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Good things come to those who are patient and still hope, even though they've been let down and disappointed, to those who still believe even though they've failed at something, to those who still love even though they've been hurt before. So never regret anything that has happened in the past; it cannot be changed, undone or forgotten. Take it all as lessons learned and move on with grace.

- Bana, Mervyn Parangan

Smile at people who look like they are having a rough day, be kind to them, let them know that there is reason to be happy. Kindness is the only investment that never fails, and wherever there is a human being, there's an opportunity for kindness. Learn to give, even if it's just a smile, not because you have too much, but because you understand there are so many others who feel like they have nothing at all.

- Bana, Mervyn Parangan

Behind every beautiful life, there has been some kind of pain:
You fall, you rise, you make mistakes, you live, you learn, these are the classic lessons of life. Nobody is perfect, but everyone is
human. You've been hurt, but you're alive. Think of what a precious privilege it is to be alive – to breathe, to think, to enjoy, and to chase the things you love. We must keep putting one foot in front of the other even when we hurt, for we will never know what is waiting for us just around the corner.

- Bana, Mervyn Parangan

I seldom remember names. I usually remember faces.

- Bana, Mervyn

I seldom remember names. I usually remember faces.

- Bana, Mervyn

Education has little to do with intelligence and nothing to do with having class."

- Bana, Mervyn

The average man does not want to be free. He simply wants to be safe.

- Bana, Mervyn

To love yourself is the beginning of a lifelong affair.

- Bana, Mervyn

None are so hopelessly enslaved as those who falsely believe they are free.

- Bana, Mervyn

Kindness and hard work will take you further than intelligence.

- Bana, Mervyn

The most ineffective response to criticism is to become angry, insulted and defensive. When you do that, you actually give a lot more power and credibility to that criticism.

- Bana, Mervyn Parangan

Being held in high esteem by everyone around us isn't just a nice thing to feel; it's an affirmation that we exist and that all is well.

- Bana, Mervyn Parangan

Every once in while it’s exciting to be someone different. It’s a good escape from life.

- Bana, Mervyn Parangan

Every so often, we need to put manners and good taste aside in favor of brutal honesty."

- Bana, Mervyn Parangan

We can not embrace happines to stay, we can only enjoy it as it comes and be glad that for a moment it was ours.

- Bana, Mervyn Parangan

It's not about going around trying to stir up trouble. As long as you're honest and you articulate what you believe to be true, somebody somewhere will become your enemy

whether you like it or not.

- Bana, Mervyn Parangan

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