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Just a few ...

INSPIRATIONAL QUOTES

... to help you along your way.

Compiled by

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Dedication

This little e-Book of Inspirational Quotes is a gift of thanks to all my wonderful website visitors who constantly inspire me.

Your notes and calls make my heart soar and I want to share with you just a few of the many inspirational quotes on our site that have helped me.

Feel free to pass a copy on to friends, family and co-workers. You never know who could need a lift in their day.

Thank you, I appreciate you, and I wish you well on your journey!

Love,



Marlene

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Every mistake you make,
Every failure, every disappointment,
To keep going on this journey of life is sometimes the hardest thing.
But remember,
Every great person, who has beaten adversity,
Whether from within or without themselves,
Has fallen and stumbled a thousand times.
But they pick themselves up,
Dust themselves down
And carry on

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"You have to believe in yourself, that's the secret. Even when I was in the orphanage, when I was roaming the street trying to find enough to eat, even then I thought of myself as the greatest actor in the world."

--- Charlie Chaplin

"No matter what a man's past may have been, his future is spotless."

--- John R. Rice

--- Submitted by Jessica K., Age 16 --- Florida

--- Submitted by Jamie P., Age 13 --- California

"Trust what you know; have faith in where you go; if there's no wind, row; or go with the flow."

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Follow the steps and trust them... and yourself.

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"Celebrate the success of others. Bring people up, not down."

--- Author Unknown

"There lies in each of us a very powerful creative machine. Discover it! If you can imagine it, you can do it! Teach others the technique, so that the whole world becomes prosperous. "

--- Author Unknown --- Contributed by Masilamany

"We should always remember that everything in life happens for a reason; it is fate, but we should also remember that fate gets twisted sometimes, but if we look deep inside ourselves we can find the strength to move on always; after every disappointment, every heartbreak, every trial of life. We can make it if we try."

--- Written in 2003 by Dinah Hanson

"Sometimes, GOD pushes us to our limits. HE tests us beyond our endurance, because HE has greater FAITH in us...much more than we could ever think of with ourselves."

--- Author unknown --- Submitted by Karen R. --- Manila, Philippines

"In our daily lives, we must see that it is not happiness that makes us grateful, but the gratefulness that makes us happy."

--- Albert Clarke --- Bahamas

"Yesterday's failures are today's seeds that must be diligently planted to be able to abundantly harvest tomorrow's success."

--- Pete Zafra --- California

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"Nobody is stronger, nobody is weaker than someone who came back. There is nothing you can do to such a person because whatever you could do is less than what has already been done to him. We have already paid the price."

--- Elie Wiesel

"These, then, are my last words to you: Be not afraid of life. Believe that life is worth living and your belief will help create the fact."

--- William James

"To those who can dream, there is no such place as faraway."

--- Author Unknown --- Submitted by Michael M., Age 17 --- Ohio

"As long as I'm faced in the right direction, it does not matter the size of my steps."

--- Erica Lawrence --- California

"You are not alone, even when you are halfway around the world and drift apart from your family and friends. Outside there will always be a smile of a child, a whisper of the wind, and stars in the sky. These are signs of angels, that god has sent to you, to tell you everything will be fine!!"

--- Written in 2005 by Gabriela Ferrara Ramsden

God has always sent angels to me to be in my life. I'm thankful for that and for all the blessings that surround me right now. I wrote this because I've just moved to another city and when the doubts and fears invade me, I remember that I need to keep going with my entire spirit and strength and everything will be just right!!!

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"If this world hurts you, I want you to know that it hurt me first. If this world puts you down and lies to you, just know that I've been through it all. I have been knocked down and pushed over. I've also stood back up and moved mountains that are bigger than you and me. Just know wherever you may go or whatever you may be going through, I have been there and done that. There is no mountain that I will not help move out of your way. I will always be there for you, no matter what. All you have to do is call and there you will find my helping hand, open heart, and most importantly a shoulder for you to lean on. This is one thing I can tell you that is the truth, no matter what you believe."

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"Be kind to everyone you meet, for they may be facing a harder battle."

--- Plato --- Submitted by Amanda, Age 19 --- Wisconsin

"The effects of kindness are not always seen immediately, sometimes it takes years until your kindness will pay off, and is returned to you. And sometimes you never see the fruits of your labors, but they are there, deep inside of the soul of the one you touched."

--- Written/Submitted by Dan Kelly and all his friends --- Illinois

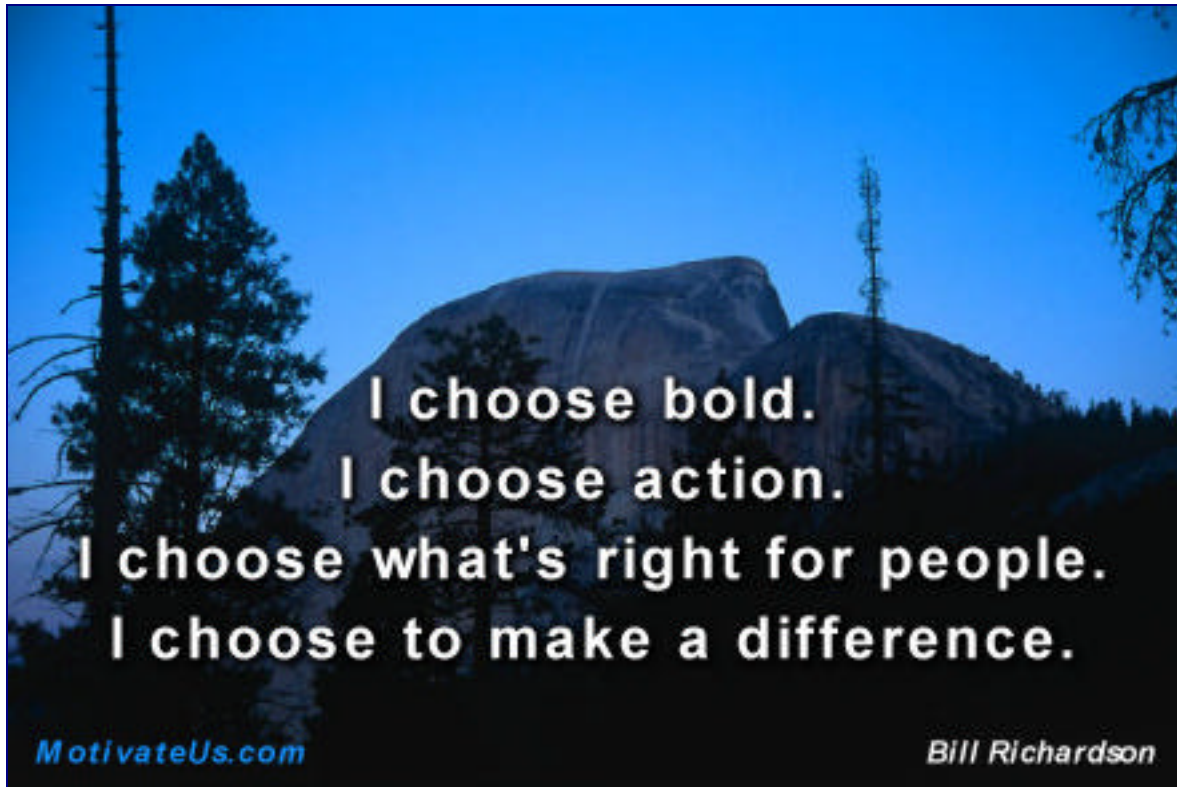
"The formula for peace of mind is simple: Don't worry about anything - pray about everything."

--- Author Unknown --- Sent in by Alani P., Age 17 --- Virginia

"Hope. It's a strange word isn't it? How can we have hope when everything is gone? How can we believe that things will get better when we've lost not just ourselves, but others too? The reason is because hope forces us to refuse to give up. It gives the infinite power to never stop trying. Hope is the undying power that drives us to achieve any goal, anywhere, anytime. Never stop believing in hope. Somewhere, somehow hope can exist. Use it to strengthen your heart and empower your soul."

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"Look at everything as though you were seeing it for the first time or the last time. Then your time on earth will truly be filled with glory!"

--- Author Unknown --- Sent in by Chelsey O., Age 14 --- California

"The best remedy for those who are lonely, afraid or unhappy is to go outside. Somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. I firmly believe that nature brings solace in all troubles."

--- Anne Frank --- Submitted by QA --- Canada

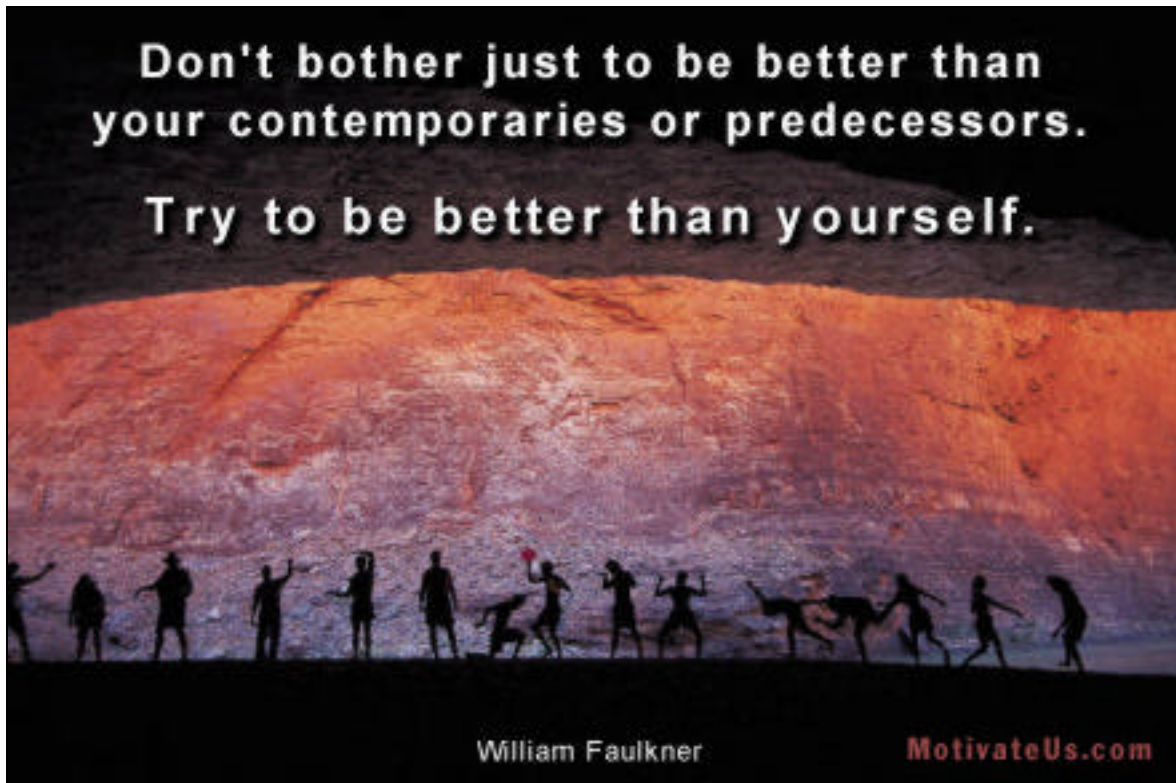
"The more sorrow one encounters, the more joy one can contain."

--- Kahlil Gibran --- Sent in by Leah, Age 14 --- Minnesota

"Finish everyday and be done with it.
You have done what you could;
Some blunders and absurdities crept in;
Forget them as soon as you can.
Tomorrow is a new day;
You shall begin it well and serenely and with too high a spirit
To be encumbered by your old nonsense."

--- Ralph Waldo Emerson --- Submitted by Whitney G., Age 16 --- Rhode Island

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"It is in the fire that the intensity of the clay is tested and its spirit is allowed to dance. It is in the fire where the fierce light pierces to the core and the once fragile become strong. It is in the fire where an individual piece of clay claims its own true identity. Some of the most beautiful pieces will crumble under the extreme conditions because the potter did not take the time to knead the air bubbles on the inside while other average looking pieces will get stronger and take on whole new identities. Whatever the case, the process is not complete until the clay has had its time in the fire."

--- Author Unknown --- Submitted by Letah B., Age 17 --- British Columbia, Canada

"Be courageous and bold. When you look back on your life, you'll regret the things you didn't do, more than the ones you did."

--- Contributed by VQueen

"When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares."

--- Henri Nouwen --- Sent in by Kirbi P., Age 16 --- South Carolina

"There is something beautiful about all scars of whatever nature. A scar means the hurt is over, the wound is closed and healed, done with."

--- Harry Crews

"Your only obligation in any lifetime is to be true to yourself."

--- Richard Bach

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"The life of a moral man is plain and yet not unattractive; it is simple, and yet full of grace, it is easy and yet methodical. He knows that accomplishment of great things consists in doing little things well. He knows that great effects are produced by small causes. He knows the evidence and reality of what cannot be perceived by senses; thus he is enabled to enter in to the world of ideas and morals."

--- Author Unknown --- Submitted by Shailendra V. --- Maharashtra, India

"Do not pray for easy lives. Pray to be stronger men! Do not pray for tasks equal to your powers. Pray for power equal to your tasks."

--- Phillips Brooks

"Spread love everywhere you go;
First of all in your own house.
Give love to your children,
To your wife or husband, to a next neighbor...
Let no one ever come to without leaving better or happier.
Be the living expressions of God's kindness, kindness in your face,
Kindness in your eyes, kindness in your smile,
Kindness in your warm greetings."

--- Mother Teresa --- Submitted by Nora M. --- Singapore

"Anything I've ever done that ultimately was worthwhile initially scared me to death."

--- Betty Bender

"I am here for a purpose and that purpose is to grow into a mountain, not to shrink to a grain of sand. Henceforth I will apply ALL my efforts to become the highest mountain of all and I will strain my potential until it cries for mercy."

--- Og Mandino --- Submitted by S. McCoy --- Maryland

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"Learn to be happy with what you have while you pursue all that you want."

--- Author Unknown --- Submitted by Charity --- Singapore

"There is no color to the hand of friendship."

--- Author Unknown --- Sent in by Heather G.

"If you surrender completely to the moments as they pass, you live more richly those moments."

--- Anne Morrow Lindbergh --- Submitted by Terésa M. --- Perth - Western Australia

"Happiness lies for those who cry, those who hurt, those who have searched and those who have tried, for only they can appreciate the importance of people who have touched their lives."

--- Author Unknown --- Submitted by Chen --- Malaysia

"Steadfast, friend, though the seas be high and the crests break the soul, for the swells of the heart dwarf those of the storm."

--- Author Unknown --- Contributed by George B.

"The person who sends out positive thoughts activates the world around him positively and draws back to himself positive results."

--- Norman Vincent Peale

"Believe in something that captures your heart, your body, and your soul. Let it captivate your mind and open you to new possibilities. Let it consume you and show you that through hard work, determination, and dedication you will not fail."

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This is just something that I wrote to help me get through a situation. It helped me put things into perspective and prioritize a few things in my life. I hope that it can help a few others as well.

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"Souls are like athletes that need opponents worthy of them if they are to be tried and extended and pushed to the full use of their powers and rewarded according to their capacity."

--- Thomas Merton --- 'The Seven Storey Mountain'

--- Sent in by Bruce B. --- Out on a Submarine

"When odds are against me, I prove them wrong. When all else fails, I succeed. When all turns to ash, from it I rise. So it doesn't matter what you throw at me or what you do, I will rise above it."

--- Author Unknown --- Submitted by Luke C. --- Victoria, Australia

"You may have to fight a battle more than once to win it."

--- Margaret Thatcher

"The people in one's life are like the pillars on one's porch you see life through. And sometimes they hold you up, and sometimes they lean on you and sometimes it is just enough to know that they are standing by."

--- Author Unknown --- Submitted by Gwyneth F. --- Connecticut

"Be delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning."

--- J.B. Priestly --- Submitted by Hunter Barnett --- Florida

"When your world seems like too much to handle, just take a deep breath and laugh. It clears the mind and frees your spirit."

--- Michael P. Miller --- California

"Find the good. It's all around you. Find it, showcase it, and you'll start believing in it."

--- Jesse Owens

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

--- Walt Whitman

"It is human nature to get depressed by setbacks, but it is a superhuman task to rise above your circumstances and rewrite your destiny. The one that stands erect and unfazed, in the face of adversity, ultimately leaves the footprints to success."

--- Author Unknown --- Submitted by Ranjita R. --- California

"To know someone here or there with whom you feel there is understanding, in spite of distances or thoughts unexpressed; that can make of this earth a garden."

--- Johann Wolfgang Von Goethe --- Submitted by Lei L. --- Hawaii

"Love cures people; both the ones who give it and the ones who receive it."

--- Karl Menniger --- Submitted by Kim T. --- Kansas

"What sunshine is to flowers, smiles are to humanity. They are but trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable."

--- Joseph Addison --- Sent in by Ray L. --- Ontario, Canada

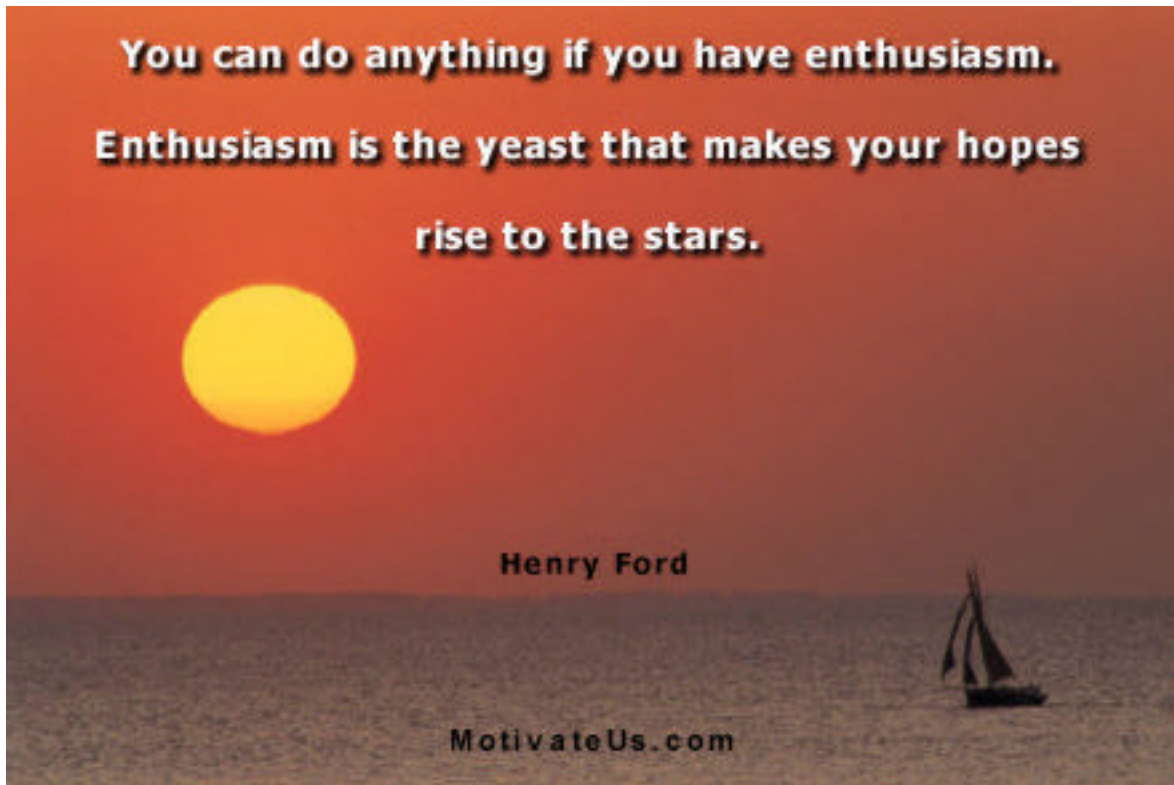
"The only thing that you can carry with you on your travels is your heart. Fill your heart with good things and good things will follow you for the rest of your life."

--- Scott Murray --- Zimbabwe, Africa

"Sometimes on the way to our dreams, we get lost and find an even better one!"

--- Author Unknown --- Contributed by Martha Gil --- Virginia

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"To believe is to perceive the dance of intimacy upon the soul; to wish upon a shooting star is where the thought of existence is upon the heart; to have a dream or a vision of a desire is to see beyond your circumstance of life."

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"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great ones make you feel that you too, can become great."

--- Mark Twain

"The wise man in a storm prays to God, not for safety from danger, but for deliverance from fear."

--- Ralph Waldo Emerson --- Contributed by Laureen M., Age 14 --- Washington

"Credulous hope supports our life and always says that tomorrow will be better."

--- Tibullus --- Contributed by Jessica McCauley --- Pennsylvania

"We are not put on this earth to see through one another, but to see one another through."

--- Author Unknown --- Submitted by Jen U. --- Kentucky

"It isn't always necessary to achieve great things. Sometimes, just surviving is a great achievement."

--- Lori Hard --- California

"We all need each other."

--- Leo Buscaglia

"May every hour of this day bring something special; a thought that makes you smile, a smile that warms the heart, and a heart that holds much happiness inside."

--- Author Unknown --- Submitted by M.N. --- Manila, Philippines

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"There are two ways of spreading light: to be the candle or the mirror that reflects it."
--- Edith Wharton --- Contributed by Ed M.

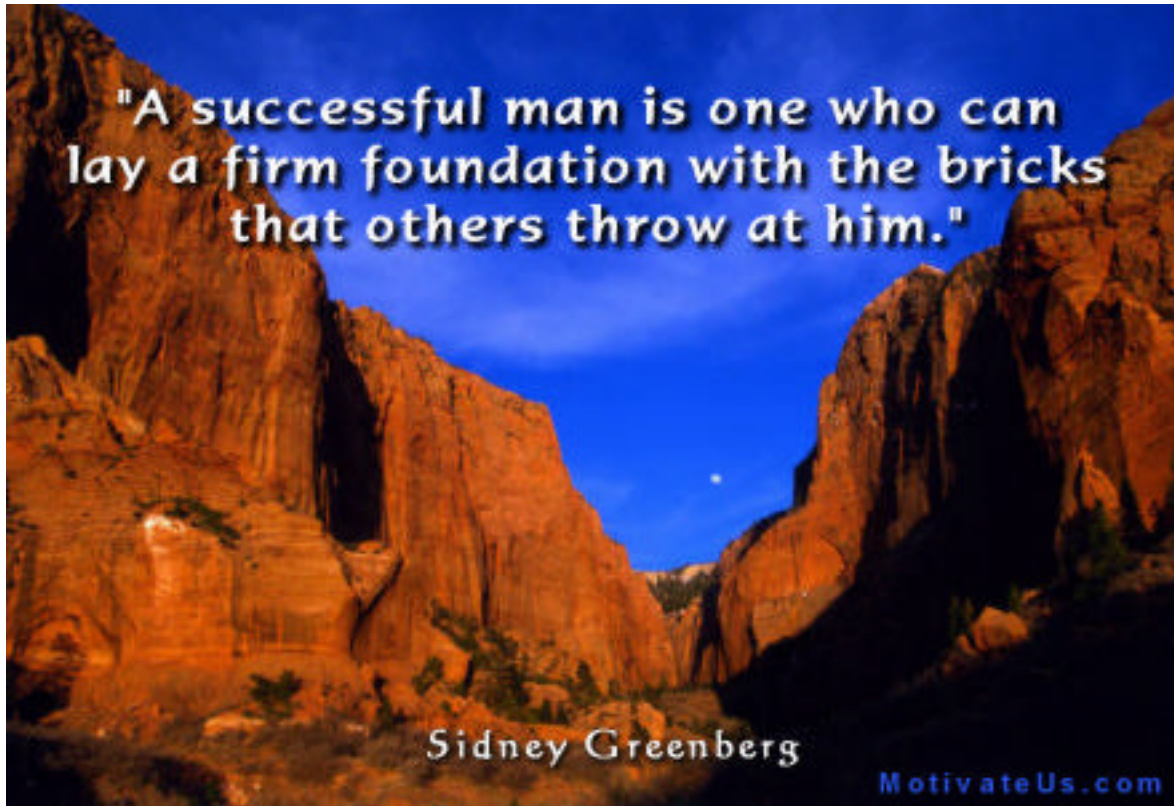
"My interest is in the future because I am going to spend the rest of my life there."
--- Charles F. Kettering

"Once we recognize the fact that every individual is a treasury of hidden and unsuspected qualities, our lives become richer, our judgment better, and our world is more right. It is not love that is blind, it is only the unnoticed eye that cannot see the real qualities of people."
--- Charles H. Percy

"Don't be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you; I will help you. I will uphold you with my victorious right hand."
--- Isaiah 41:10 --- Sent in by Jim H. --- Illinois

"Don't fear the bumpy roads that lie ahead, for it is nothing more than the settled dust we left behind."
--- Author Unknown --- Submitted by TH NH --- Mbabane, Swaziland
Read this quote after losing my dad in 1998 and my mom in 2004.

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" I am the best gift I have ever received."

--- Marion --- Washington

Grant me the strength to forgive myself
When innocent mistakes occur.

Grant me the knowledge to forgive myself
When decisions thought right backfire.

Grant me the courage to forgive myself
When issues arise I can't control.

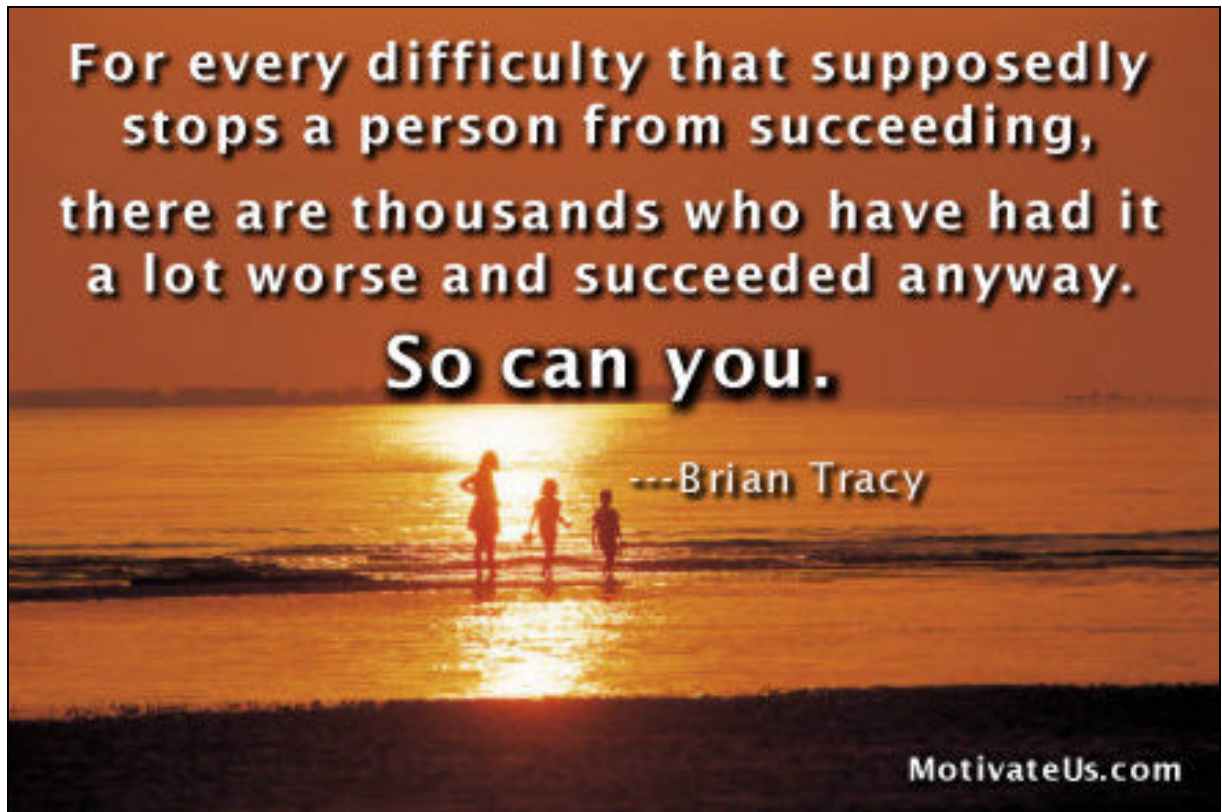
Grant me the ability to forgive myself
When perfection falls short.

Grant me the intelligence to forgive myself
When my shortcomings are exposed.

Grant me the strength to forgive others
When errs are done onto me.

--- Written in 2001 by Ellen F. --- Connecticut

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"In life I hope to be remembered by my kindness, not popularity.
I hope to bring a piece of joy to someone's day, not a rude comment.
I hope to dedicate my life to helping other, not to ignoring them.
And I hope to make the world a better place, not to just exist."

--- Heather C., Age 17 --- Massachusetts

"To accomplish great things we must not only act, but also dream. Not only plan, but also believe."

--- Anatole France --- Sent in by Laura --- Wisconsin

"Never let yesterday's disappointments overshadow tomorrow's dreams."

--- Author Unknown --- Sent in by Kelly L. & Aime M. --- Indiana

"All God's testing has a purpose; some day you will see the light. All he asks is that you trust him, walk by faith and not by sight."

--- Author Unknown --- Submitted by Barbara

"Love has nothing to do with what you are expecting to get only with what you are expected to give... which is everything."

--- Katherine Hepburn --- Contributed by Kelly T. --- Minnesota

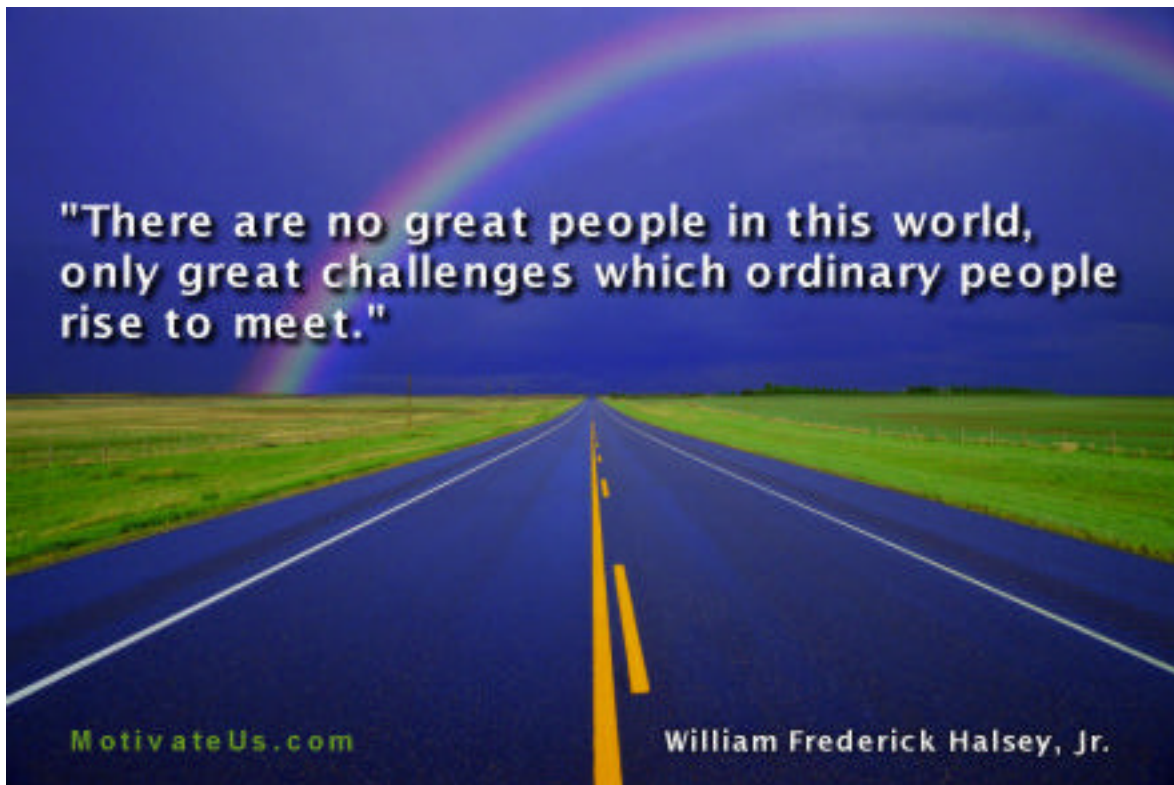
"Next time you feel lonely, take a walk under the stars and feel the magic of not being alone."

--- Copyright © 1999 Joe A. "Old Salt" Perez --- Texas

"Don't rush life, today! If rivers were in a hurry to get to the sea, the world would be a much drier place in which to live. Don't rush life, today, and you'll be able to leave more of yourself behind, to help others grow."

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May You Forever See Rainbows

When your fields of wild flowers have gone bare
And your sky is stone grey
I have but one wish
May you forever see rainbows
And be brought to better days
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"You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island opportunities and look toward another land. There is no other land, there is no other life but this."
--- Henry David Thoreau --- Submitted by Robyn M. --- British Columbia, Canada

"You will find, as you look back upon your life, that the moments when you really lived are the moments when you have done things in the spirit of love."
--- Henry Drummond --- Submitted by Gary H. --- Michigan

"All things are possible until they are proved impossible. And even the impossible may only be so, as of now."
--- Pearl S. Buck --- Contributed by L. M. --- Pennsylvania

"What we receive by reaching our destiny is not nearly as important as what we become by stretching towards it."
--- Author Unknown --- Sent in by Terésa Meyer --- Perth, Western Australia

"Of all the beautiful truths pertaining to the soul none is more gladdening or fruitful than to know you can regenerate and make yourself what you will."
--- William James --- Submitted by Christine L.



"I will build my life upon mistakes. Therefore, in the end, there was no such thing as a wrong choice."

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If I Can Stop One Heart From Breaking

If I can stop one heart from breaking,
I shall not live in vain:
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.

--- Emily Dickinson

"Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today."

--- Thich Nhat Hanh

"I will awake every day knowing, that as soon as my feet touch the ground, that what I make of it, is up to me. I will not expect anything from anyone. I will give - with no intentions of receiving. I will listen when someone just needs to talk. I will smile at a stranger. I will be accepting of challenges. I will accept change. I will love myself and others. I will laugh when I want to cry and smile when I want to frown. I will live each day like no other. This day belongs to me. I will value each day that I am given. I WILL make a difference. I will LIVE my life and enjoy it."

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"As for the journey of life; at some point you will realize that YOU are the driver and you will drive!"

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"Hope is the thing with feathers -- that perches in the soul -- and sings the tune without words -- and never stops, at all."

--- Emily Dickinson

If you planted hope today
In any hopeless heart,
If someone's burden was lighter
Because you did your part,
If you caused a laugh
That chased some tears away,
If tonight your name is named
When someone kneels to pray
Then your day has been well spent.

--- Author Unknown --- Submitted by Neill M. --- Australia

"Refuse to let hope be squashed by mere possibilities. It is within you to choose hope until your last breath."

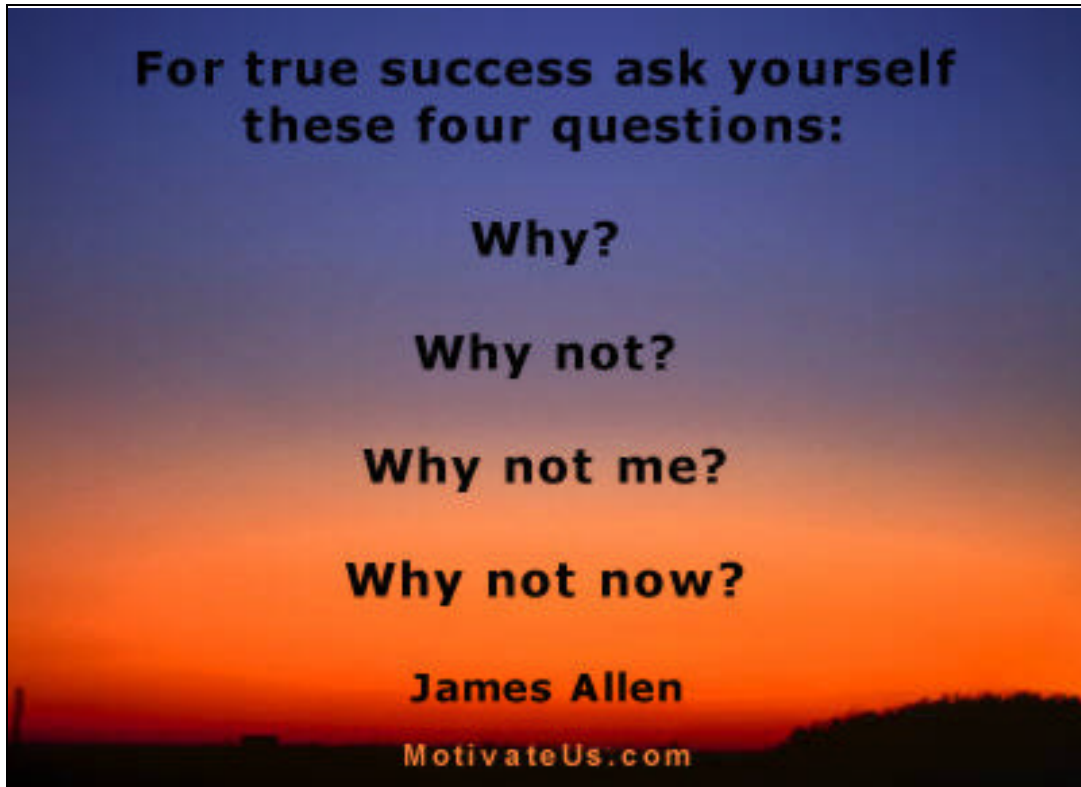
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Doctors feel obligated to give the worst-case scenarios and in some cases, like clinical trials, are required by law to do so. But just because they have the directive to give those possibilities, doesn't mean you have to believe them. In every case, the possibility for a good outcome exists--so why not choose hope?

"Just when you feel like it's over, just when you think you are down, someone comes along, picks you up and dusts you down; then you realize that the person who picked you up is your own hope and faith."

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I Am A Star

A thousand stars beckon me,
A million destinies to live for.
Isn't my life an infinite possibility?
Isn't my life an eternal truth?
In the minuscule world of reality,
In the naive world of existence,
Is not the spirit of a higher order?
With Greater things to do than just earn bread?
My horizons are limitless.
My vision is endless.

I am a star in a big, big Universe.
I have no beginning. I have no end.
I exist to sparkle. I live to shine.
Somewhere, someone always sees me as a star
And that gives me enough reason to smile.
Small glories of the material world pale
In face of the truth of my eternal existence.
Life, in its simplest form,
Is a star; shining for someone, somewhere.
I am a star ! I live to SHINE !

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"The best thing about feeling like you've lost everything, like your life couldn't get any worse, is knowing that tomorrow can only get better."

--- Written in 2000 by Jessica N., Age 14 --- Pennsylvania

"Sometimes our light goes out, but is blown into flame by another human being. Each of us owes deepest thanks to those who have rekindled this light."

--- Albert Schweitzer --- Sent in by Brian M. --- Manitoba, Canada

"We plant seeds, nurture and care for them and trust that flowers will grow. What we've worked and hoped for doesn't grow, until one morning we wake to find a field of miracles. Never stop believing, for wonderful surprises await you."

--- Author Unknown --- Submitted by J.L. --- Singapore

"God, grant me the courage not to give up what I think is right, even though I think it is hopeless."

--- Admiral Chester W. Nimitz

"Never talk defeat. Use words like hope, belief, faith, victory."

--- Norman Vincent Peale

"Surely I have glanced down many paths before choosing the one I'm on. I chose the one with the most hills, curves, twists, and turns because it is my belief that it is the journey that defines the person, not the other way around."

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"Be realistic: Plan for a miracle."

--- Bhagwan Shree Rajneesh --- Submitted by Pippa Markham --- Sydney, Australia