FIFTY QUOTATIONS ABOUT HOPE

Over the centuries, going back to ancient times, mankind has battled despair and endeavored to cultivate a sense of hope about life and living. This idea of hope has been described in the world's literature going back to very early ages. Below is what some of the great men and women of history and letters have written about hope. Perhaps we can feel uplifted as we consider the words of those who came before us and affirmed the idea of hope. Further down the document there are another 150 quotations that are intended to inspire hopefulness.

* "Hope elevates, and joy brightens his crest."
  --John Milton (English poet, b. 1608)

* "Hope springs exulting on triumphant wing."
  --Robert Burns (Scottish poet, b. 1759)

* "Hope, like the gleaming taper's light,
  Adorns and cheers our way;
  And still as darker grows the night,
  Emits a brighter ray."
  --Oliver Goldsmith (Irish writer, b. 1728)

* "Hope ever urges on, and tells us tomorrow will be better."
  --Tibullus (Roman poet, b. 54 B.C.)

* "Hope springs eternal in the human breast."
  --Alexander Pope (English poet, b. 1688)
* "What reinforcement we may gain from hope;  
  If not, what resolution from despair."
  --John Milton (English poet, b. 1608)

* "Hope against hope, and ask till ye receive."
  --James Montgomery (Scottish poet, b. 1771)

* "My hopes are not always realized, but I always hope."
  --Ovid (Roman poet, b. 43 B.C.)

* "Hope is brightest when it dawns from fears."
  --Sir Walter Scott (Scottish writer, b. 1771)

* Hope manages against despairing thoughts.
  --William Shakespeare--paraphrased (b. 1564)
"Through the sunset of hope, 
Like the shapes of a dream, 
What paradise islands of glory gleam!"

--Percy Bysshe Shelley (English poet, b. 1792)

"We always hope, and in all things it is better to hope than to despair."

--Goethe (German writer, b. 1749)

"Races better than we, 
have leaned on her wavering promise, 
Having naught else but Hope."

--Henry Wadsworth Longfellow (American poet, b. 1807)

"Let no one despair, even though in the darkest night the last star of hope may disappear."

--Frederich Schiller (German poet, b. 1759)

"All things are to be hoped for by a man as long as he is alive."

--Seneca (Roman philosopher, b. 4 B.C.)
* "True hope is swift, and flies with swallow's wings:
Kings it makes gods, and meaner creatures kings."
--William Shakespeare (b. 1564)

* "Behind the cloud the starlight lurks,
Through showers the sunbeams fall;
For God, who loveth all his works,
Has left his Hope with all."
--John Greenleaf Whittier (American poet, b. 1807)

* "Confident, though confounded; hoping on,
Untaught by trial, unconvinced by proof,
And ever looking for the never-seen."
--Edward Young (English poet, b. 1684)

* "The mighty hopes that makes us men."
--Alfred Lord Tennyson (English Poet Laureate, b. 1809)

* "But hope will make thee young, for Hope and Youth
Are children of one mother, even Love."
--Percy Bysshe Shelley (English poet, b. 1792)

* "For the hopes of men have been justly called waking dreams."

--Basil of Caesarea (a bishop, c. 370 A.D.)

* "With life many things are remedied.

(While there's life there's hope.)"

--Cervantes (Spanish writer, b. 1547)

* "To the sick, while there is life there is hope."

--Cicero (Roman statesman, b. 106 B.C.)

* "You ask what hope is. It is a waking dream."

--Pindar (Greek poet, b. 522 B.C.)

* "All things, said an ancient saw, may be hoped for by a man as long as he lives."

--Michael Montaigne (French essayist, b. 1533)
* "Hope! thou nurse of young desire."
--Isaac Bickerstaff (Irish dramatist, b. 1735)

* "In so great a danger the faintest hope should be considered."
--Goethe (German writer, b. 1749)

* "Hope! of all ills that men endure,
The only cheap and universal cure."
--Abraham Cowley (English poet, b. 1618)

* "Hope, deceitful as it is, serves at least to lead us to the end of life along an agreeable road."
--La Rochefoucauld (French writer and cynic, b. 1613)

* "Who bids me Hope, and in that charming word
Has peace and transport to my soul restor'd."
--Lord George Lyttleton (English statesman, b. 1709)

* "To hope till hope creates
From its own wreck the thing it contemplates."

--Percy Bysshe Shelley (English poet, b. 1792)

* "We do not stray out of all words into the ever silent. We do not raise our hands to the void for things beyond hope."

--Rabindranath Tagore (East Indian poet, b. 1861)

**DEFINITIONS**

* Hope is "grief's best music."

--Henry G. Bohn (English publisher, b. 1796)

* Hope is "one of the ways in which what is merely the future and potential is made vividly present and actual to us."

--Emil Brunner

* Hope is "the word which God has written on the brow of every man."

--Victor Hugo (French writer, b. 1802)

* Hope is "Faith holding out its hands in the dark."

--George Iles
* Hope is "that star of life's tremulous ocean."
--Paul M. James

* Hope is "a charm for every woe."
--Thomas Campbell (Scottish poet, b. 1777)

* "To hope is to enjoy."
--Jacques Delille (French churchman, b. 1738)

* Hope is "that very popular trust in flat things coming round!"
--Charles Dickens (English novelist, b. 1812)

* "Hope is the thing with feathers
That perches in the soul."
--Emily Dickenson (American poet, b. 1830)

* Hope is "the positive mode of awaiting the future."
--Emil Brunner
* Hope is the "patent medicine for disease, disaster, and sin."

--Wallace Rice

* Hope is "the source of all happiness."

--Philo (Greek scholar, 2nd century A.D.)

* Hope is "the brightness of our life."

--Henry Wadsworth Longfellow (American poet, b. 1807)

* Hope is "an adventure, a going forward--a confident search for a rewarding life."

--Karl Menninger (American psychiatrist, b. 1893)

* Hope is "an instinct which we cannot repress, and which lifts us up."

--Blaise Pascal (French thinker, b. 1623)

* Hope is "the balm and lifeblood of the soul."

--John Armstrong (Scottish poet, b. 1709)

* "Hope is the pillar that holds up the world."
--Pliny the Elder (Roman statesman, b. 23 A.D.)

* "Hope is when you put your shoulder to the plow and dig a furrow into the horizon. Far as you go, there is still more horizon and it is beautiful."

--Larry A. (Member of S.A., b. 1950s)

LISTENING TO HOPE AND DESPAIR

What the Voices of Despair Sound Like

Below are some of the thoughts a person in despair can hear in his or her head. This sad and morose litany resembles some of the lines in Old Testament psalms of despair (see Psalm 69). Keep in mind as you read this, that the whole purpose of this exercise and of the Choose Life Project is to work one's self out of the traps found in the following words. These heavy sentences don't need to be the bottom line "reality" that moves a person's life.

--I don't feel well; I probably won't feel much better; and my situation will likely get worse.

--My life is wretched, and I'm afraid I will die in shame.

--I feel discouraged. The darkness that surrounds and engulfs me will not lift.

--Some good things happen to me, but they're never enough--the bottom line is always desolation.

--When there are days of brightness, I delude myself into thinking all is well, all will be well; but soon I return to the true knowledge of my despondency.
--I am distraught, as the things I try to do don't work; I fail at my efforts.

--I am frustrated by not being able to get the things I need to be happy--I am an emotional pauper.

--Disappointments lead to dejection, and I become desperate.

--If I once had promise, it is now shattered; there is no remedy to my current lack of potential.

--My days are dreary and joyless; often I feel the disturbance of low spirits, but lately, I simply don't care anymore--I am numb.

--No love I have is enough to brighten the gray days or to scatter the black clouds that hover over me.

--I am exhausted and cannot muster the strength to fulfill my obligations.

--I cannot adjust to this descent of my life--I find no meaning in it.

--There is no answer for me. There is no hope.

--When I look down the road ahead of me, I see mostly misery.

What the Voices of Hope Sound Like

The sentences below are in striking contrast to the voice of despair. Persons hearing the following words are happier, see the world and life in a brighter form, which compounds their happiness.

--I feel good now, and I am grateful.

--There are so many good people in this world, and I enjoy hearing what they have to say.
--There are a lot of interesting things to do, and not enough time to do them all.

--There is a much good work to do, and I'm glad for the chance to help out and pitch in.

--Sure I have bad days, but the pain doesn't last forever. I know that. I also know that in this life I'll sometimes be cornered in darkness, but there is a sense of light that will eventually free me.

--I can make up for the mistakes I have made.

--I thoroughly enjoy the simple events of my daily life: a nice conversation with a friend or co-worker, a funny television show, the sweet singing of my pet canary, the newspaper article telling me that the "good guys" are winning, a good cup of coffee, that wonderful old song I heard on the radio today, being in the presence of someone I love.

--People hurt me, but they also bring me great joy. When people bring me suffering, I try to find meaning in it; I can usually reach some conclusions.

--I don't get most of the things I want, but I don't notice it because I'm so absorbed with the things I did get.

--I am enriched by those who create, and wish to join them.

--I can get almost high from periods of physical exertion, or when I move at a fast pace.

--I feel inspired and peaceful from quiet moments of meditation, or even the idea of faith.

--The world is full of wonder, and I am grateful for the reason to hope.

--When I look at the road ahead of me, I see mostly happiness.

150 HOPE-INSPIRING QUOTATIONS

Hardship and adversity are common tolls of the human experience. They have been around since the beginning of history, but still we are here. Part of the reason mankind is able to "make it" is a sense of hopefulness in the way we look at things. Below are scores of encouraging statements about life and living as asserted by great men and women throughout history, people who themselves have experienced adversity. Read these words and see if you aren't uplifted by agreeing with what they have to say.
* "He who has suffered much will know much."
--Homer (Greek epic poet, circa 750 B.C.)

* Courage is "that virtue which champions the cause of right."
--Cicero (Roman statesman, born 106 B.C.)

* "If there is no struggle, there is no progress."
--Frederick Douglass (American abolitionist, b. 1817)

--ON PERSEVERANCE--

* "Water continually dropping will wear hard rock hollow."
--Plutarch (Greek historian, b. 46 A.D.)

* "The drop hollows out the stone not by strength, but by constant falling."
--Richard of St. Victor (Christian monk, c. 1172)

* "God is with those who persevere."
--The Koran--Ch. VIII (Seventh century A.D.)
* "Those who don't know how to weep with their whole heart don't know how to laugh either."
--Golda Meir (Israeli stateswoman, b. 1898)

* "Attempt the end and never stand to doubt;
Nothing's so hard, but search will find it out."
--Robert Herrick (English poet, b. 1591)

* * *

* Courage is "the integrating strength that causes one to overcome tragedy."
--Eugene E. Brussell (A compiler of quotations, c. 1970)

* Courage is "the quality which guarantees all others."
--Winston Churchill (British statesman and writer, b. 1874)

* "Believe in life! Always human beings will live and progress to a greater, broader, and fuller life."
--W.E.B. Du Bois (American social reformer, b. 1868)

* "The greatest courage is to bear defeat without losing heart."
--Robert G. Ingersoll (American thinker, b. 1833)
"Whatever chance shall bring, we shall bear it with equanimity."
--Terence (Roman poet, b. 185 B.C.)

"The burden that is well borne becomes light."
--Ovid (Roman poet, c. 43 B.C.)

"If error is corrected whenever it is recognized as such, the path of error is the path of truth."
--Hans Reichenbach (German-American philosopher, b. 1926)

"The man who makes no mistakes does not usually make anything."
--Bishop W.C. Magee (Irish prelate, b. 1821)

"The secret of happiness is this: Let your interests be as wide as possible, and let your reactions to the things and persons that interest you as far as possible friendly rather than hostile."
--Bertrand Russell (British philosopher, b. 1872)

"It is the chiefest point of happiness that a man is willing to be what he is."
--Erasmus (Dutch thinker, b. 1466?)
* "The greatest happiness you can have is knowing that you do not require happiness."

--William Saroyan (American writer, b. 1908)

* "Happiness? That's nothing more than health and a poor memory."

--Albert Schweitzer (Alsatian-German humanitarian, b. 1875)

* "Man--a being in search of meaning."

--Plato (Greek philosopher, b. 427 B.C.)

* "Sanity is madness put to good use."

--George Santayana (American philosopher, b. 1863)

* "When a man has pity on all living creatures then only is he noble."

--Buddha (East Indian religion founder, b. 563 B.C.?)

* "There is no wealth but life."

--John Ruskin (English art critic, b. 1819)

* "Unearned suffering is redemptive."

--Martin Luther King (American civil rights champion, b. 1929)
* "The good life is inspired by love and guided by knowledge."
--Bertrand Russell (British philosopher, b. 1872)

* "The man who has no inner life is the slave of his surroundings."
--Henri Frederic Amiel (Swiss philosopher, b. 1821)

* "Late on the third day, at the very moment when, at sunset... there flashed upon my mind, unforeseen and unsought, the phrase, Reverence for Life."
--Albert Schweitzer (Alsatian-German humanitarian, b. 1875)

* "The longer I live the more beautiful life becomes."
--Frank Lloyd Wright (American architect, b. 1869)

* "When people are serving, life is no longer meaningless."
--John Gardner (American political activist, b. 1912)

* "Life is real! Life is earnest!
And the grave is not its goal;
Dust thou art, to dust returneth,
Was not spoken of the soul."

--Henry Wadsworth Longfellow (American poet, b.1807)

* "Hate the sin and love the sinner."

--Mahatma Gandhi (East Indian reformer, b. 1869)

* "Love doesn't make the world go 'round. Love is what makes the ride worthwhile."

--Franklin P. Jones

* "Giving up is the ultimate tragedy."

--Robert J. Donovan

* "To grow old is to pass from passion to compassion."

--Albert Camus (French philosopher, b. 1913)

* "By perseverance the snail reached the ark."

--Charles H. Spurgeon (British clergyman, b. 1834)

* "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."
--Henry Ford (American auto magnate, b. 1863)

* "Personally I'm always ready to learn, although I don't always like being taught."

--Winston Churchill, (British political leader, b. 1873)

* "You can't hold a man down without staying down with him."

--Booker T. Washington (American educator, b. 1856)

* "I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavor."

--Henry David Thoreau (American writer, b. 1817)

* "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

--Lao-tzu (Chinese philosopher, b. 604 B.C.?)

* "Wise sayings often fall on barren ground; but a kind word is never thrown away."

--Sir Arthur Helps (English philosopher, b. 1813)

* "Life is mostly froth and bubble,
Two things stand like stone--
Kindness in another's trouble,
Courage in our own."

--Adam L. Gordon (Australian poet, b. 1833)

* "There is nothing permanent except change."

--Heraclitus (Greek philosopher, b. 540 B.C.)

* "To be wronged is nothing unless you continue to remember it."

--Confucius (Chinese philosopher, b. 551 B.C.)

* "One word free us of all the weight and pain of life: that word is love"

--Sophocles (Greek dramatist, b. 496 B.C.?)

* "Nothing on earth consumes a man more quickly than the passion of resentment."

--Friedrich Nietzsche (German philosopher, b. 1844)

* "Every man has the right to be valued by his best moments."

--Ralph Waldo Emerson (American thinker, b. 1803)
"Outside show is a poor substitute for inner worth."
--Aesop (Greek fable writer, c. 600 B.C.)

"The maxim, `Nothing avails but perfection" may be spelled `paralysis.'"
--Winston Churchill (British statesman, b. 1874)

"Hatred is a feeling which leads to the extinction of values."
--Jose Ortega y Gasset (Spanish thinker, b. 1883)

"There's nothing as effective as suffering to tear you apart and put you back together again--resulting in a much deeper knowledge of who you really are."
--Marcel Proust (French novelist, b. 1871)

"It is easy to forget the people we have laughed with, but we never forget the people with whom we've shared tears."
--Kahlil Gibran (Lebanese-American poet, b. 1883)

"Vitality shows in not only the ability to persist, but the ability to start over."
--F. Scott Fitzgerald (American novelist, b. 1869)
* "No man can justly censure another, because indeed no man truly knows another."

--Sir Thomas Browne (English author, b. 1605)

* "Either a human being must suffer and struggle as the price of a more searching vision, or his gaze must be shallow and without intellectual revelation."

--Thomas de Quincy (English writer, b. 1785)

* "Pray to God, but continue to row to shore."

--Old Russian proverb

* "It is impossible to begin to learn that which one thinks one already knows."

--Epictetus (Greek philosopher, c. 90 A.D.)

* Don't be afraid to think small--much good can come from ambitions of limited scope.

--paraphrased of Ivan Rouse (Contemporary music teacher)

* "Rejoice in your hope, be patient in your tribulation."

--The Bible (Rom 12:12)

* "The secret of happiness is to be delighted with a string of small successes."
* "One doesn't discover new lands without consenting to lose sight of the shore for a very long time."

--Andre Gide (French writer, b. 1869)

* "True miracles are created by men when they use the courage and the intelligence that God gave them."

--Jean Anouilh (French playwright, b. 1910)

* "How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic for the striving, and tolerant of the weak and strong. Because someday in your life you will have been all of these."

--George Washington Carver (American botanist, b. 1863)

* "The first duty of love is forgiveness."

--Paul Tillich (German-American theologian, b. 1886)

* "Happiness comes when you find a mission in life and you take it seriously."

--Karl Menninger (American psychiatrist, b. 1893)
* "Mental illness is like a blast furnace that burns away impurities to permit us ultimately to dazzle."

--Larry Z. (S.A. old-timer)

* "Most friendships worth their salt are those nourished in human struggle."

--Robert Veninga (American social-scientist, contemporary)

* "Some will say that hope lies is a nation; others in a man. I believe, rather, that hope is awakened, revived, and nourished by millions of solitary individuals whose deeds and works every day negate despair and the cruelest implications of history. Each and every man, on the foundation of his own suffering and joys, builds for all."

--Albert Camus (French philosopher, b. 1912)

* "Love must be learned and learned again and again; there is no end of it. Hate needs no instruction, but wants only to be provoked."

--Katherine Anne Porter (American writer, b. 1890)

* "He who does not quarrel is a bachelor without friends."

--St. Jerome (Early Christian writer and translator, b. 340)

* "When a man saves one life, he saves all humanity in time."

--Jewish Talmudic saying
* "The whole law is summed up in love."
--Bible (Romans 13:10)

* "Those who give, have all things. Those who withhold have nothing."
--Hindu proverb

* "We are healed of a suffering only by experiencing it to the full."
--Marcel Proust (French author, b. 1871)

* "Pain instructs."
--Benjamin Franklin (American statesman, b. 1706)

* "If life is a school, then mental illness is an advanced course in humanity."
--Larry Z. (S.A. old-timer)

* "Acts of kindness don't go to waste."
--Program adage
* "The fruits of prayer are faith; the fruits of faith are love; the fruits of love are service; the fruits of service are peace."

--Mother Teresa of Calcutta (d. 1997)

* "Injustice anywhere is a threat to justice everywhere."

--Martin Luther King (American civil rights leader, b. 1929)

* "For pain endured and remembered, we gain a sweeter joy."

--David G. Myers (American social scientist, contemporary)

* "I believe that each wound we suffer and eventually heal from is a soul-making experience with the potential to awaken our willingness to participate in the healing of our world."

--Joan Borysenko (American mind-body researcher, contemporary)

* "When you get to the end of your rope, tie a knot and hang on."

--Franklin Delano Roosevelt (American statesman, b. 1882)

* "I don't know about the key to success, but the key to failure is trying to please everybody."

--Bill Cosby (American television star)

* "Nothing great was ever done without much enduring."
--Catherine of Siena (Medieval spiritual figure, b. 1347)

* "A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral."

--Antoine de Saint-Expury (French writer, b. 1900)

* "Live and let live."

--Traditional proverb

* "The secret to eternal happiness is eternal gratitude."

--Hindu proverb

* "Everything good done in the world is done by hope."

--Martin Luther (Religious leader, b. 1482)

* "If you want the rainbow, you gotta put up with the rain."

--Dolly Parton (Contemporary country singer)

* "Love truth but pardon error."

--Chinese fortune cookie proverb
* "One of the things that has helped me as much as any other is not how long I am going to live, but how much I can do while living."

--George Washington Carver (American botanist, b. 1863)

* "Do your duty until it becomes your joy."

--Marie von Ebner-Eschenbach (Austrian writer, b. 1830)

* "Out of suffering have emerged the strongest souls; the most massive characters are seared with scars."

--E.H. Chapin (Clergyman and humanitarian, b. 1814)

* "Where there is money, there is fighting."

--Marian Anderson (American singer, b. 1902)

* "We are healthy only to the extent that our ideas are humane."

--Kurt Vonnegut, Jr. (Contemporary American writer)

* "The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds can change the outer aspects of their lives."

--William James (American psychologist, b. 1842)
* "Happiness is liking what you do, as well as doing what you like."
--Dr. Laurence J. Peter (Contemporary writer)

* Courage is "grace under pressure."
--Ernest Hemingway (American novelist, b. 1899)

* Courage is "knowing what not to fear."
--Plato (Greek philosopher, b. 427 B.C.)

* Courage is "resistance to fear, mastery of fear--not absence of fear."
--Mark Twain (American writer, b. 1835)

* "Be steadfast as a tower that does not bend its stately summit to the tempest's shock."
--Dante (Italian epic poet, b. 1264)

* "A man of courage is also full of faith."
--Cicero (Roman statesman and thinker, b. 106 B.C.)

* "Knowledge by suffering entereth."
--Elizabeth Barrett Browning (English poet, b. 1806)

* "Have patience and endure; this unhappiness will one day be beneficial."

--Ovid (Roman poet, b. 43 B.C.)

* Sufferings are "the birth-throes of transition to better things."

--John E. Boodin

* Suffering is "the means of inspiration and survival."

--Winston Churchill (British statesman, b. 1873)

* "When we treat others in a loving manner, we preach the Gospel without even uttering a word of scripture."

--Mother Teresa of Calcutta (d. 1997)

* Success is "getting what you want. Happiness is wanting what you get."
* Suffering is "a revelation. One discovers things one never discovered before."

--Oscar Wilde (Irish writer, b. 1854)

* "Many strokes, though with a little axe, hew down and fell the hardest-timber'd oak."

--Shakespeare on perseverance (b. 1564)

* "Life, believe, is not a dream
So dark as sages say;
Oft a little morning rain
Foretells a pleasant day."

--Charlotte Bronte (English writer, b. 1816)

* "Patience is sorrow's salve."

--Charles Churchill (English poet, b. 1731)

* "It is hard! But what can be removed, becomes lighter through patience."

--Horace (Roman poet, b. 65 B.C.)
* "For patience, sovereign o'er transmuted ill."

--Samuel Johnson (English lexicographer, b. 1709)

* "All things come round to him who will but wait."

--Henry Wadsworth Longfellow (American poet, b. 1807)

* "We are not interested in the possibilities of defeat."

--Queen Victoria (English monarch, b. 1819)

* Courage is "fear that has said its prayers."

--Anonymous

* Courage is "being afraid but pushing on."

--Anonymous

* Courage is "a perfect sensibility of the measure of danger, and a mental willingness to endure it."

--William T. Sherman (American general, b. 1820)

* "A high hope for a low heaven: God grant us patience."

--Shakespeare (b. 1564)
* "How poor are they that have not patience! What wound did ever heal but by degrees?"
  --Shakespeare (b. 1564)

* "The quality of strength lined with tenderness is an unbeatable combination."
  --Maya Angelou (American poet, b. 1928)

* "Persevere and preserve yourself for better circumstances...
  Every misfortune is to be subdued by patience."
  --Virgil (Roman epic poet, b. 70 B.C.)

* "Patience is the art of hoping."
  --Vauvenargues (French moralist, b. 1733)

* "Dreams are the touchstones of our characters."
  --Henry David Thoreau (American writer, b. 1817)
* "The truly American sentiment recognizes the dignity of labor and the fact that honor lies in honest toil."

  --Grover Cleveland (American president, b. 1837)

* "Between grief and nothing, I will take grief."

  --William Faulkner (American writer, b. 1897)

* "A cynic is a man who knows the price of everything and the value of nothing."

  --Oscar Wilde (Irish writer, b. 1854)

* "To escape criticism--do nothing, say nothing, be nothing."

  --Elbert Hubbard (American newspaperman, b. 1856)

* "Criticism comes easier than craftsmanship"

  --Zeuxis (Greek painter, c. 400 B.C.)

* "Everything that has truly enhanced and enlightened my experience has been through affliction and not happiness."

  --Malcolm Muggeridge (English writer, c. 1975)
* "There is no such thing as pure pleasure; some anxiety always goes with it."

--Ovid (Roman poet, b. 43 B.C.)

* "Treat people as if they were what they ought to be and you help them to become what they are capable of being."

--Goethe (German writer, b. 1749)

* "By virtue of being born to humanity, every human being has a right to the development and fulfillment of his potentialities as a human being."

--Ashley Montagu (British-American anthropologist, c. 1970)

* "Prejudice is an opinion without judgment...It is the reason of fools."

--Voltaire (French thinker, b. 1694)

* "The diseases of the mind are more destructive than the diseases of the body."

--Cicero (Roman statesman and thinker, b. 106 B.C.)

* "This great misfortune--to be incapable of solitude."

--Jean De La Bruyere (French moralist, b. 1645)
* "One of the great necessities in America is to discover creative solitude."

--Carl Sandburg (American poet, b. 1878)

* "In solitude, be a multitude to thyself."

--Tibullus (Roman poet, b. 54 B.C.)

* "Change your thoughts and you change your world."


* "From the errors of others a wise man corrects his own."

--Publilius Syrus (Latin writer, c. 1st century B.C.)

* "Who will tell whether one happy moment of love, or the joys of breathing or walking on a bright morning and smelling the fresh air, is not worth all the suffering and effort which life implies."

--Erich Fromm (German-American author, b. 1900)

* "Experience is a brutal teacher. But you learn from it--by God, you learn...Pain is part of the happiness. That's the deal."

--C.S. Lewis (English thinker and writer, b. 1898)

* "Nature does nothing uselessly."
--Aristotle (Greek philosopher, b. 384 B.C.)

* "Over the inevitable, thou shouldst not grieve."

--Bhagavad Gita (c. 200 B.C.)

* "And so it was. God saw that all he created was very good."

--Bible (Gen. 1:31)

* "Those who aim at great deeds must also suffer greatly."

--Crassus (Roman statesman, c. 70 B.C.)

* "I would much rather have men say why there is no statue of me, than why there is one."

--Cato (Roman statesman, b. 234 B.C.)

* "Riches cover a multitude of woes."

--Menander (Greek poet, b. 342 B.C.)

* "Patience is the best remedy for every trouble."

--Plautus (Roman playwright, b. 254 B.C.)
"I have been too familiar with disappointment to be very much chagrined."
--Abraham Lincoln (American president, b. 1809)

"Patience is certainly a high virtue." [Translated from the Middle English.]
--Chaucer (English writer, b. 1343)

"There is...only a single categorical imperative and it is this: Act only on that maxim through which you can at the same time will that it should become a universal law."
--Immanuel Kant (German philosopher, b. 1724)

"What wisdom can you find that is greater than kindness?"
--Jean Jacques Rousseau (French philosopher, b. 1712)

"When Heaven is about to confer a great office on any man, it first exercises his mind with suffering, and his muscles and bones with toil."
--Mencius (Chinese philosopher, c. 372 B.C.)

"Blessed are the meek, for they shall inherit the earth."
--Jesus (Mt. 5:2)
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