



## My Favorite Quotes

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Our quotes this month are all about “Sadness,” which we have all experienced at some stage of our lives. I hope you will find the collection inspiring.

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“When you wake up each morning, you can choose to be happy or choose to be sad. Unless some terrible catastrophe has occurred the night before, it is pretty much up to you. Tomorrow morning, when the sun shines through your window, choose to make it a happy day.”

—Lynda Resnick

“There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.”

—Washington Irving

“Every human walks around with a certain kind of sadness. They may not wear it on their sleeves, but it’s there if you look deep.”

—Taraji P. Henson



“Live by this credo: have a little laugh at life and look around you for happiness instead of sadness. Laughter has always brought me out of unhappy situations.”

—Red Skelton

“Heavy hearts, like heavy clouds in the sky, are best relieved by the letting of a little water.”

—Christopher Morley



“Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad.”

—Henry Wadsworth Longfellow

“Tears are words that need to be written.”

—Paulo Coelho

“Depression is the most unpleasant thing I have ever experienced...It is that absence of being able to envisage that you will ever be cheerful again. The absence of hope. That very deadened feeling, which is so very different from feeling sad. Sad hurts but it’s a healthy feeling. It is a necessary thing to feel. Depression is very different.”

—J.K. Rowling



“When you do something noble and beautiful and nobody noticed, do not be sad. For the sun every morning is a beautiful spectacle and yet most of the audience still sleeps.”

—John Lennon

“Are the days of winter sunshine just as sad for you, too? When it is misty, in the evenings, and I am out walking by myself, it seems to be that the rain is falling through my heart and causing it to crumble into ruins.”

—Gustave Flaubert



“Don’t cry because it’s over, smile because it happened.”

—Dr. Seuss

“If you see a friend without a smile; give him one of yours.”

—Proverb quotes

“Good humor is the health of the soul, sadness its poison.”

—Lord Chesterfield

“Anger, tears and sadness are only for those who have given up.”

—Katie Gill

“We gather strength from sadness and from pain. Each time we die we learn to live again.”

—Unknown

“Dwelling on the past only blinds you to the future.”

—Andrew Boyd