

"It's a relief to hear the rain. It's the sound of billions of drops, all equal, all equally committed to falling, like a sudden outbreak of democracy. Water, when it hits the ground, instantly becomes a puddle or rivulet or flood."

-Alice Oswald

"There is a certain relief in change, even though it be from bad to worse! As I have often found in traveling in a stagecoach, that it is often a comfort to shift one's position, and be bruised in a new place."

-Washington Irving

"Without the dark there isn't light. Without the pain there is no relief."

-Jenny Lawson

"Whenever the pressure of our complex city life thins my blood and numbs my brain, I seek relief in the trail; and when I hear the coyote wailing to the yellow dawn, my cares fall from me--I am happy."

-Hamlin Garland



"It is a feeling of relief, almost of pleasure, at knowing yourself at last genuinely down and out. You have talked so often of going to the dogs--and well, here are the dogs, and you have reached them, and you can stand it. It takes off a lot of anxiety."
-George Orwell

"We are all of us not merely liable to fear, we are also prone to be afraid of being afraid, and the conquering of fear produces exhilaration... The contrast between the previous apprehension and the present relief and feeling of security promotes a self-confidence that is the very father and mother of courage."
-Malcolm Gladwell

"Just relieve your mind of the job of making sure that everyone and everything will be the way you need them to be so that you can feel better inside."
-Michael A. Singer

"Faith doesn't always instantly deliver you, but it always carries you through."
-Joel Osteen



"For fast-acting relief
try slowing down."

-Lily Tomlin

"To experience peace does
not mean that your life is
always blissful. It means
that you are capable of
tapping into a blissful state
of mind amidst the normal
chaos of a hectic life."

-Jill Bolte Taylor

"Laughter is the tonic,
the relief, the surcease
for pain."

-Charlie Chaplin

"There are some things
you learn best in calm,
and some in storm."

-Willa Cather



"The greatest weapon
against stress is our
ability to choose one
thought over another."

-William James

"It was hard work, but it
was exhilarating--the
kind of feeling that
comes from being alive
and taking part in some
great common
enterprise."

-Laurence Yep

"Those three things--
autonomy, complexity,
and a connection
between effort and
reward---are, most
people will agree, the
three qualities that work
has to have if it is to be
satisfying."

-Malcolm Gladwell

"She liked the dabbling.
She felt in it a
satisfaction of a kind
which no other
employment afforded
her."

-Kate Chopin



"If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world. If none of my earthly pleasures satisfy it, that does not prove that the universe is a fraud."

-C. S. Lewis

"These are the sort of things people ought to look at. Things without pretensions, satisfied to be merely themselves."
-Aldous Huxley

"Do the kinds of things that come from the heart. When you do, you won't be dissatisfied, you won't be envious, you won't be longing for somebody else's things. On the contrary, you'll be overwhelmed with what comes back."

-Mitch Albom

"To be able to look back upon one's past life with satisfaction is to live twice."
-Martial



"Human life may be regarded as a succession of frontispieces. The way to be satisfied is never to look back."

-William Hazlitt

"A morning-glory at my window satisfies me more than the metaphysics of books."

-Walt Whitman

"The miracle is not that we do this work, but that we are happy to do it."

-Mother Teresa

"The noblest pleasure is the joy of understanding."

-Leonardo da Vinci



"Somehow, we'll find it.

The balance between
whom we wish to be and
whom we need to be.

But for now, we simply
have to be satisfied with
who we are."

-Brandon Sanderson

"There is strange
comfort in knowing that
no matter what happens
today, the Sun will rise
again tomorrow."

-Aaron Lauritsen

"Always be on the
lookout for the presence
of wonder."

-E. B. White

"I would rather have a
mind opened by wonder
than one closed by
belief."

-Gerry Spence



"There are no great limits to growth because there are no limits of human intelligence, imagination, and wonder."

-Ronald Reagan

"I believe that curiosity, wonder, and passion are defining qualities of imaginative minds and great teachers; that restlessness and discontent are vital things; that intense experience and suffering instruct us in ways that less intense emotions can never do."

-Kay Redfield Jamison

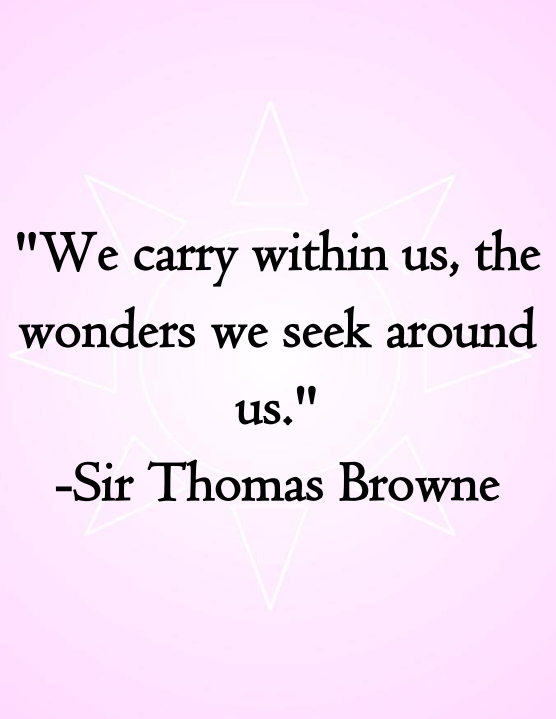
"Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit."

-E. E. Cummings

"You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things."

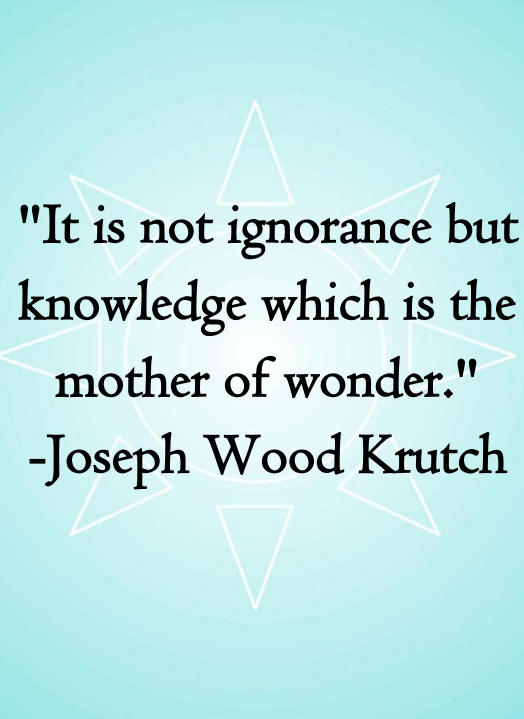
-Nate Berkus





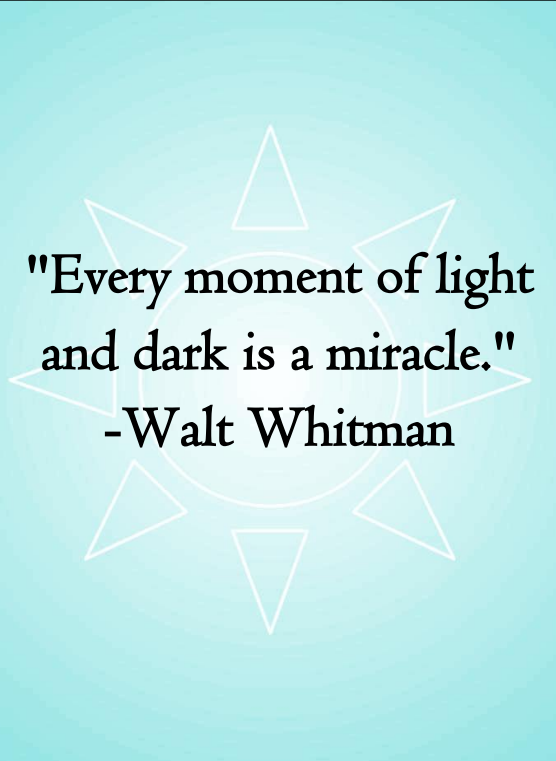
"We carry within us, the
wonders we seek around
us."

-Sir Thomas Browne



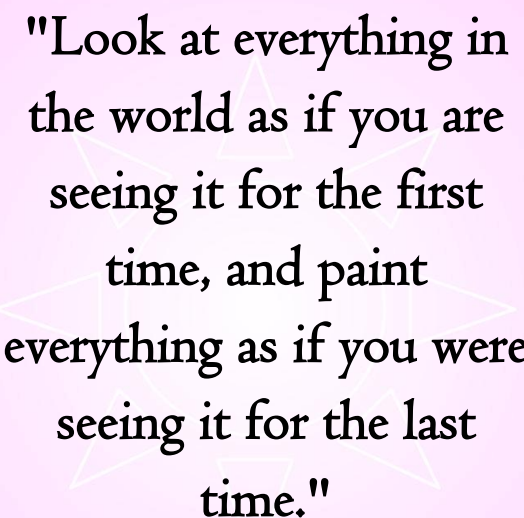
"It is not ignorance but
knowledge which is the
mother of wonder."

-Joseph Wood Krutch



"Every moment of light
and dark is a miracle."

-Walt Whitman



"Look at everything in
the world as if you are
seeing it for the first
time, and paint
everything as if you were
seeing it for the last
time."

-Andrew Hamilton



"The moments that I feel the most imbued with a sense of awe are always the moments when I am outdoors. I can't help but feel a certain sense of wonder-
-I become almost filled with it."

-Kathi Appelt

"I think on some level, you do your best things when you're a little off-balance, a little scared. You've got to work from mystery, from wonder, from not knowing."

-Willem Dafoe

"Wonder is the beginning of wisdom."

-Socrates

"Write it on your heart that every day is the best day in the year."

-Ralph Waldo Emerson



"There are days I drop words of comfort on myself like falling leaves and remember that it is enough to be taken care of by myself."

-Brian Andreas

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."

-Oprah

"Invent your world. Surround yourself with people, color, sounds, and work that nourish you."

-Susan Ariel Rainbow Kennedy

"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment."

-Stephen Covey



"Love yourself first, and everything else falls in line. You really have to love yourself to get anything done in this world."

-Lucille Ball

"Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down."

-Roy T. Bennett

Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort."

-Deborah Day

"Almost everything will work again if you unplug it for a few minutes, including you."

-Anne Lamott



"Self-compassion is simply giving the same kindness to ourselves that we would give to others."

-Christopher Germer

"Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won't accept."

-Anna Taylor

"The challenge is not to be perfect--it is to be whole."

-Jane Fonda

"Talk to yourself like you would to someone you love."

-Brené Brown

