

## Appendix 13: Northern Iran Motion 6

1. Page 49: "Life is not the way it is supposed to be. It is the way it is. The way you cope with it is what makes the difference" Virginia Satir
2. Page 53: Quote: "Little minds are subdued by misfortunes. Great minds rise above them." Washington I ruing
3. Page 66: "I can be changed by what happens to me, but I refuse to be reduced by it." Maya Angelou
4. Page 98: "Let us not look back in anger nor forward in fear, but around in awareness." James Thurber
5. Page 103: "Pain is inevitable. Suffering is optional." M. Kathleen Casey
6. Page 112: "Courage is not the towering oak that sees storms come and go; it is the fragile blossom that opens in the snow." Alice
7. Page 116: "I sometimes give myself admirable advice, but I am incapable of taking it." Mary Wortley Montagu
8. Page 130: "I'm treating you as a friend asking you to share my present minuses in the hope that I can ask you to share my future pluses." Katherine Mansfield
9. Page 140: "Don't compromise yourself. You are all you've got." "Janis Joplin
10. Page 145: "Oh the comfort- the inexpressible comfort of feeling safe with a person." Dinah Craik
11. Page 156: "Every new beginning comes from some other beginning's end." "" Seneca
12. Page 162: "If you choose to think about past hurts, you will continue to feel bad." ""Dr. Gary McKay
13. Page 168: "Guilt is anger directed at ourselves." "Peter McWilliams
14. Page 182: "Worry never robs tomorrow of its sorrow, it only saps today of its joy." ,... Leo F. Buscaglia
15. Page 184: "Fear is a darkroom where negatives develop." UsmanAsif
16. Page 187: "Humor does not diminish the pain- it makes the space around it get bigger." Allen Klein
17. Page 206: "Don't wait for something big to occur. Start where you are, with what you have, and that will always lead you into something greater." Reu. Mary Manin Morrissey
18. Page 220: "Nothing in life is to be feared. It is only to be understood." Marie Curie
19. Page 222: "Forgiveness means giving up all hope for a better past." Lily Tomlin
20. Page 225: "To forgive is to set a prisoner free and discover that the prisoner was you." Lewis B Smedes
21. Page 236: "Life shrinks or expands in proportion to one's courage." Anais Nin
22. Page 246: "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." Winston Churchill
23. Page 247: "Life is like riding a bicycle. To keep your balance you must keep moving." Albert Einstein
24. Page 254: "The only people who never fail are those that never try." Ilka Chase
25. Page 255: "Failure is only the opportunity to begin again more intelligently." Henry Ford
26. Page 256: "Your future depends on many things, but mostly on you." Frank Tyger
27. Page 261: "Harmony within brings harmony without." Rebecca Clark
28. Page 266: "The journey of a thousand miles begins with one step." 'Lao Tzu
29. Page 268: "Hope for the best, but prepare for the worst." 'English Proverb
30. Page 275: "The best preparation for tomorrow is doing your best today." N H Jackson Brown, Jr.

31. Page 279: I am not concerned that you have fallen -I am concerned that you arise."  
Abraham Lincoln
32. Page 280: "Nothing will work unless you do." John Wooden
33. Page 288: "We often take for granted the very things that most deserve our gratitude."  
Cynthia Ozick
34. Page 306: "Power comes to me." Leo F. Buscaglia
35. Page 330: "We must find, all of us together, a new spirituality." 'His Holiness the 14th  
Dalai Lama
36. Page 339: "When it gets dark, you can see the stars." J. Russell Lynes
37. Page 359: "At night make me one with the darkness and in the morning make me one  
with the light." Wendell Berry
38. Page 361: "Not only our human family, but the entire Earth family, nourishes us, inspires  
us and forgives us." 'Life Prayers: From Around the World