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| <p><i>For every minute you remain angry, you give up sixth seconds of peace of mind.</i> <i>- Ralph Waldo Emerson</i></p> | <p>I can have peace of mind only when I forgive rather than judge. <i>-Gerald Jampolsky</i></p> |
| <p><i>You'll never find peace of mind until you listen to your heart.</i> <i>- George Michael</i></p> | <p>Dedicate yourself to the good you deserve and desire for yourself. Give yourself peace of mind. You deserve to be happy. You deserve delight. --Hannah Arendt</p> |
| <p>DO NOT OVERRATE WHAT YOU HAVE RECEIVED, NOR ENVY OTHERS. HE WHO ENVIES OTHERS DOES NOT OBTAIN PEACE OF MIND. —BUDDHA</p> | <p>Whatever we are waiting for—peace of mind, contentment, grace, the inner awareness of simple abundance—it will surely come to us, but only when we are ready to receive it with an open and grateful heart. --Sarah Ban Breathnach</p> |
| <p>Peace of mind comes from not wanting to change others. <i>— Gerald Jampolsky</i></p> | <p>There are many things that are essential to arriving at true peace of mind, and one of the most important is faith, which cannot be acquired without prayer. <i>-John Wooden</i></p> |
| <p><i>You should feel beautiful and you should feel safe. What you surround yourself with should bring you peace of mind and peace of spirit.</i> <i>--Stacy London</i></p> | <p>Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset. <i>-St. Francis de Sales</i></p> |
| <p>No one can find inner peace except by working, not in a self-centered way, but for the whole human family. <i>-Peace Pilgrim</i></p> | <p><i>Keep your face always toward the sunshine—and shadows will fall behind you.</i> <i>--Walt Whitman</i></p> |