



HEAL YOUR HUNGER

My Favorite Quotes about COURAGE

“Life is not measured by the number of breaths we take, but by the moments that take our breath away.”

– Maya Angelou

“Courage is doing what you’re afraid to do. There can be no courage unless you’re scared.”

– Eddie Rickenbacker

“We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained.” – Marie Curie

“The most common way people give up their power is by thinking they don’t have any.”

– Alice Walker

“Courage is being scared to death—but saddling up anyway.” – John Wayne

“Stop wearing your wishbone where your backbone ought to be.”

– Elizabeth Gilbert

“Everything you’ve ever wanted is on the other side of fear.” – George Addair

“Every man has his own courage, and is betrayed because he seeks in himself the courage of other persons.”

–Ralph Waldo Emerson

“That’s a valiant flea that dares eat his breakfast on the lip of a lion.”

–William Shakespeare

“Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down.”

– Eleanor Roosevelt

“Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them.”

–Ralph Waldo Emerson

“Courage is fear holding on a minute longer.”

– General George S. Patton

“It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult.” – Seneca

“Always go with the choice that scares you the most, because that’s the one that is going to require the most from you.” – Caroline Myss

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you. He will never leave you nor forsake you.
(Deuteronomy 31:6)

“It’s not the size of the dog in the fight, it’s the size of the fight in the dog.” –Mark Twain

“We are made strong by the difficulties we face not by those we evade.”

Unknown Source

“It takes courage to push yourself to places that you have never been before... to test your limits... to break through barriers. And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.”

–Anaïs Nin

“If you obey all the rules, you miss all the fun.”

– Katharine Hepburn

“A lot of people are afraid to say what they want. That’s why they don’t get what they want.”

– Madonna

“If you don’t like being a doormat then get off the floor.”

– Al Anon

“One man with courage makes a majority.” – Andrew Jackson

“Never let the fear of striking out get in your way.”

– Babe Ruth

“The question isn’t who’s going to let me; it’s who is going to stop me.”

– Ayn Rand

“If you look at what you have in life, you’ll always have more. If you look at what you don’t have in life, you’ll never have enough.”

– Oprah Winfrey

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10)

“What you can do, or dream you can, begin it. Boldness has genius, power and magic in it.”

– Goethe

No temptation has seized you except what is common to man.

And God is faithful. He will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

(1 Corinthians 10:12)

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