"You Are An Anxiety Warrior"

"When we feel love and kindness towards others, kindness not only makes others feel loved and cared for, but it helps us also develop inner happiness and peace."

~ Dalai Lama

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

~ Ambrose Redmoon

“Hope is being able to see that there is light despite all of the darkness.”

~ Desmond Tutu

“Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation may be, you will survive.”

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https://goodbye-anxiety-hello-joy.com