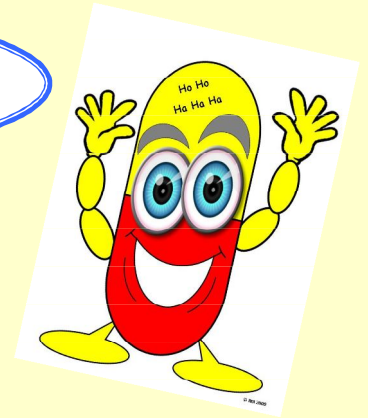


Lucy's Favorite Quotes



A little bit crazy is alright! *Anonymous*

A set-back is a set-up for a come-back. *Anonymous*

Don't ask for an easier life. Ask to be a stronger person. *Anonymous*

Every mountain has its peak. Every river has its deepest point. Every trouble has a life span. Tough times turn around when we turn from doubt to faith. *Anonymous*

Fear is the thief of dream. *Anonymous*

How to get sick: procrastinate, don't exercise, hold a grudge, and don't forgive. *Anonymous*

If you always do what you've always done, you'll always get what you've always gotten! *Anonymous*

Laughter is God's sunshine. *Anonymous*

Love may make the world go 'round, but it's laughter that keeps us from getting dizzy. *Anonymous*

No one ever damaged their eyesight looking on the brighter side of life. *Anonymous*

Stress spelled backwards is desserts. *Anonymous*

Take time to laugh for it is the music of the soul. *Anonymous*

The most utterly lost of all days is that on which you have not laughed. *Anonymous*

Those who do not take time for wellness will take time for illness. *Anonymous*

We cry and laugh in the same language regarding hopes, dreams, struggles against adversity and have far more similarities than differences. *Anonymous*

We have tears when we grieve, have doubts, love, are lonely, suffering or proud with pride. We cry when we're happy. We also laugh when we're afraid and stressed. *Anonymous*

Patience and perseverance have a magical effect, before which difficulties disappear and obstacles vanish. *John Quincy Adams*

People crave laughter as if it were an essential amino acid. *Patch Adams*

The sadnesses of life – far from totally discouraging laughter – give rise to it. *Steve Allen*

Among those whom I like or admire, I can find no common denominator, but among those whom I love, I can: all of them make me laugh. *W. H. Auden*

Not everything that is faced can be changed but nothing can be changed until it is faced. *James Baldwin*

Diamonds are people. *Verda Banka*

You grow up the day you have your first real laugh — at yourself. *Ethel Barrymore*

Laughter is an instant vacation. *Milton Berle*

Laughter is the closest distance between two people. *Victor Borge*

Happy is the person who can laugh at himself. He will never cease to be amused. *Habib Bourguba*

Never forget that what we get back is a reflection of what we project. *Claude M. Bristol*

Everything is a song. Everything is silence. Since it all turns out to be illusion, perfectly being what it is, having nothing to do with good or bad, you are free to die laughing. *James Broughton*

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

Always laugh when you can. It is cheap medicine. *Lord Byron (1788-1824)*

Light always follows darkness. *Albert Camos*

To truly laugh, you must be able to take your pain and play with it! *Charlie Chaplin*

You will find truth more quickly through delight than gravity. Let out a little more string on your kite. *Alan Cohen*

Laughter releases. Analysis binds. *Alan Cohen*

Total absence of humor renders life impossible. *Colette (1873-1954)*

Joy is the feeling of grinning on the inside. *Melba Colgrove*

Laughter is a form of internal jogging. It moves your internal organs around. It enhances respiration. It is an igniter of great expectation. *Norman Cousins*

Laughter is a metaphor for a whole range of positive emotions – hope, faith, love, will to live, cheerfulness, humor, creativity, playfulness, confidence, great expectations.
Norman Cousins

Ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep. *Norman Cousins*

Everything is only for a short time. *Daisy Crisler*

The playground is a place to learn, to grow, to enjoy and to make mistakes. *Thomas Crum*

Happiness is not something that happens. It is not the results of good fortune or random choice. It is not something that money can buy or power command. It does not depend on outside events, but, rather HOW we interpret them. *Mihaly Csikszentmihalyi*

Out of difficulties grow miracles. *Jean De La Bruyere*

If you want others to be happy, practice compassion. If you want to be happy, practice compassion. *Dalai Lama*

Life ain't nuthin' but a funny, funny riddle. *John Denver*

We do not grow by knowing all of the answers, but rather by living with the questions.
Max Depree

If you travel a path without obstacles it probably isn't leading anywhere. *Catherine DeVrye*

You're alive, you might as well be glad. *Neal Diamond*

A smile is a curve that sets everything right. *Phyllis Diller*

Think, dream, believe, and dare. *Walt Disney*

Then I commend mirth because a person hath no better thing under the sun than to eat, and to drink and to be merry... *Ecclesiastes 8:15*

If we did all the things we are capable of doing, we would literally astound ourselves.
Thomas Edison

I think and think for months and years. Ninety-nine times the conclusion is false.
The hundredth time I am right. *Albert Einstein*

For every minute you are angry, you lose 60 seconds of happiness. *Ralph Waldo Emerson*

The ancestor of every action is a thought. *Ralph Waldo Emerson*

Only one principle will give you courage – that is the principle that no evil will last forever
nor indeed for very long. *Epicurus 271 BC*

In one of the stars I shall be living. In one of them I shall be laughing. And so it will be as if
all the stars were laughing when you look at the sky at night. *Antoine de Saint Exupery*

Love laughs, listen; love laughs at fear; can you hear it? And fear fades in the face of
laughter. Let nothing distract you from the fact that fear will grow if you feed it, and
shrink when you pay it no heed. There, see? Fear disappears and leaves love laughing.
Danna Faulds

Always dream and shoot higher than you know how to. Don't bother just to be better than
your contemporaries or predecessors. Try to be better than yourself. *William Faulkner*

Start every day with a smile and get it over with. *W. C. Fields*

Whether you believe you can or believe you can't you're right either way. *Henry Ford*

Stress less, laugh more, and be your best YOU! *Kay Frances*

The last of human freedoms --- to choose one's attitude in any given set of circumstances.
Victor Frankl

There are no failures – only learners. *Buckminster Fuller*

When the power of love becomes more important than the love of power, then there will
be peace. *Alec Christos Gabbitas*

Trust in dreams, for in them is hidden the gate to eternity. *Kahlil Gibran*

Your pain is the breaking of the shell that encloses your understanding. *Kahlil Gibran*

Your joy is your sorrow unmasked. And the selfsame well from which your laughter rises
was oftentimes filled with your tears. *Kahlil Gibran*

We cannot discover new oceans until we have the courage to lose sight of the shore. *Gide*

Laughter is a tranquilizer with no side effects. *Arnold Glasgow*

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

We are happy because we laugh; not the other way around. *Annette Goodheart*

It's not the mountain we conquer but ourselves. *Sir Edmund Hillary*

An ability to laugh, the courage to smile, a propensity for optimism and a play disposition are healthful frames of mind that may accelerate healing and recovery from illness.

Robert Holden

If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old. *Edgar Watson Howe (1853-1937)*

Pain is deeper than all thought; Laughter is higher than all pain. *Elbert Hubbard*

At the height of laughter, the universe is flung into a kaleidoscope of new possibilities.

Jean Houston

Laughter is the sun that drives winter from the human face. *Victor Hugo*

Laughter is free, legal, has no calories, no cholesterol, no preservatives, no artificial ingredients and is absolutely safe. *Dale Irvin*

The pessimist sees difficulty in every opportunity; the optimist, the opportunity in every difficulty. *LP Jacks*

A human being can alter his life by altering his attitude. *William James*

It is an illusion to think that more comfort means more happiness. Happiness comes from the capacity to feel deeply, to enjoy simply, to think freely, to be needed. *Storm Jameson*

Fall seven times, stand up eight. *Japanese Proverb*

What soap is to the body, laughter is to the soul. *Jewish proverb*

Laughter is too important to be dependent on jokes. *Dr. Madan Kataria*

Keep your face to the sunshine and you will never see the shadow. *Helen Keller*

Life is either a daring adventure or nothing. *Helen Keller*

There are only two realities in life: death and laughter. We can do nothing to change the former, so we might as well do all we can to save the latter. *John F. Kennedy*

There are three things which are real: God, human folly, and laughter. The first two are beyond comprehension. So we must do what we can with the third. *John F. Kennedy*

We cry because the disparity is unthinkable, and we laugh because there is no other thing we can do about it. Laughter erupts precisely as the situation becomes hopeless.

Walter Kerr

Everything that is done in the world is done by hope. *M.L. King*

You can't deny laughter; when it comes, it plops down in your favorite chair and stays as long as it wants. *Stephanie King*

He deserves Paradise who makes his companions laugh. *Koran*

It may be that those who do most, dream most. *Stephen Leacock*

Life is what happens when we're making other plans. *J. Lennon*

You can't stay mad at somebody who makes you laugh. *Jay Leno*

Most people are about as happy as they make up their minds to be. *Abraham Lincoln*

The richest laugh is at no ones expense. *Linda Loving*

Let us be of good cheer, remembering that the misfortunes hardest to bear are those which never happen. *James Russell Lowell*

There are no hopeless situations. There are only men who have grown hopeless about them. *Clare Booth Luce*

Joyfulness keeps the heart and face young. A good laugh makes us better friends with ourselves and everybody around us. *Orison Swett Marden*

No man fails who does his best. *Orison Swett Marden*

Laughter and crying are two of the best healers we have. *Peter McWilliams*

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. *Margaret Mead*

What we learn with pleasure we never forget. *Alfred Mercier*

You don't have to teach people to be funny. You only have to give them permission. *Harvey Mindess*

The basic cause of illness is unhappiness, and the great healer is Joy.
Rebbe Nachman of Breslov

Laughter gives us distance. It allows us to step back from an event, deal with it and then move on. *Bob Newhart*

Play at its very heart signifies nothing less than how they (we) will be in this world.
Terry Orlick

When you have a heartfelt belly laugh, all parts of your being – the physiological, the psychological, the spiritual – they all vibrate in one single tune. They all vibrate in harmony! *Osho*

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

He who laughs, lasts! *Mary Pettibone Poole*

Humor is the fastest, fleetest way of giving ---it can change pain to joy in a mere millisecond. *Stephen Post*

The time to laugh is when you don't have time to laugh. *Argus Poster*

One who wants a rose must respect the thorn. *Persian Proverb*

You can discover more about a person in an hour of play than in a year of conversation.
Plato

You don't stop laughing because you grow old. You grow old because you stop laughing.
Michael Pritchard

If there were no clouds we should not enjoy the sun. *Proverb*

A merry heart doeth good like a medicine, but a broken spirit drieth the bones.
Proverbs 17:22

Weeping may endure for a night, but joy comes in the morning. *Psalms 30:5*

Those who sow in tears shall reap in joy. *Psalms 126:5*

Be realistic, plan a miracle. *Bhagwan Shree Rajneesh*

Laughter sometimes comes out of very private tears. *Joan Rivers*

What we need is more people who specialize in the impossible. *Theodore Roethke*

No one can make you feel inferior without your consent. *Eleanor Roosevelt*

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

You cannot hold back a good laugh any more than you can the tide. Both are forces of nature. *William Rotsler*

Laughter is the most inexpensive and most effective wonder drug. Laughter is a universal medicine. *Bertrand Russell*

Life is not the way it's supposed to be. It's the way it is. The way you cope with it is what makes the difference. *Virginia Sater*

Imagination is the beginning of creation. You imagine what you desire; you will what you imagine; and last you create what you will. *George Bernard Shaw*

Tough times never last – but tough people do! *Robert Schuller*

What would you attempt to do if you knew you could not fail? *Robert Schuller*

It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult. *Seneca*

Our fears are more numerous than our dangers and we suffer more in our imagination than reality. *Seneca*

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

A smile is a frown turned upside down. *David Smart*

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

There is little difference in people, but that little difference makes a big difference. That difference is attitude. The big difference is whether it is positive or negative.
W. Clement Stone

May you live all the days of your life. *Jonathan Swift*

We do not see things as they are, we see things as we are. *The Talmud*

Be joyful always; pray continually; give thanks in all circumstances. *1 Thessalonians 5:16*

Men are born to succeed not to fail. *Henry David Thoreau*

A person who belly-laughs – laughs doesn't bellyache. *Susan Thurman*

What the caterpillar calls the end, the rest of the world calls a butterfly. *Lao Tsu*

The best way to cheer yourself is to try to cheer someone else up. *Mark Twain*

The human race has only one really effective weapon, and that's laughter. The moment it arises, all our hardinesses yield, all our irritations and resentments slip away, and a sunny spirit takes their place. *Mark Twain*

The art of medicine consists of amusing the patient while nature cures the disease.
Voltaire

The biggest laughs are based on the biggest disappointments and the biggest fears.
Kurt Vonnegut, Jr.

Laughter is the brush that sweeps away the cobwebs of the heart. *Mort Walker*

Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing." *Mother Teresa*

A laugh is a smile that bursts. *Mary H. Waldrip*

If you can imagine it you can create it. If you can dream it, you can become it.
William Arthur Ward

Nonsense makes the heart grow fonder. *Carolyn Wells*

The best time for laughing is when you can. *Jessamyn West*

Laughter is a celebration of the human spirit. *Sabina White*

Life is too important to be taken seriously. *Oscar Wilde*

We are all in the gutter but some of us are looking at the stars. *Oscar Wilde*

The practice of kindness creates healthy relationships and community connections and inspires people to pass kindness on to others. *Steve Wilson*

The tree that bends in the wind does not break. *Steve Wilson*

If you can spend a perfectly useless afternoon in a perfectly useless manner, you have learned how to live. *Lin Yutang*