



Inspirational *Quotes* for Caregivers



“There is a calmness to a life lived in gratitude, a quiet joy.”

— Ralph H. Blum

“One ceases to recognize the significance of mountain peaks if they are not viewed occasionally from the deepest valleys.”

— Dr. Al Lorin



“The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom.”

— James Allen

Continued on reverse →



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“Quiet minds cannot be perplexed or frightened, but go on in fortune or misfortune at their own private pace, like a clock during a thunderstorm.”

— Robert Louis Stevenson



“If you’re feeling low, don’t despair. The sun has a sinking spell every night, but it comes back up every morning. The way I see it, if you want the rainbow, you gotta put up with the rain.”

— Dolly Parton

“In the midst of winter, I finally learned that there was in me an invincible summer.”

— Albert Camus