

# ***words of wisdom for healing and growth***

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This is a **little better zine**.

It doesn't have the solutions to your big problems, but the skills inside can make coping a **little** easier when life is difficult.

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Even though it is often difficult, healing and growing as a person are important to me because:

*It takes courage to recover from painful experiences and grow into your full potential. These quotations were selected to inspire vulnerability, connection, acceptance, and wisdom for healing and growth.*

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“Not everything that is faced can be changed; but nothing can be changed until it is faced.”

– James Baldwin

“If we change within, our outer life will change also.”

– Jean Shinoda Bolen

“How we spend our days is how we spend our lives.”

– Annie Dillard

“It is never too late to be what you might have been.”

– George Eliot

“Between grief and nothing, I will take grief.”

– William Faulkner

“The only way out is through.”

– Robert Frost

“Practice makes different.”

– Ruth Wilson Gilmore

“You must arrive at a place before you can leave it.”

– Leslie Greenberg

“Hope is not the conviction that something will turn out well, but the certainty that something is worth doing no matter how it turns out.”

– Václav Havel

“Recovery unfolds in three stages. The central task of the first stage is the establishment of safety. The central task of the second stage is remembrance and mourning. The central task of the third stage is reconnection with ordinary life.”

– *Judith Herman*

“You are not responsible for being down, but you are responsible for getting up.”

– *Jesse Jackson*

“If you don’t risk anything, you risk even more.”

– *Erica Jong*

“To love is to be vulnerable.”

– *C. S. Lewis*

“Acceptance alone does not change a difficult situation, but it makes change possible or more likely. In fact, acceptance is essential to bringing about change.”

– *Marsha Linehan*

“Next time, ask: What’s the worst that will happen? Then push yourself a little further than you dare. Once you start to speak, people will yell at you. They will interrupt you, put you down and suggest it’s personal. And the world won’t end. And the speaking will get easier and easier. And you will find you have fallen in love with your own vision, which you may never have realized you had. And you will lose some friends and lovers, and realize you don’t miss them. And new ones will find you and cherish you. And you will still flirt and paint your nails, dress up and party, because, as I think Emma Goldman said, ‘If I can’t dance, I don’t want to be part of your revolution.’ And at last you’ll know with surpassing certainty that only one thing is more frightening than speaking your truth. And that is not speaking.”

– *Audre Lorde*

“How do you survive whole? Sometimes you don’t survive whole, you just survive in part. But the grandeur of life is the attempt. It’s not about the solution. It is about being as fearless as one can, and behaving as beautifully as one can, under completely impossible circumstances.”

– *Toni Morrison*

“What the hands do, the heart learns.”

– *Movement Generation*

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

– *Anaïs Nin*

“The pain of grief is just as much part of life as the joy of love: it is perhaps the price we pay for love, the cost of commitment.”

– *Colin Murray Parkes*

“No feeling is final.”

– *Rainer Maria Rilke*

“It’s an awful risky thing, to live.”

– *Carl Rogers*

“Not every pain comes to harm you.”

– *Sicilian proverb*

“Suffering does not make people better. It just makes them suffer.”

– *Art Spiegelman*

“It is not your responsibility to finish the work, but neither are you free to abandon it.”

– *Rabbi Tarfon*

“May I be alive when I die.”

– *Donald Winnicott*