

A SPIRITUALITY & HEALTH E-BOOK

Quotes to Push Your Boundaries



Spirituality
& Health

There is no
greater agony
than bearing
an untold story
inside of you.

Maya Angelou

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A scenic landscape featuring a two-lane paved road that stretches from the foreground into the distance. The road is flanked by grassy fields and rows of bare, reddish-brown trees, suggesting a late autumn or winter setting. In the far distance, a small white car is visible on the road. The sky is a clear, solid blue. Overlaid on the upper portion of the image is a large, white, serif font quote, and below it is the author's name in a smaller, red, italicized serif font. In the bottom right corner, there is a logo for 'Spirituality & Health' in white and yellow text.

There is a great
deal of unmapped
country within us.

George Eliot

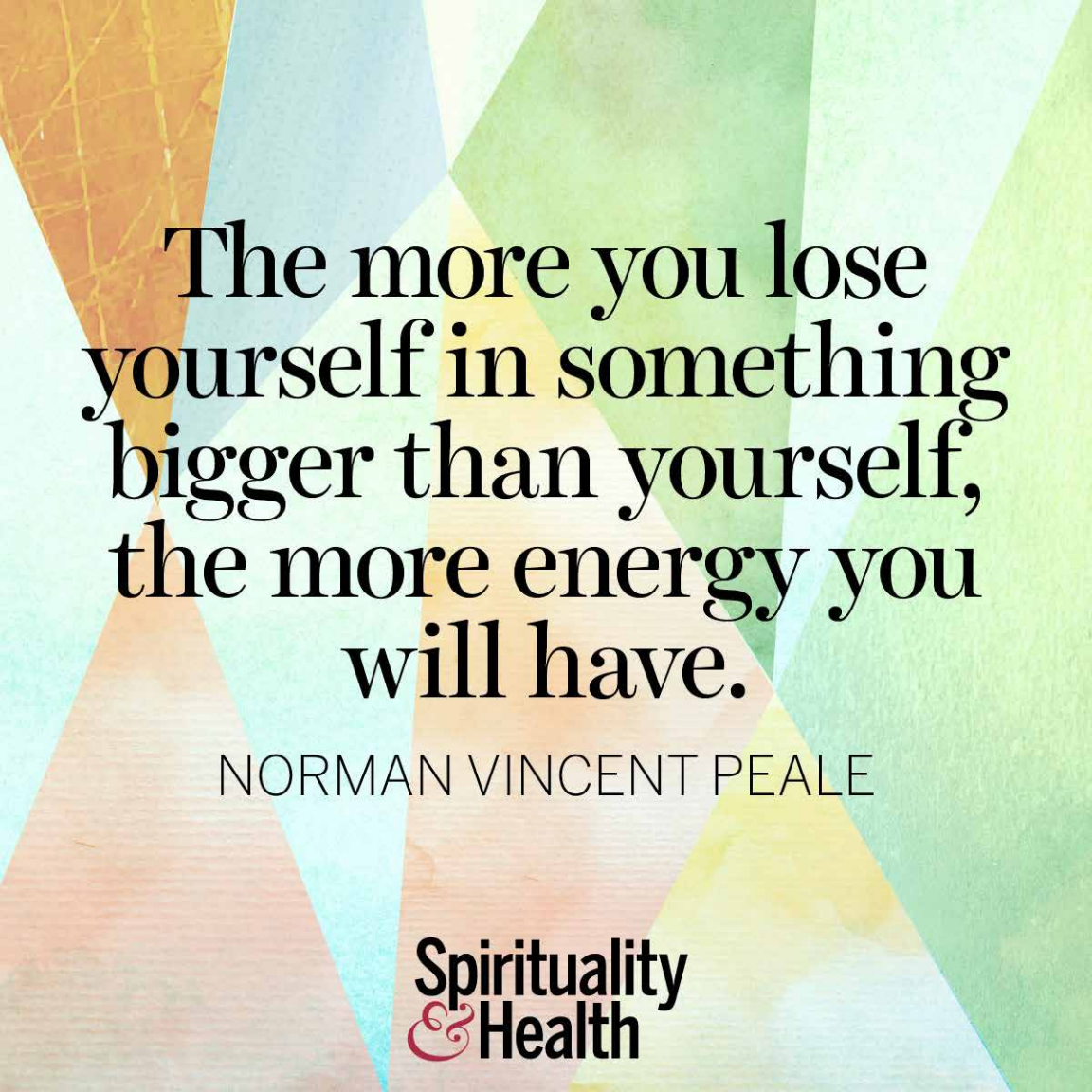
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Listen to
life, and you
will hear the
voice of life
crying, Be!

**JAMES DILLET
FREEMAN**



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The more you lose
yourself in something
bigger than yourself,
the more energy you
will have.

NORMAN VINCENT PEALE

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A photograph of a pond with several green lily pads floating on the water. Two tall, thin reeds stand vertically in the water, their reflections visible. The water is a calm, greyish-blue color.

Plunge boldly into
the thick of life.

JOHANN WOLFGANG
VON GOETHE

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Creativity
requires the
courage to let go
of certainties.

Erich Fromm

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We are
happy when
we are
growing.


W.B. YEATS

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Nothing liberates
our greatness like
the desire to help,
the desire to serve.

Marianne Williamson

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If you surrender
to the wind,
you can ride it.

Toni Morrison


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When shall we live
if not now?

M. F. K. Fisher

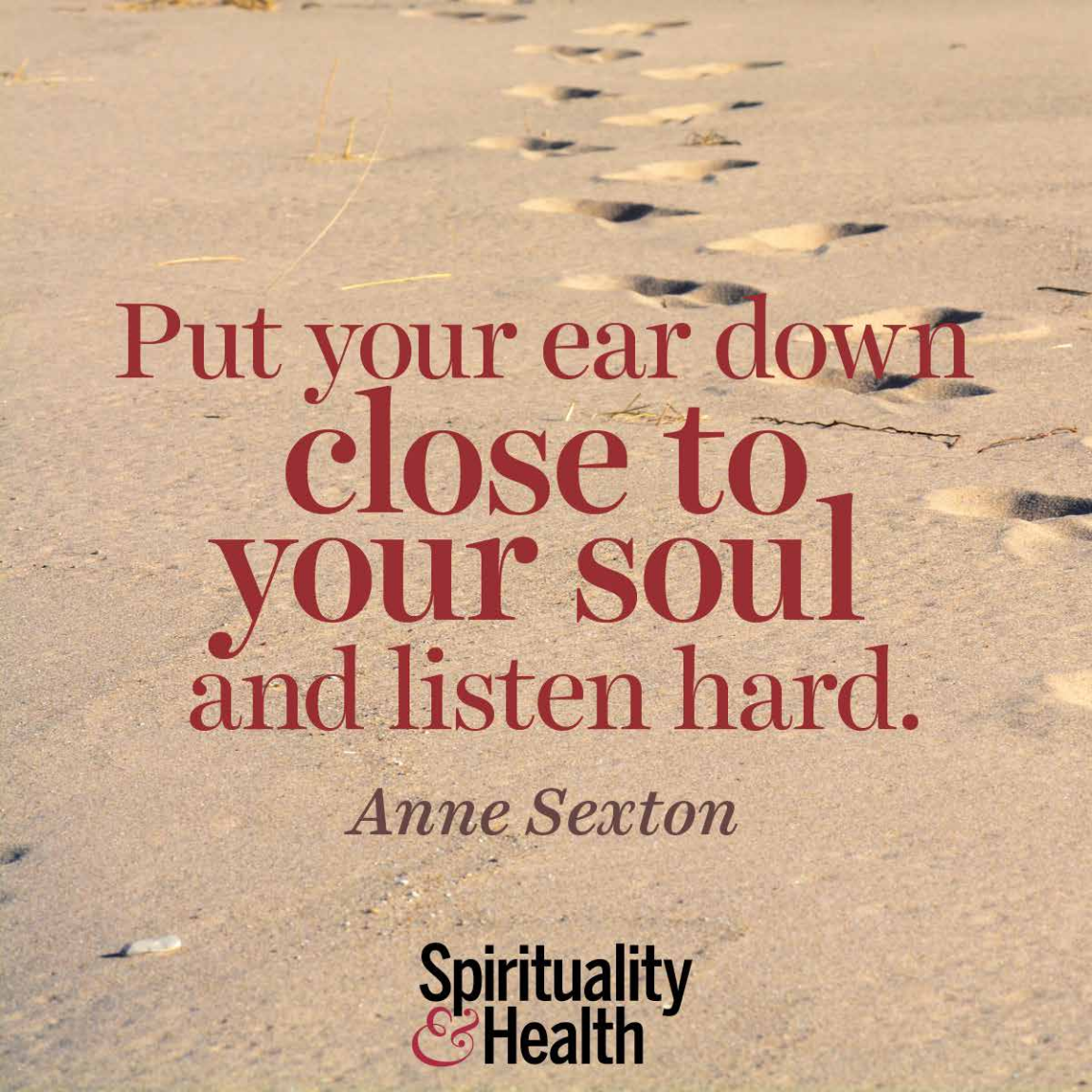
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I choose to
make the
rest of my
life the best
of my life.

LOUISE HAY

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A close-up, slightly high-angle shot of a sandy beach. A series of footprints, some with dark sand and some with lighter sand, leads from the bottom right towards the top left. The sand is a light tan color with some small pebbles and dried grass. The text is overlaid on the lower half of the image.

Put your ear down
close to
your soul
and listen hard.

Anne Sexton

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Self-observation is
the first step of
inner unfolding.

AMIT RAY

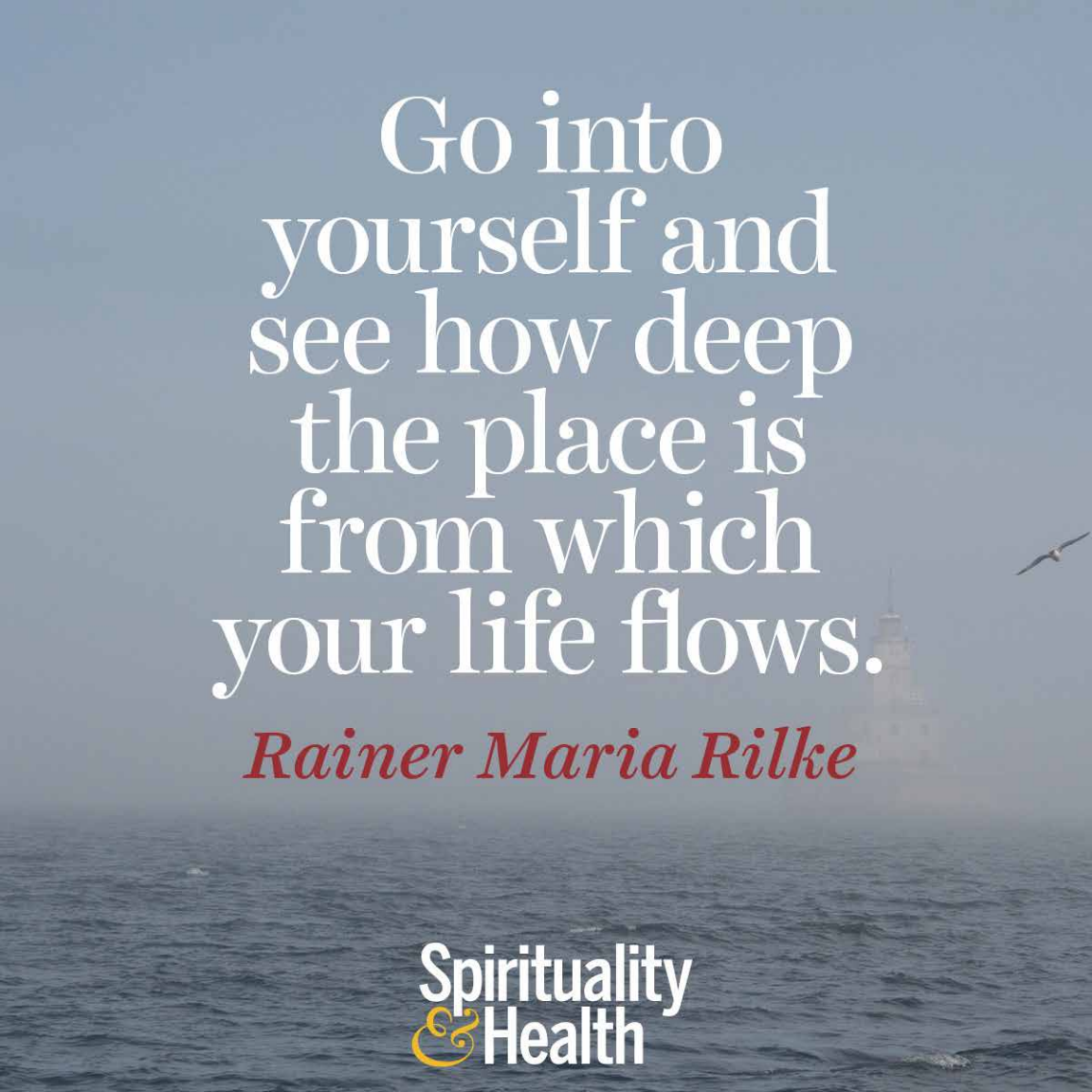
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What would you do if you weren't afraid?

SPENCER JOHNSON

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The background of the image is a misty seascape. In the distance, a lighthouse is visible through the haze. A seagull is in flight on the right side of the image. The overall tone is serene and contemplative.


Go into
yourself and
see how deep
the place is
from which
your life flows.

Rainer Maria Rilke

The most
enduring sort
of power is
realizing the
power **within.**

Sadhguru

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Stop wearing
your wishbone
where your
backbone ought
to be.

Elizabeth Gilbert

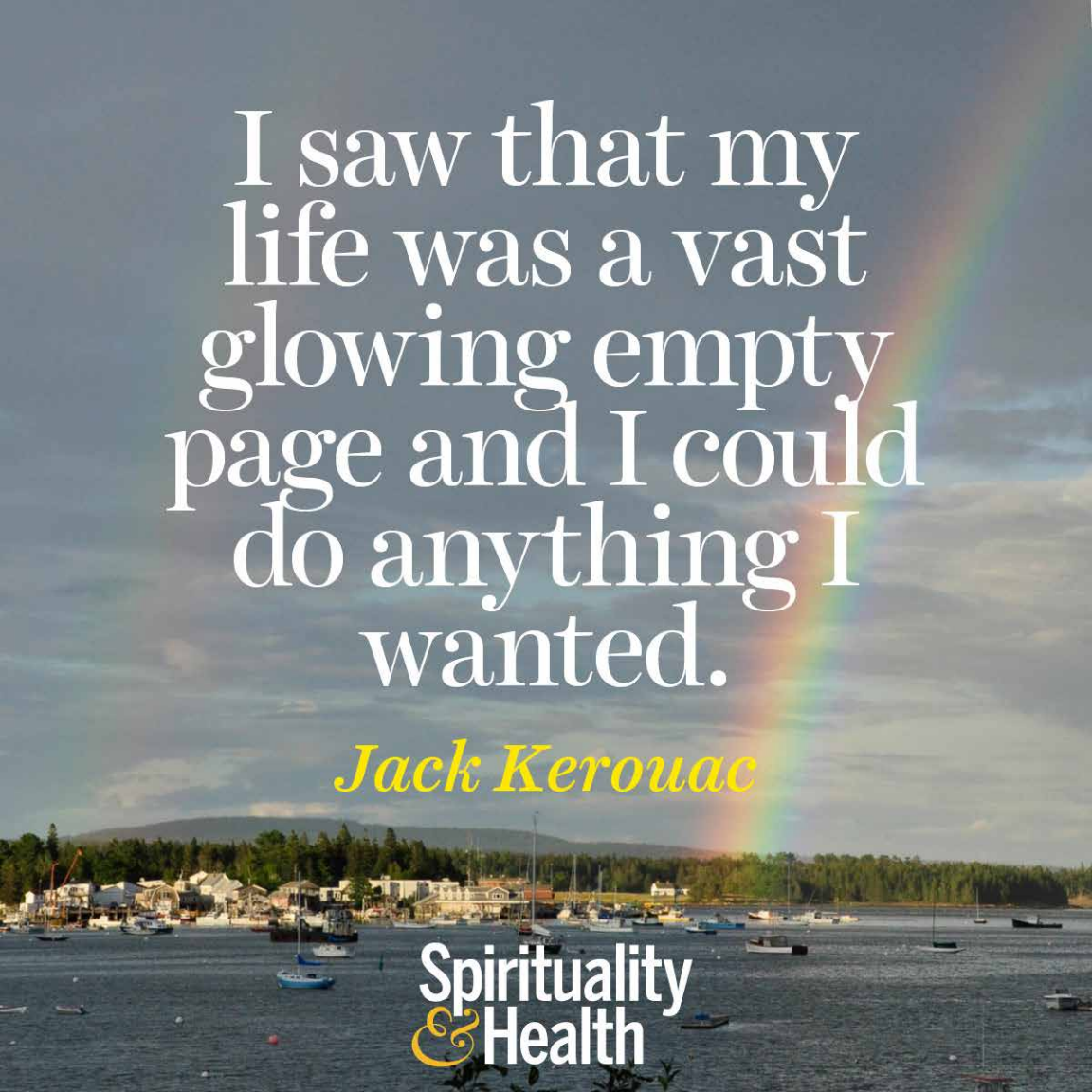
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Ride the
energy of
your own
unique
spirit.

GABRIELLE ROTH

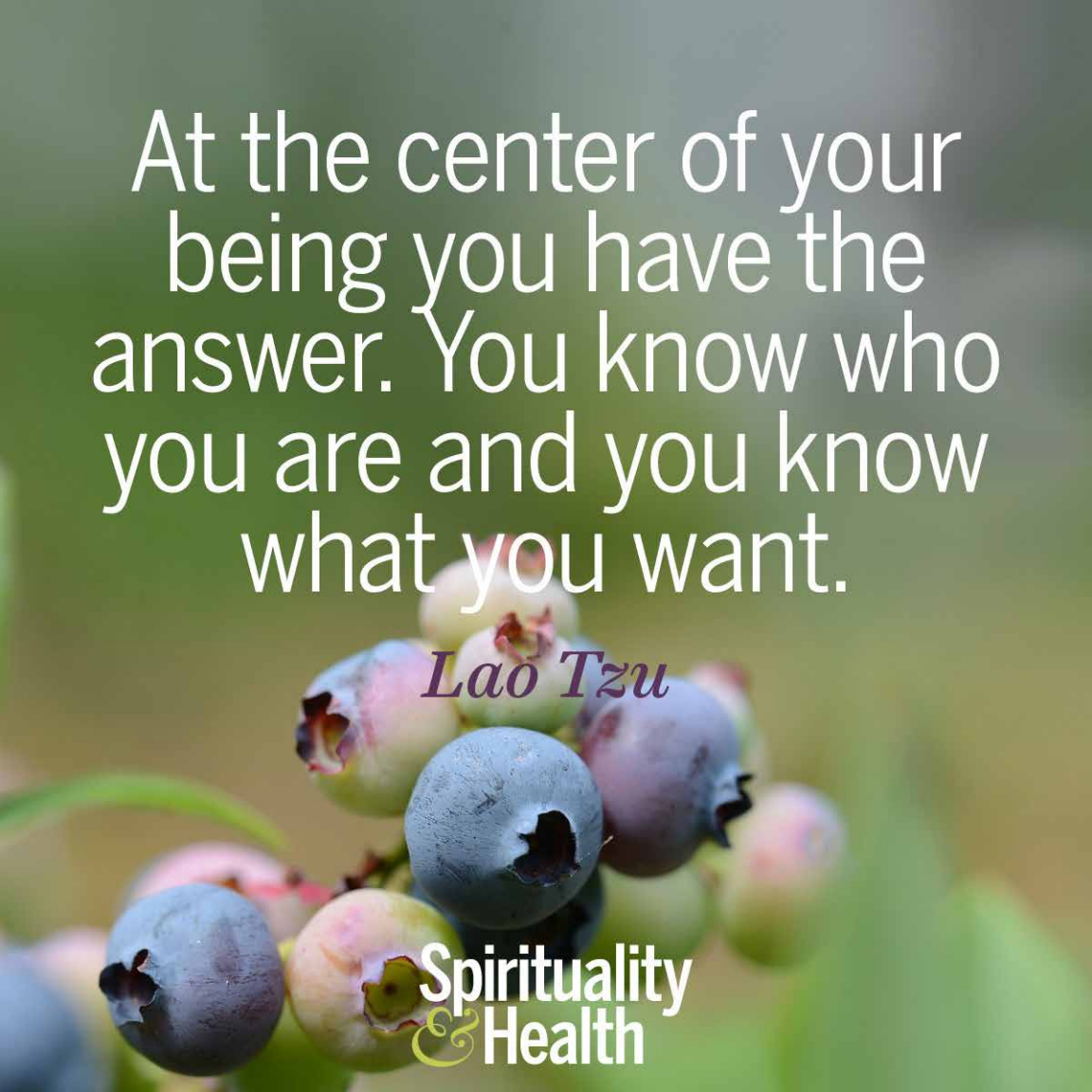
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I saw that my
life was a vast
glowing empty
page and I could
do anything I
wanted.

Jack Kerouac

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At the center of your
being you have the
answer. You know who
you are and you know
what you want.

Lao Tzu

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