1. In children the Martin Vigorimeter is less reliable to measure grip strength than an isometric grip strength dynamometer. (Thesis)

2. Even in children of 4 years old hand strength can be measured reliably. (Thesis)

3. When a change in patient’s hand strength is smaller than the “smallest detectable difference” of the assessment method, it is impossible to conclude that a real change in hand strength has occurred. (Thesis)

4. The Rotterdam Intrinsic Hand Myometer (RIHM) measures different aspects of hand strength than grip strength dynamometers. (Thesis)

5. Using growth diagrams for plotting hand strength over time makes it easy to distinguish between the intervention effect and the effect of growth on hand strength. (Thesis)

6. The simple willingness to improvise is more vital, in the long run, than research. (Rolf Potts)

7. A jet-lag can be avoided by not eating for 12-16 hours prior to wake-up time at your destination. (Clifford Saper)

8. De hypotheekrente aftrek leidt tot onnodige opdrijving van de huizenprijs en moedigt een hogere schuldenlast aan. (CSED)

9. Obsessive compulsive gaming triggers aggressiveness; the type of games (violent or non-violent games) is irrelevant. (Jeroen Lemmens)

10. There is no such thing as discipline, only motivation. (Leo Babauta)

11. It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult. (Seneca)