



Things that inspire

Here are some quotes we've found that help us to focus on the opportunities around us..

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship. "

Buddha

"Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend. Non-being is the greatest joy. "

Lao Tzu

"Happiness is health and a short memory. "

Audrey Hepburn

"The first wealth is health. "

Ralph Waldo Emerson

"While we may not be able to control all that happens to us, we can control what happens inside us."

Ben Franklin

"You can set yourself up to be sick, or you can choose to stay well."

Wayne Dyer

"Health is worth more than learning."

Thomas Jefferson

"Without health life is not life; it is only a state of languor and suffering - an image of death. "

Buddha