

A photograph of a person in a red shirt and dark pants climbing a large, dark rock formation. The person is positioned on the right side of the rock, reaching up. The background shows a desert landscape with dry vegetation and a clear blue sky. The text "Survive & Thrive Quote Book" is overlaid in white on the lower left portion of the image.

Survive & Thrive Quote Book

Quotes to help you

Survive & Thrive

from The Lemonade Network, authors of

The Emotional Stimulus Package:

Your Guide to Re-creating the American Dream

When the going gets tough,
the tough breathe...

Dr. Andrea Skelly

The illusion dies so something
deeper can take its place.

Joan of Arcadia episode

And when you get the choice
to sit it out or dance, I hope
you dance.

Leeann Womack

You can't run away from
trouble. There ain't no place
that far.

Uncle Remus

If you're going through hell,
keep going.

Winston Churchill

Let me embrace thee, sour
adversity. For wise men say it
is the wisest course.

William Shakespeare

Get mad, then get over it.

Colin Powell

A clever person turns great
troubles into little one, and
little ones into none at all.

Chinese Proverb

What works, works. What doesn't work, doesn't work. And working harder at what doesn't work doesn't make it work.

Joe Caruso

Anger is one letter short
of danger.

Eleanor Roosevelt

Everything in life is perfect...
and perfection seeks to out-do
itself.

Dr. Andrea Skelly

Anger ventilated often hurries
toward forgiveness; and
concealed often hardens into
revenge.

Edward G. Bulwer-Lytton

When it is dark enough, you
can see the stars.

Ralph Waldo Emerson

What a pity human beings can't
exchange problems. Everyone
knows exactly how to solve the
other fellow's.

Olin Miller

You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.

Jan Glidewell

The sorrow which has no vent
in tears may make other
organs weep.

Henry Maudsley

Birds sing after a storm; why
shouldn't people feel as free to
delight in whatever remains to
them?

Rose F. Kennedy

The secret to getting ahead is
getting started.

Mark Twain

Two of the greatest, and
saddest, words in the English
language are, "What if..."

Joe Caruso

The moment one definitely
commits oneself, then
providence moves too.

W.H. Murray

The Scottish Himalayan Expedition, 1951

Start by doing what's necessary;
then do what's possible; and
suddenly you are doing the
impossible.

Francis of Assisi

The ability to notice something without judgment is a powerful tool. When we can be aware of something without assigning judgment and associated emotions, we can choose a resourceful response.

Dr. Andrea Skelly

Whatever you can do or dream
you can, begin it. Boldness has
genius, power, and magic in it.

Johann Wolfgang von Goethe

Re-creation. Let's break the word down.

Re-create: To create again, begin again, to start over. Re-creation isn't about relaxing. It is about redefining whatever's become undefined."

Joan of Arcadia episode

Since we have the power to choose
our thoughts and our projections,
we have the power to choose our
reality.

Dr. Andrea Skelly

How you see the world and
how you deal with it. That
determines your real wealth.

Joan of Arcadia episode

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor E. Frankl, M.D., Ph.D.

The extent of the resistance is directly proportionate to the importance and power of the change you want to make.

George Leonard

We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.

Marcel Proust

Being happy doesn't mean your life is perfect. It means you've decided to look beyond the imperfections.

Author unknown

Many of us crucify ourselves
between two thieves - regret of
the past and fear for the future.

Fulton Oursler

We are all angels who only
have one wing. That's why we
need each other to fly.

Karen Drucker

The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance, but live right in it, under its roof.

Barbara Kingsolver

Hope is like the sun which, as we
journey towards it, casts the
shadow of our burden behind us.

Samuel Smiles

The aim of life is to live, and to
live means to be aware,
joyously, drunkenly, serenely
and divinely aware.

Henry Miller

Fear arises from judgment and to
over come that fear, wise
discernment needs to replace
judgment.

Dr. Andrea Skelly

There is nothing either good
or bad, but thinking makes it
so.

William Shakespeare

Only in growth, reform, and
change, paradoxically enough,
is true security to be found.

Anne Morrow Lindbergh

The future belongs to those
who believe in the beauty of
their dreams.

Eleanor Roosevelt

Even if you are on the right
track, you'll get run over if
you just sit there.

Will Rogers

Sometimes we stare so long at a door that is closing that we see too late the one that is open.

Alexander Graham Bell

Opportunities to find deeper
powers within ourselves come
when life seems most
challenging.

Joseph Campbell

Quiet observation of the smallest things is the key to practicing the awareness that leads us to empowered choices. As we practice awareness of those things that make up our physical life, we invite an expanded awareness of our deeper being and its energy. That inner awareness in turn invites us to an expanded awareness of our universal connection.

Dr. Andrea Skelly

When asked by new acquaintances "And what do you do?" my answer is "The best I can."

Cathy Lidster

I love you. I'm sorry. Please
forgive me. Thank you.

Ho'Oponopono
Ancient Hawaiian Healing Wisdom

The only real failure in life is
not to follow your heart!

Catherine Van Wetter

Hard times are inevitable.

But misery is optional.

What lies behind us and what
lies before us are tiny matters
compared to what lies within
us.

Be the change you wish to see
in the world.

Ghandi

If we don't change we won't
grow. If we don't grow we're
not really living.

They call it Yoga practice, not
Yoga perfect. The irony is that
it is all perfect.

Dr. Andrea Skelly

Don't cry because it's over.

Smile because it happened.

What the mind of man can
conceive and believe, it can
achieve.

Napoleon Hill

Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.

Gandhi

Visit us at www.LemonadeNetwork.com
for more information and contact details.

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