



Happy and Healthy

Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.—Joseph Addison

Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work.
—Ralph Marston

Good health is not something we can buy. However, it can be an extremely valuable savings account.
—Anne Wilson Schaef

To enjoy the glow of good health, you must exercise.—Gene Tunney

The greatest wealth is health.
—Virgil

When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease.
—Terri Guillemets

Health and cheerfulness naturally beget each other.—Joseph Addison

The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.

These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.
—Nursery rhyme quoted by Wayne Fields

A good laugh and a long sleep are the best cures in the doctor's book.
—Irish Proverb

To live without love, compassion, or any other spiritual value creates a state of such severe imbalance that every cell yearns to correct it. Ultimately, that is what lies behind the onset of disease; the body is sending a message that something lacking in the present—an imbalance existing somewhere—has given rise to highly visible, unarguable, physical symptoms.—Deepak Chopra

Know, then, whatever cheerful and serene supports the mind, supports the body too.—John Armstrong

He who has health has hope; and he who has hope has everything.
—Arabic Proverb

