Sephardi Iberian Heritage

Some thoughts from: 'Thoughts for the Perplexed' by Maimonides

A man should honor his wife more than himself and love her as much as he loves himself.

Teach thy tongue to say, "I do not know" and thou shalt progress.

You must accept the truth; from whatever source it comes.

Give a man a fish, and you feed him for a day. Teach a man to fish and you feed him for a lifetime.

The risk of a wrong decision is preferable to the terror of indecision.

No disease that can be treated by diet, should be treated with any other means.

Anticipate charity by preventing poverty.

The Guide of the Perplexed : Moses Maimonides : Free Download, Borrow, and Streaming : Internet Archive