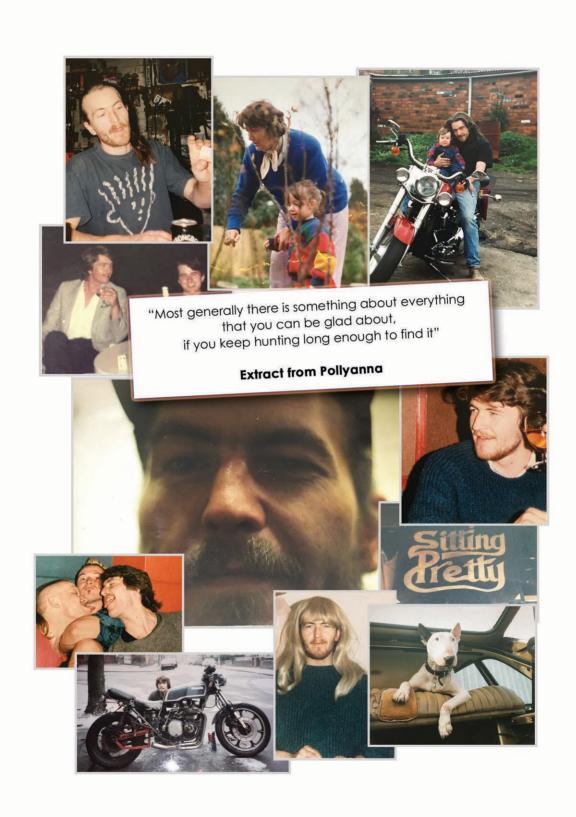


The Harder They Come Jimmy Cliff

Man of Constant Sorrow Soggy Bottom Boys

> Ashokan Farewell Jay Ungar



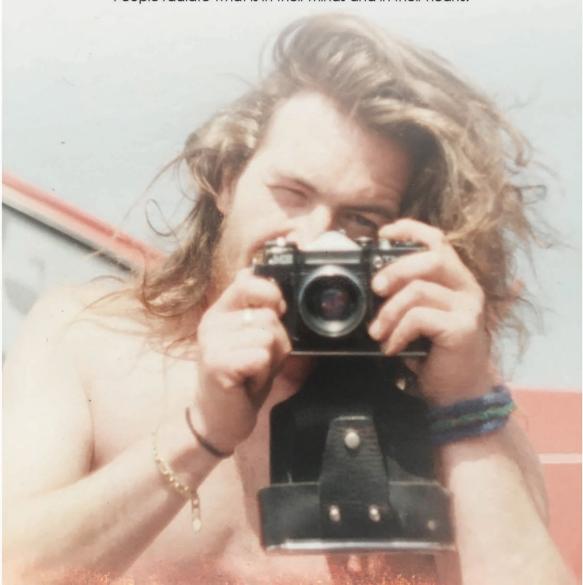
Extract from Pollyanna

"What men and women need is encouragement...
Instead of harping on about a man's faults,
tell him of his virtues.

Try to pull him out of a rut of bad habits.

Hold up to him his better self, his real self that can dare, and do, and win out! The influence of a beautiful, helpful and hopeful character is contagious and may revolutionise a whole town.

People radiate what is in their minds and in their hearts."



Extracts from Bill Bryson

"Not one of your pertinent ancestors was squashed, devoured, drowned, starved, stranded, stuck fast, untimely wounded or otherwise deflected from life's quest of delivering a tiny charge of genetic material to the right partner at the right moment in order to perpetuate the only possible sequence of hereditary combinations that could result – eventually, astoundingly, and all too briefly – in you."

"In France, a chemist named Pilatre de Rozier tested the flammability of hydrogen by gulping a mouthful of it and blowing it across an open flame, proving at a stroke that hydrogen is indeed explosively combustible, and that eyebrows are not necessarily a permanent feature of one's face"

"If this book has a lesson, it is that we are awfully lucky to be here, and by 'we' I mean every living thing...

As humans we are doubly lucky, of course.

We enjoy not only the privilege of existence, but also the singular ability to appreciate it and even, in a multitude of ways, to make it better."

Extracts from Dale Carnegie

"The expression one wears on one's face is far more important than the clothes one wears on one's back."

"I have come to the conclusion that there is only one way under high heaven to get the best of an argument - and that is to avoid it. Avoid it as you would avoid rattlesnakes and earthquakes... A man convinced against his will is of the same opinion still."

"Actions speak louder than words, and a smile says, "I like you. You make me happy. I am glad to see you."

