

# Loneliness

NOTABLE  
QUOTES



Loneliness expresses the pain of being alone and solitude expresses the glory of being alone.—**Paul Tillich**

Loneliness and the feeling of being unwanted is the most terrible poverty.  
—**Mother Teresa**

Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness.—**Maya Angelou**

Negative emotions like loneliness, envy, and guilt have an important role to play in a happy life; they're big, flashing signs that something needs to change.  
—**Gretchen Rubin**

We have all known the long loneliness, and we have found that the answer is community.—**Dorothy Day**

The hardest walk is walking alone, but it's also the walk that makes you the strongest.—**Unknown**

The soul that sees beauty may sometimes walk alone.—**Johann Wolfgang Von Goethe**

A season of loneliness and isolation is when the caterpillar gets its wings. Remember that next time you feel alone.—**Mandy Hale**

Only through our connectedness to others can we really know and enhance the self. And only through working on the self can we begin to enhance our connectedness.—**Harriet Goldhor Lerner**

Many people need desperately to receive this message: 'I feel and think much as you do, care about many of the things you care about, although most people don't care about them. You are not alone.'  
—**Kurt Vonnegut**

