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SEPTEMBER

As Baby Boomers around the world are fast approaching the autumn of their lives, I've decided to base this month's quotes on "MORTALITY." I hope you find them thought-provoking, and a reminder that we are just passing through this life, and on our way to another life. As Stephen Grellet aptly puts it, "I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."

"“There are no atheists in foxholes, they say, and I was a foxhole atheist for a long time. But after going through a midlife crisis and having many things change very quickly, it made me realize my mortality. And when you start to think about death, you start to think about what's after it. And then you start hoping there is a God.”

—Peter Steele

“The world is so exquisite with so much love and moral depth, that there is no reason to deceive ourselves with pretty stories for which there's little good evidence. Far better it seems to me, in our vulnerability, is to look death in the eye and to be grateful every day for the brief but magnificent opportunity that life provides.”

—Carl Sagan

“An awareness of one's mortality can lead you to wake up and live an authentic, meaningful life.”

—Bernie Siegel



“I'm kind of a morbid person. I'm very optimistic, but I also feel like I'm going to die at any moment. I feel very much aware of my mortality. I'm here, and then I'm not.”

—Brie Larson

“The idea of forever is kind of ridiculous, which is unfortunate because it's kind of a nice thing to say, you know. I think it softens the blow of mortality and having to say goodbye to everything you know and everyone you love and all that kind of thing.”

—Conor Oberst

“Mortality means you don't have forever to work things out. You can live your life unexamined but then on the last day you're going to thin: 'I've left things a little late'.”

—Mitch Albom



“Accepting your own mortality is like eating your vegetables. You may not want to do it, but it’s good for you.”

—Caitlin Doughty

“Mortality is very different when you’re 20 to when you’re 50.”

—Keanu Reeves



“I almost moved into a place over a funeral parlor. My father said, ‘That’s just to macabre,’ but I thought I’d be embracing my mortality. I told him it would keep me grounded—like when people get skull tattoos.”

—Jennifer Connelly

“To take a photograph is to participate in another person’s mortality, vulnerability, mutability. Precisely by slicing out this moment and freezing it, all photographs testify to time’s relentless melt.”

—Susan Sontag

