Count your age by friends not years, count your life by smiles not tears –John Lennon

What lies within behind us and what lies before us are tiny matters compared to what lies within us – Ralph Waldo Emerson

You cannot find peace by avoiding life – Virginia Woolf

When you are in jail a good friend will be trying to bail you out your best friend will be in the cell with you saying “damn that was fun” – Groucho Marx

There is only one thing that makes a dream impossible to achieve; the fear of failure – Paulo Coelho

Promise me you’ll always remember: you are braver than you believe, and stronger than you seem, and smarter than you think - AA Milne

Wit beyond measure is man’s greatest treasure – J K Rowling (Harry Potter and The Order of Phoenix)