

Joe's Favorite Abraham Maslow Quotes

- "All the evidence that we have indicates that it is reasonable to assume in practically every human being, and certainly in almost every newborn baby, that there is an active will toward health, an impulse towards growth, or towards the actualization."
- "If I were dropped out of a plane into the ocean and told the nearest land was a thousand miles away, I'd still swim. And I'd despise the one who gave up."
- "The ability to be in the present moment is a major component of mental wellness."
- "If you love the truth, you'll trust it - that is, you will expect it to be good, beautiful, perfect, orderly, etc., in the long run, not necessarily in the short run."
- "...the great lesson is that the sacred is in the ordinary, that it is to be found in one's daily life, in one's neighbors, friends, and family, in one's backyard."
- "When people appear to be something other than good and decent, it is only because they are reacting to stress, pain, or the deprivation of basic human needs such as security, love, and self-esteem." (Toward a Psychology of Being, 1968)
- "It seems that the necessary thing to do is not to fear mistakes, to plunge in, to do the best that one can, hoping to learn enough from blunders to correct them eventually." (Motivation and Personality, 1954)
- The good or healthy society would then be defined as one that permitted people's highest purposes to emerge by satisfying all their basic needs. (Motivation and Personality, 1954)
- One of the goals of education should be to teach that life is precious. (Motivation and Personality, 1954)
- "I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail." (The Psychology of Science: A Reconnaissance, 1966)
- "Self-actualizing persons' contact with reality is simply more *direct*. And along with this unfiltered, unmediated directness of their contact with reality comes also a vastly heightened ability to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy, however stale those experiences may have become for others." (*Toward a Psychology of Being*, 1968)
- "The person in peak-experiences feels himself, more than other times, to be the responsible, active, creating center of his activities and of his perceptions. He feels more

like a prime-mover, more self-determined (rather than caused, determined, helpless, dependent, passive, weak, bossed). He feels himself to be his own boss, fully responsible, fully volitional, with more "free-will" than at other times, master of his fate, an agent." (Toward a Psychology of Being, 1968)

- If swindling pays, then it will not stop. The definition of the good society is one in which virtue pays. I can now add a slight variation on this; you cannot have a good society unless virtue pays. But here we get very close to the whole subject of metaneeds, and also of the ideal conditions where dichotomies are resolved and transcended.
Eupsychian Management : A Journal (1965), p. 213
- "Laugh at what you hold sacred, and still hold it sacred."
As quoted in *Relax — You May Have Only a Few Minutes Left : Using the Power of Humor to Overcome Stress in Your Life and Work* (1998) by Loretta LaRoche, p. xvii
- "One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again."
- The fact is that people are good, Give people affection and security, and they will give affection and be secure in their feelings and their behavior.
- "I can feel guilty about the past, apprehensive about the future, but only in the present can I act. The ability to be in the present moment is a major component of mental wellness."
- "It looks as if there were a single ultimate goal for mankind, a far goal toward which all persons strive. This is called variously by different authors self-actualization, self-realization, integration, psychological health, individuation, autonomy, creativity, productivity, but they all agree that this amounts to realizing the potentialities of the person, that is to say, becoming fully human, everything that person can be."
- "If the essential core of the person is denied or suppressed, he gets sick sometimes in obvious ways, sometimes in subtle ways, sometimes immediately, sometimes later."
- "Self-actualized people...live more in the real world of nature than in the man-made mass of concepts, abstractions, expectations, beliefs and stereotypes that most people confuse with the world."