

Overcoming Anxiety

NOTABLE
QUOTES



People become attached to their burdens sometimes more than the burdens are attached to them.—**George Bernard Shaw**

Smile, breathe, and go slowly.
—**Thich Nhat Hanh**

The greatest weapon against stress is our ability to choose one thought over another.—**William James**

You don't have to control your thoughts. You just have to stop letting them control you.—**Dan Millman**

You wouldn't worry so much about what others think of you if you realized how seldom they do.
—**Eleanor Roosevelt**

We must be willing to let go of the life we've planned, so as to have the life that is waiting for us.—**Joseph Campbell**

Just when the caterpillar thought the world was ending, he turned into a butterfly.—**Proverb**

Everything you have ever wanted is sitting on the other side of fear.
—**George Addair**

Be not afraid of life. Believe that life is worth living, and your belief will help create the fact.—**William James**

