

# Quotes by Polyaeus of Lampsacus.

**Post by “wbernys” of July 1, 2026 at 6:25 PM**

Collection of quotes I found, hope others find more! Please use this thread only for more quotes.

The more you help a friend, the more you help yourself, as their goodwill returns to us. - Polyaeus. Maximus the Confessor, PG 91, section 283 end, Catholic Library website.

Don't lament those who die, such a thing is inevitable, rather lament those who died shamefully - Polyaeus, Maximus the Confessor, PG 91, section 347 top, Catholic Library website.

Neither ridicule nor celebrate those among us, for ridicule invites resentment and celebration invites flattery - Polyaeus, Maximus the Confessor, PG 91, section 356 end, Catholic Encyclopedia website.

Habit aims at small things, that when neglected, gain strength - Polyaeus. Maximus the Confessor, PG 91, section 385 middle, Catholic Library website.