

MENTAL NOTES

A mind expanding newsletter from Mark Zust, *The Perceptionist*



A Mind Devoted To Justice

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Happy New Year! Below are my guaranteed 15.2 steps to building a bigger brain in just 30 days! Yes, I'm kidding. With all the self-help gurus and infomercials hawking their latest surefire solutions to all that ails us, I look to Nelson Mandela for true inspiration. As a New Year's gift to you and me, here are Mr. Mandela's wise words from an interview conducted in 2008 which became a remarkable book of writings and portraits from some of the world's greatest minds entitled *Wisdom* by photographer Andrew Zuckerman and documentarian Alex Vlack. It is available at www.abramsbooks.com. Read on. Dream on.

"Wounds that can't be seen are more painful than those that can be seen and cured by a doctor. I learned that to humiliate another person is to make him suffer an unnecessarily cruel fate. I learned that courage was not the absence of fear, but the triumph over it. I felt fear myself more times than I can remember, but I hid it behind a mask of boldness. The brave man is not he who does not feel afraid, but he who conquers fear.

Overcoming poverty is not a gesture of charity. It is an act of justice. It is the protection of a fundamental human right, the right to dignity and a decent life.

If the experience of South Africa means anything to the world at large, we hope that it is in having demonstrated that where people of goodwill get together and transcend their differences for the common good, peaceful and just solutions can be found even for those problems which seem most intractable."

About Mr. Mandela

Nelson Mandela qualified in law in 1942 and two years later joined the African National Congress (ANC). Anti-discrimination activities led to his arrest for treason in 1956, although he was acquitted in 1961 before being rearrested in 1962. He was released in 1990 after 27 years of imprisonment. He has worked tirelessly to create a new multiracial South Africa. In 1993 he received the Nobel Peace Prize with F.W. de Klerk and the following year become South Africa's first democratically elected president, a position he held from 1994 to 1999.



Quotable:

"A good head and a good heart are a formidable combination."

Nelson Mandela

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