

THE STRENGTH OF A MAN

The strength of a man isn't seen in the width of his shoulders.
It's seen in the width of his arms that circle you.

The strength of a man isn't how many buddies he has.
It's how good a buddy he is with his kids.

The strength of a man isn't in how respected he is at work.
It's how respected he is at home.

The strength of a man isn't in how hard he hits.
It's in how tender he touches

The strength of a man isn't in the hair on his chest
It's in his heart...that lies within his chest.

The strength of a man isn't in how many women he's loved.
It's in how he can be true to one woman.

The strength of a man isn't in the weight he can lift.
It's in the burden he can carry.

THE WAY OF THE PEACEFUL WARRIOR

BY DAN MILLMAN

"It is better for you to take responsibility for your life as it is, instead of blaming others, or circumstances, for your predicament. As your eyes open, you'll see that your state of health, happiness, and every circumstance of your life has been, in large part, arranged by you -- consciously or unconsciously...When you become fully responsible for your life, you can become fully human; once you become human, you may discover what it means to be a warrior."