

- 1 "Learn your way around loneliness. Make a map of it. Sit with it, for once in your life. Welcome to the human experience. But never again use another person's body or emotions as a scratching post for your own unfulfilled yearnings." (Elizabeth Gilbert)
- 2 "Scar tissue is stronger than regular tissue. Realize the strength. Move on." (Henry Rollins)
- 3 "Passion, it lies in all of us, sleeping... waiting... and though unwanted... unbidden... it will stir... open its jaws and howl. It speaks to us... guides us... passion rules us all, and we obey. What other choice do we have? Passion is the source of our finest moments. The joy of love... the clarity of hatred... and the ecstasy of grief. It hurts sometimes more than we can bear. If we could live without passion maybe we'd know some kind of peace... but we would be hollow... Empty rooms shuttered and dank. Without passion we'd be truly dead." (Joss Whedon)
- 4 "It's so hard to forget pain, but it's even harder to remember sweetness. We have no scar to show for happiness. We learn so little from peace." (Chuck Palahniuk)
- 5 "There are some people who, instead of listening to what is being said to them, are already listening to what they are going to say themselves." (Albert Guinon)
- 6 "When you see for the first time, a great laughter arises in you - the laughter about the whole ridiculousness of your misery, the laughter about the whole foolishness of your problems, the laughter about the whole absurdity of your suffering." (Osho)
- 7 "Sad words are just another beauty. A sad story means, this storyteller is alive. The next thing you know, something fine will happen to her, something marvelous, and then she will turn around and smile." (Chris Cleave)
- 8 "The best moments in reading are when you come across something - a thought, a feeling, a way of looking at things - which you had thought special and particular to you. And now, here it is, set down by someone else, a person you have never met, someone even who is long dead. And it is as if a hand has come out, and taken yours." (Alan Bennett)
- 9 "You'll find all sorts of things. Yes. You may be sorry later, but you'll find them, and once a thing is found it can't be unfound, can it?" (Stephen King)
- 10 "And I ask you right here please to agree with me that a scar is never ugly. That is what the scar makers want us to think. But you and I, we must make an agreement to defy them. We must see all scars as beauty. Okay? This will be our secret. Because take it from me, a scar does not form on the dying. A scar means I survived." (Chris Cleave)
- 11 "No winter lasts forever. No spring skips its turn."

- 12 "We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations." (Anaïs Nin)
- 13 "We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit." (E.E. Cummings)
- 14 "I have a theory that every time you make an important choice, the part of you left behind continues the other life you could have had." (Jeanette Winterson)
- 15 "Let's face it, you're either serious about what you're doing or you're not serious about what you're doing. And you can't mix the two. And life is short." (Bob Dylan)
- 16 I travel a lot. I hate having my life disrupted by routine. (Caskie Stinnett)
- 17 "Sometimes I feel like all the people that are absolutely crazy should be packed into a space shuttle and shipped off into another galaxy. Other times I feel like someone else had that idea, and that's why we're all here on earth." (Glory Szabo)
- 18 "Das Problem des Putzens [...] besteht darin, dass Sauberkeit nicht erreicht werden kann – man kann nur den vorhandenen Schmutz auf ein akzeptables Maß reduzieren. Auf der anderen Seite ist das nicht schlimm, denn eigentlich gibt es Schmutz gar nicht. Schmutz ist einfach nur Materie an der falschen Stelle." (Andreas Eschbach)
- 19 "In three words I can sum up everything I've learned about life: it goes on." (Robert Frost)
- 20 "I still find every day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see." (John Burroughs)
- 21 "In order to make an apple pie from scratch you must first create the universe." (Carl Sagan)
- 22 "And those who were seen dancing were thought to be insane by those who could not hear the music." (George Carlin)
- 23 "The privilege of a lifetime is being who you are." (Joseph Campbell)
- 24 "I have always known that at last I would take this road. But yesterday, I did not know that it would be today." (Narihira)