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People need hard times and oppression to develop psychic muscles.

- Dune, Frank Herbert

Gray skies are just clouds passing over.

- Ellington, Duke

Most of the shadows of this life are caused by standing in one's own sunshine

- Emerson, Ralph Waldo

To accuse others for one's own misfortunes is a sign of want of education. To accuse oneself shows that one's education has begun. To accuse neither oneself nor others shows that one's education is complete.

- Epictetus

Failure is success if we learn from it.

- Forbes, Malcolm S.

When things are bad, we take comfort in the thought that they could always get worse. And when they are, we find hope in the thought that things are so bad they have to get better.

- Forbes, Malcolm S.

Life is a series of experiences, each one of which makes us bigger, even though sometimes it is hard to realize this. For the world was built to develop character, and we must learn that the setbacks and grieves which we endure help us in our marching onward.

- Ford, Henry

He who knows no hardships will know no hardihood. He who faces no calamity will need no courage. Mysterious though it is, the characteristics in human nature which we love best grow in a soil with a strong mixture of troubles.

- Fosdick, Harry Emerson

I have often been downcast, but never in despair; I regard our hiding as a dangerous adventure, romantic and interesting at the same time. In my diary I treat all the privations as amusing. I have made up my mind now to lead a different life from other girls and, later on, different from ordinary housewives. My start has been so very full of interest, and that is the sole reason why I have to laugh at the humorous side of the most dangerous moments.

- Frank, Anne

Even if you fall on your face, you're still moving forward.

- Gallagher, Robert C.

Forget the times of your distress, but never forget what they taught you.

- Gesser

Never bear more than one kind of trouble at a time. Some people bear three kinds; all they have had, all they have now, and all they expect to have.

- Hale, Edward Everett

Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.

- Hill, Napoleon

As a rule, adversity reveals genius and prosperity hides it.

- Horace

The harder you fall, the higher you bounce.

- Horton, Doug

Abuse a man unjustly, and you will make friends for him.

- Howe, Edgar Watson

There is in every woman's heart a spark of heavenly fire which lies dormant in the broad daylight of prosperity, but which kindles up and beams and blazes in the dark hour of adversity.

- Irving, Washington

Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.

- James, William

If the career you have chosen has some unexpected inconvenience, console yourself by reflecting that no career is without them.

- Johnson

Adversity is the state in which man mostly easily becomes acquainted with himself, being especially free of admirers then.

- Johnson, Samuel

Things don't go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be.

- Jones, Charles "Tremendous"

He knows not his own strength that hath not met adversity

- Jonson, Ben

The greatest evil is physical pain.

- Augustine, St.

There has never been a great athlete who died not knowing what pain is.

- Bradley, Bill

The great art of life is sensation, to feel that we exist, even in pain.

- Byron, Lord

Pain and death are a part of life. To reject them is to reject life itself.

- Ellis, Havelock

There are no gains without pains.

- Franklin, Benjamin

Never a lip is curved with pain That can't be kissed into smiles again.

- Harte, Bret

The art of life is the art of avoiding pain; and he is the best pilot, who steers clearest of the rocks and shoals with which it is beset.

- Jefferson, Thomas

Pleasure that is obtained by unreasonable and unsuitable cost, must always end in pain.

- Johnson, Samuel

There is no coming to consciousness without pain.

- Jung, Carl

Pain is life -- the sharper, the more evidence of life.

- Lamb, Charles

Pain was their body's way of telling them that they'd pushed themselves to their limits -- which was exactly where they were supposed to be.

- Marcinko, Richard

The only antidote to mental suffering is physical pain.

- Marx, Karl

Everything hurts.

- Michelangelo

Strictly speaking, there is but one real evil: I mean acute pain. All other complaints are so considerably diminished by time that it is plain the grief is owing to our passion, since the sensation of it vanishes when that is over.

- Montagu, Lady Mary Wortley

Pain nourishes courage. You can't be brave if you've only had wonderful things happen to

you.

- Moore, Mary Tyler

When there is pain, there are no words. All pain is the same.

- Morrison, Toni

Why do people persist in a dissatisfying relationship, unwilling either to work toward solutions or end it and move on? It's because they know changing will lead to the unknown, and most people believe that the unknown will be much more painful than what they're already experiencing.

- Robbins, Anthony

Pain is such an uncomfortable feeling that even a tiny amount of it is enough to ruin every enjoyment.

- Rogers, Will

We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment.

- Rohn, Jim

There is no more lively sensation than that of pain; its impressions are certain and dependable, they never deceive as may those of the pleasure women perpetually feign and almost never experience.

- Sade, Marquis De

If pain could have cured us we should long ago have been saved.

- Santayana, George

Remember that pain has this most excellent quality. If prolonged it cannot be severe, and if severe it cannot be prolonged.

- Seneca

One pain is lessened by another's anguish.

- Shakespeare, William

The pain of the mind is worse than the pain of the body.

- Syrus, Publilius

Pain of mind is worse than pain of body.

- Syrus, Publilius

Sweet is true love that is given in vain, and sweet is death that takes away pain.

- Tennyson, Lord Alfred

Nothing begins, and nothing ends, That is not paid with moan; For we are born in others pain And perish in our own.

- Thompson, Francis

Pain adds rest unto pleasure, and teaches the luxury of health.

- Tupper, Martin

Do not undervalue the headache. While it is at its sharpest it seems a bad investment; but when relief begins, the unexpired remainder is worth $4 a minute.

- Twain, Mark

There is no detachment where there is no pain. And there is no pain endured without hatred or lying unless detachment is present too.

- Weil, Simone

Pain is real when you get other people to believe in it. If no one believes in it but you, your pain is madness or hysteria.

- Wolf, Naomi

Once, during Prohibition, I was forced to live for days on nothing but food and water.

- Fields, W. C.

The only way for a rich man to be healthy is by exercise and abstinence, to live as if he were poor.

- Temple, Sir William

Natural ability without education has more often raised a man to glory and virtue than education without natural ability.

- Cicero, Marcus T.

To sentence a man of true genius, to the drudgery of a school is to put a racehorse on a treadmill.

- Colton, Charles Caleb

There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other.

- Everett, Douglas

Ability will never catch up with the demand for it.

- Forbes, Malcolm S.

People are so constituted that everybody would rather undertake what they see others do, whether they have an aptitude for it or not.

- Goethe, Johann Wolfgang Von

Never tell a young person that anything cannot be done. God may have been waiting centuries for someone ignorant enough of the impossible to do that very thing.

- Holmes, John Andrew

To know how to hide one's ability is great skill.

- La Rochefoucauld, Francois De

Not many men have both good fortune and good sense.

- Livy, Titus

The Creator has not given you a longing to do that which you have no ability to do.

- Marden, Orison Swett

Ability is sexless.

- Pankhurst, Christabel

Executive ability is deciding quickly and getting somebody else to do the work.

- Pollard, John G.

No great intellectual thing was ever done by great effort.

- Ruskin, John

When love and skill work together, expect a masterpiece.

- Ruskin, John

The abilities of man must fall short on one side or the other, like too scanty a blanket when you are abed. If you pull it upon your shoulders, your feet are left bare; if you thrust

it down to your feet, your shoulders are uncovered.

- Temple, Sir William

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