

Take Time to Smile

Today, give a stranger one of your smiles. It might be the only sunshine he sees all day. ~Quoted in *P.S. I Love You*, compiled by H. Jackson Brown, Jr.

A smile confuses an approaching frown. ~Author Unknown

People seldom notice old clothes if you wear a big smile. ~Lee Mildon

A smile is a curve that sets everything straight. ~Phyllis Diller

Smile. Have you ever noticed how easily puppies make human friends? Yet all they do is wag their tails and fall over. ~Walter Anderson, *The Confidence Course*, 1997

The world always looks brighter from behind a smile. ~Author Unknown

Start every day with a smile and get it over with. ~W.C. Fields

Before you put on a frown, make absolutely sure there are no smiles available.

~Jim Beggs

A smile is an inexpensive way to change your looks. ~ Charles Gordy

Wrinkles should merely indicate where smiles have been. ~ Mark Twain,
Following the Equator

The robbed that smiles, steals something from the thief. ~ William
Shakespeare, *Othello*

A smile is the light in the window of your face that tells people you're at home.
~Author Unknown

If you smile when no one else is around, you really mean it. ~Andy Rooney

If you smile at someone, they might smile back. ~Author Unknown

Life is like a mirror, we get the best results when we smile at it. ~Author
Unknown

Always remember to be happy because you never know who's falling in love with your smile. ~Author Unknown

Hey, I've got nothing to do today but smile. ~ Paul Simon, "Only Living Boy in New York"

Everyone smiles in the same language. ~Author Unknown

If you don't have a smile, I'll give you one of mine. ~Author Unknown

I've never seen a smiling face that was not beautiful. ~Author Unknown

Wear a smile and have friends; wear a scowl and have wrinkles. ~ George Eliot

She gave me a smile I could feel in my hip pocket. ~ Raymond Chandler

Smiling is infectious,
You can catch it like the flu.
Someone smiled at me today,
And I started smiling too.
~Author Unknown

A smile appeared upon her face as if she'd taken it directly from her handbag and pinned it there. ~ Loma Chandler

A laugh is a smile that bursts. ~ Mary H. Waldrip

Smile - sunshine is good for your teeth. ~ Author Unknown

The shortest distance between two people is a smile. ~ Author Unknown

Every scowling face also contains the shapes of engaging smiles, just waiting to be released. ~ Dr. SunWolf

If you don't start out the day with a smile, it's not too late to start practicing for tomorrow. ~ Author Unknown

Is a smile a question? Or is it the answer? ~ Lee Smith

Smiling is my favorite exercise. ~ Author Unknown

I have a tickle in my brain. And it keeps making the corners of my mouth point toward the heavens. ~ Jeb Dickerson, www.howtomatter.com

Wear a smile - one size fits all. ~Author Unknown

No matter how grouchy you're feeling,
You'll find the smile more or less healing.
It grows in a wreath
All around the front teeth -
Thus preserving the face from congealing.
~Anthony Euwer

Every day you spend without a smile, is a lost day. ~Author Unknown

Everytime you smile at someone, it is an action of love, a gift to that person, a beautiful thing. ~Mother Teresa

A smile is like tight underwear - it makes your cheeks go up. ~Author Unknown

A friendly look, a kindly smile, one good act, and life's worthwhile. ~Author Unknown

A kind heart is a fountain of gladness, making everything in its vicinity freshen

into smiles. ~Washington Irving

Beauty is power; a smile is its sword. ~Charles Reade

A smile is the universal welcome. ~Max Eastman

Keep smiling - it makes people wonder what you've been up to. ~Author Unknown

You're never fully dressed without a smile. ~Martin Charnin

A smile can brighten the darkest day. ~Author Unknown

It takes seventeen muscles to smile and forty-three to frown. ~Author Unknown

Of all the things you wear, your expression is the most important. ~Janet Lane

All the statistics in the world can't measure the warmth of a smile. ~Chris Hart

If you would like to spoil the day for a grouch, give him a smile. ~Author Unknown

Smile - it increases your face value. ~Author Unknown

Peace begins with a smile. ~Mother Teresa

A smile is a powerful weapon; you can even break ice with it. ~Author Unknown

Most smiles are started by another smile. ~Author Unknown

A smile is something you can't give away; it always comes back to you. ~Author Unknown

A smile costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he cannot get along without it and none is so poor that he cannot be made rich by it. Yet a smile cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give. ~Author Unknown

It takes a lot of work from the face to let out a smile, but just think what good smiling can bring to the most important muscle of the body... the heart. ~Author Unknown