

You can't stop the waves, but you can learn to surf."

- Jon Kabat-Zinn

Try to see your child as a seed that came in a packet without a label. Your job is to provide the right environment and nutrients and to pull the weeds. You can't decide what kind of flower you'll get or in which season it will bloom.

- From *The Blessing Of A Skinned Knee*, Wendy Mogel

(Our children) are receptacles for rage and joy – even for salvation. When we love them, we achieve above all else the rapture of privileging what exists over what we have merely imagined. ...and the quest is never to lose compassion.

- Andrew Solomon

When we are able to build open spaces in the same way we have learned to pile on the logs, then we can come to see how it is fuel, and absence of the fuel together, that make fire possible.

- Judy Brown

We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.

- Abraham Lincoln

What truly makes us happy is letting go of our fantasies about the future and instead engaging in the journey, in the process, and in the present moment.

- Christine Carter

Being human is not about being any one particular way; it is about being as life creates you—with your own particular strengths and weaknesses, gifts and challenges, quirks and oddities.

- Kristin Neff

Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes.

- Russ Harris

We will be more successful in all our endeavors if we can let go of the habit of running all the time, and take little pauses to relax and re-center ourselves. And we'll also have a lot more joy in living.

- Thich Nhat Hahn

You are braver than you believe, stronger than you seem, and smarter than you think.

- A.A. Milne

Care for your sick, anxious, exhausted self as lovingly as you want to care for every suffering thing.

- Martha Beck

As children develop, their brains "mirror" their parent's brain. In other words, the parent's own growth and development, or lack of those, impact the child's brain. As parents become more aware and emotionally healthy, their children reap the rewards and move toward health as well.

- Daniel J. Siegel

It is time to reject the pathology-based model of disabilities, disorders, and diseases and replace it with a more comprehensive and neurologically capacious model that emphasizes talents, interests, and strengths as well as the obstacles that get in the way of (kids) developing.

- Dr. Ned Hallowell

When we take time to notice the things that go right – it means we're getting a lot of little rewards throughout the day.

- Martin Seligman

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

- Dalai Lama

My mission in life is not merely to survive, but to thrive, and to do so with some passion, some compassion, some humor, and some style.

- Maya Angelou

We must accept finite disappointment, but never lose infinite hope.

- Martin Luther King, Jr.

People help you, or you help them, and when we offer or receive help, we take in each other. And then we are saved.

- Anne Lamott

Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.

- Brene Brown

To love someone is to strive to accept that person exactly the way he or she is, right here and now.

- Fred Rogers

No one can make you feel inferior without your consent.

- Eleanor Roosevelt

Wild Peace