

## FAORITE QUOTES

### JULY

Our quotes this month are based on ANXIETY. Hope you find them inspirational and helpful.

Visit the archives below for more quotes; and thank you for visiting my website!

(Photo Credit: L.G. Robinson and G.P. Robinson)

### ENJOY!



“Don’t try to steer the river.”

—Deepak Chopra

“Religion is meant to teach us true spiritual human character. It is meant for self-transformation. It is meant to transform anxiety into peace, arrogance into humility, envy into compassion, to awaken the pure soul in man and his love for the Source, which is God.”

— Radhanath Swami

“Anxiety’s like a rocking chair. It gives you something to do, but it doesn’t get you very far.”

— Jodi Picoult

“Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength.”

—Charles Spurgeon

“If you don’t think your anxiety, depression, sadness and stress impact your physical health, think again. All of these emotions trigger chemical reactions in your body, which can lead to inflammation and a weakened immune system. Learn how to cope, sweet friend. There will always be dark days.”

— Kris Carr

“Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.”

— Grenville Kleiser





“Let yourself be open and life will be easier. A spoon of salt in a glass of water makes the water undrinkable. A spoon of salt in a lake is almost unnoticed.”

— Buddha

“The truth is that there is no actual stress or anxiety in the world; it’s your thoughts that create these false beliefs. You can’t package stress, touch it, or see it. There are only people engaged in stressful thinking.”

—Wayne Dyer



“Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith.”

—Henry Ward Beecher



“Anxiety is love’s greatest killer. It makes others feel as you might when a drowning man holds on to you. You want to save him, but you know he will strangle you with his panic.”

—Anaïs Nin

“Worrying is carrying tomorrow’s load with today’s strength—carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn’t empty tomorrow of its sorrow, it empties today of its strength.”

—Corrie ten Boom

“Man is not worried by real problems so much as by his imagined anxieties about real problems.”

— Epictetus

“Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained. .”

— Arthur Somers Roche

“Nothing is permanent in this wicked world—not even our troubles.”

—Charlie Chaplin

“Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.”

—Benjamin Franklin

“You don’t have to control your thoughts. You just have to stop letting them control you.”

—Dan Millman



“How can a person deal with anxiety? You might try what one fellow did. He worried so much that he decided to hire someone to do his worrying for him. He found a man who agreed to be his hired worrier for a salary of \$200,000 per year. After the man accepted the job, his first question to his boss was, “Where are you going to get \$200,000 per year?” To which the man responded, “That’s your worry.”

— Max Lucado



## ANXIETY

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