

Through the Storm

NOTABLE
QUOTES



We must accept finite disappointment, but we must never lose infinite hope. —Martin Luther King

Fall seven times, stand up eight.
—Japanese proverb

The greater the difficulty, the more glory in surmounting it. Skillful pilots gain their reputation from storms and tempests.
—Epictetus

The gem cannot be polished without friction, nor man perfected without trials.
—Chinese proverb

Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them—every day begin the task anew. —Saint Francis de Sales

Good humor is a tonic for mind and body. It is [an] antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment. —Greenville Kleisser

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.
—Helen Keller

Even the darkest night will end, and the sun will rise.—Victor Hugo