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## FEBRUARY-MARCH

The quotes for this month are all about having "Strength Through Adversity." I hope you will find them helpful and inspirational.

"Be Patient. All Storms Pass. The Sunshine Will Come. And There Will Be Joy!"

—Wesam Fawzi

"Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have—life itself."

—Walter Anderson

"Your strength doesn't come from winning. It comes from struggles and hardship. Everything that you go through prepares you for the next level."

—Germany Kent



"It has been a long time since I have written one of my statuses about life. I have been very busy trying to promote my Fan page, Friends and services, and my books. However, I can tell you all one thing for certain. I am not a Quitter. I will not stop writing books. I will not stop pushing myself to succeed. I will not stop being who I am.

I am a winner. Winning is an attitude. You take the good with the bad and you keep on going. It gets hard, you get tired and sometimes burnt out but you keep on going anyway, because you can.

Winners have setbacks but winners learn tighten their belts and go on. Winner look at what has gone wrong and instead of complaining they find ways of doing it better. Winners know that Rome was not built in a day and take every day as it comes.

Winners do not whine, they roar."

—Alexander Stone



life as a champion." —Muhammad Ali "Use what you've been through as fuel, believe in yourself and be unstoppable!" Yvonne Pierre "I am the bended, but not broken. I am the power of the thunderstorm. I am the beauty in the beast. I am the strength in weakness. I am the confidence in the midst of doubt. I am Her!" -Kierra C.T. Banks "Sometimes life will be awesome. Sometimes, life will look blurry. Along the way in the journey of life, sometimes, life will be colder than warmer and sometimes warmer than colder but in all things we must remember that it is never over for a purposeful journey of life until the journey of life is over. Be it rough or smooth, good or bad, we must accomplish the task. It shall always not be good and it shall always not be bad; we only have to work hard." —Ernest Agyemang Yeboah "I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." —Michael Jordan "Let your joy scream across the pain." —Terri Guillemets "When it is dark enough, you can see the stars." -Ralph Waldo Emerson "Life may try to knock you down but be persistent with your passions—cultivate grit, resilience, tenacity and endurance success will come." —Amit Ray "And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about." —Haruki Murakami

"I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your





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