

When Your Mind Feels Crowded

Words to Stay With



Collection 46

10 quotations · English tracing · 14 pages

Making this book yours

Make room between thoughts and feelings; you do not need to agree with every quotation.

One sentence at your pace

Look at the illustration, read the quotation, trace the grey models and write in your own hand. Start anywhere. You may skip a line or leave a different thought.

Print and bind

Use A4 portrait at actual size (100%). For double-sided printing, flip on the long edge: seven sheets per book. Single-sided printing uses fourteen sheets. Bind on the left with staples or rings. This file is not imposed for folded booklet printing.

Try one page first

Print page 4 to check the two grey models and guide lines. If they are too faint, turn off toner-saving mode and try normal print quality. The line below should measure 10 mm.

———— 10 mm

The ten quotations

Begin with the quotation that draws you in.

01	Anger is a signal, and one worth listening to.	4
02	Judgement, not passion should prevail.	5
03	Let your desires be ruled by reason. (Appetitus Rationi Pareat)	6
04	A mind too active is no mind at all.	7
05	Leisure is the mother of philosophy.	8
06	It is a great thing to know the season for speech and the season for silence.	9
07	Well-timed silence hath more eloquence than speech.	10
08	The most profound statements are often said in silence.	11
09	Inside myself is a place where I live all alone and that's where you renew your springs that never dry up.	12
10	Under all speech that is good for anything there lies a silence that is better. Silence is deep as Eternity; speech is shallow as Time.	13

Anger is a signal, and one worth listening to.

Harriet Lerner



Anger is a signal, and one worth listening to.

Anger is a signal, and one worth listening to.

Anger is a signal, and one worth listening to.

Anger is a signal, and one worth listening to.

Anger is a signal, and one worth listening to.

Anger is a signal, and one worth listening to.

Judgement, not passion should prevail.

Epicharmus



Judgement, not passion should prevail.

Judgement, not passion should prevail.

Judgement, not passion should prevail.

Judgement, not passion should prevail.

Judgement, not passion should prevail.

Judgement, not passion should prevail.

Let your desires be ruled by reason.
(Appetitus Rationi Pareat)

Cicero



Let your desires be ruled by reason.

(Appetitus Rationi Pareat)

Let your desires be ruled by reason.

(Appetitus Rationi Pareat)

Let your desires be ruled by reason.

(Appetitus Rationi Pareat)

Let your desires be ruled by reason.

(Appetitus Rationi Pareat)

A mind too active is no mind at all.

Theodore Roethke



A mind too active is no mind at all.

A mind too active is no mind at all.

A mind too active is no mind at all.

A mind too active is no mind at all.

A mind too active is no mind at all.

A mind too active is no mind at all.

Leisure is the mother of philosophy.

Thomas Hobbes



Leisure is the mother of philosophy.

Leisure is the mother of philosophy.

Leisure is the mother of philosophy.

Leisure is the mother of philosophy.

Leisure is the mother of philosophy.

Leisure is the mother of philosophy.

It is a great thing to know the season
for speech and the season for silence.

Seneca



It is a great thing to know the season
for speech and the season for silence.

It is a great thing to know the season
for speech and the season for silence.

It is a great thing to know the season
for speech and the season for silence.

It is a great thing to know the season
for speech and the season for silence.

Well-timed silence hath
more eloquence than speech.

Martin Farquhar Tupper



Well-timed silence hath more eloquence than speech.

Well-timed silence hath more eloquence than speech.

Well-timed silence hath more eloquence than speech.

Well-timed silence hath more eloquence than speech.

Well-timed silence hath more eloquence than speech.

Well-timed silence hath more eloquence than speech.

The most profound statements
are often said in silence.

Lynn Johnston



The most profound statements are often said in silence.

The most profound statements are often said in silence.

The most profound statements are often said in silence.

The most profound statements are often said in silence.

The most profound statements are often said in silence.

The most profound statements are often said in silence.

Inside myself is a place where I live
all alone and that's where you renew
your springs that never dry up.

Pearl S Buck



Inside myself is a place where I live all alone and that's
where you renew your springs that never dry up.

Inside myself is a place where I live all alone and that's
where you renew your springs that never dry up.

Inside myself is a place where I live all alone and that's
where you renew your springs that never dry up.

Inside myself is a place where I live all alone and that's
where you renew your springs that never dry up.

Under all speech that is good for anything
there lies a silence that is better.
Silence is deep as Eternity;
speech is shallow as Time.

Thomas Carlyle



Under all speech that is good for anything

there lies a silence that is better.

Silence is deep as Eternity; speech is shallow as Time.

Under all speech that is good for anything

there lies a silence that is better.

Silence is deep as Eternity; speech is shallow as Time.



After the last word,
your own words continue.

What thought would you like to set aside for a while, in your own words?

Words to Stay With

명언 / Wise Words · 2026.10 · 46

wise.wordrow.kr