



Wise Words of Women

This was written in honor of Women's Equality Day. Women's Equality Day is a celebration of rapidly expanding opportunities for women; of changes in society that encourage women to aspire to an infinite variety of lofty goals; and of extraordinary achievements by women. In honor of this day, we celebrate the wise words of women who have aspired to lofty goals.

Attitude

- What separates an ordinary woman from an extraordinary one?
The belief that she is ordinary. **Jody Williams – 1997 Nobel Peace Prize winner**
- It is never too late to be what you might have been. **Mary Ann Evans – writer**
- Attitude will take you further than talent. **Ruthie Bolton-Holifield – basketball player**
- The body achieves what the mind believes. **Amy Fuller – sailor, rower**
- Never let well enough alone. **Joyce Brothers – psychologist, writer**
- When you get to the end of your rope – tie a knot in it and hang on.
Eleanor Roosevelt – First Lady, humanitarian
- Life shrinks or expands in proportion to one's courage. **Anais Nin – novelist**
- Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. **Margaret Mead – anthropologist**

How to live

- The problem with the rat race is that, even if you win, you're still a rat. **Lily Tomlin – comedienne, actress**
- Action is the antidote to despair. **Joan Baez – singer, songwriter**
- If you rest, you rust. **Helen Hayes – actor**
- Do not wait for ideal circumstances, they will never come.

Janet Erskine Stuart – poet, writer

- If you risk nothing, then you risk everything. **Geena Davis – actor**
- If you help others obtain their goals and desires, you in turn will obtain your own. **Teresa Moisant – businesswoman**
- A good goal is like a strenuous exercise – it makes you stretch. **Mary Kay Ash – entrepreneur**
- For true independence you have to make a job, not just take a job. **Joline Godfrey – girls organization founder**
- We are rich only through what we give. **Anne-Sophie Swetchine – writer**
- A BMW can't take you as far as a diploma. **Joyce Myers – business executive**

The power of women

- Remember, Ginger Rogers did everything Fred Astaire did but she did it backwards and in high heels. **Faith Whittlesey – U.S. ambassador to Switzerland**
- I know God won't give me anything I can't handle. I just wish he didn't trust me so much. **Mother Teresa – Catholic nun, humanitarian**
- Women's place is in the House – and the Senate. **Gloria Schaffer – writer**
- Women have been trained to speak softly and carry a lipstick. Those days are over. **Bella Abzug – lawyer, politician**

May you strive for and achieve your wildest dreams!

Michael J. Seeber, DO FACOOG