learn how to make your own style magic. With Emily's style diagnostic, insider tips, and more than 1,000 unique ideas from 75 envy-inducing rooms, you'll soon be styling like you were born to do it.

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