

“ Feelings are much like waves, we can't stop them from coming but we can *choose* which ones to surf. ”

Jonatan Martensson



“ Calm people tell themselves that nothing they do can change what's past... then they get on with *enjoying* life. ”

Paul Wilson,  
The little book of calm at work



“ If we magnified our successes as much as we magnified our disappointments, we’d all be much *happier*. ”

Unknown



“ Living in a state of *gratitude* is the gateway to grace. ”

Arianna Huffington



“ Nothing’s better than the wind to your back, the sun in front of you, and your *friends* beside you. ”

Aaron Douglas Trimble



“ A positive thinker does not refuse to recognise the negative, he refuses to dwell on it. *Positive thinking...* looks for the best results from the worst conditions. ”

Norman Vincent Peale

