

3. Don't Ever Give Up. The strength of our resistance against the constant pull of Parkinson's into oblivion says a lot to our willpower and stage of life. It is not quite like the poem Alfred, Lord Tennyson, wrote The Charge of the Light Brigade (1854) *"Forward, the Light Brigade! 'Charge for the guns!' he said: Into the valley of Death Rode the six hundred."* But you get the point: try hard, do not give up, and keep marching on against Parkinson's.

"As long as I am breathing, in my eyes, I am just beginning." Criss Jami

"Never give up. When your heart becomes tired, just walk with your legs - but move on." Paulo Coelho

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.' Eleanor Roosevelt

Courage is found in unlikely places." J.R.R. Tolkien

"speak quietly to yourself & promise there will be better days. whisper gently to yourself and provide assurance that you really are extending your best effort. console your bruised and tender spirit with reminders of many other successes. offer comfort in practical and tangible ways - as if you were encouraging your dearest friend. recognize that on certain days the greatest grace is that the day is over and you get to close your eyes. tomorrow comes more brightly..." Mary Anne Radmacher

"Never give up. It's like breathing—once you quit, your flame dies letting total darkness extinguish every last gasp of hope. You can't do that. You must continue taking in even the shallowest of breaths, continue putting forth even the smallest of efforts to sustain your dreams. Don't ever, ever, ever give up." Richelle E. Goodrich

"I was taught to strive not because there were any guarantees of success but because the act of striving is in itself the only way to keep faith with life." Madeleine Albright

"If you fell down yesterday, stand up today." H.G. Wells

"Never confuse a single defeat with a final defeat." F. Scott Fitzgerald

"By perseverance the snail reached the ark." Charles Haddon Spurgeon

"Continuous effort - not strength or intelligence - is the key to unlocking our potential." Winston S. Churchill

"Don't ever give up. / Don't ever give in. / Don't ever stop trying. / Don't ever sell out. / And if you find yourself succumbing to one of the above for a brief moment, / pick yourself up, / brush yourself off, whisper a prayer, and start where you left off. / But never, ever, ever give up."
Richelle E. Goodrich

"Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have." Norman Vincent Peale

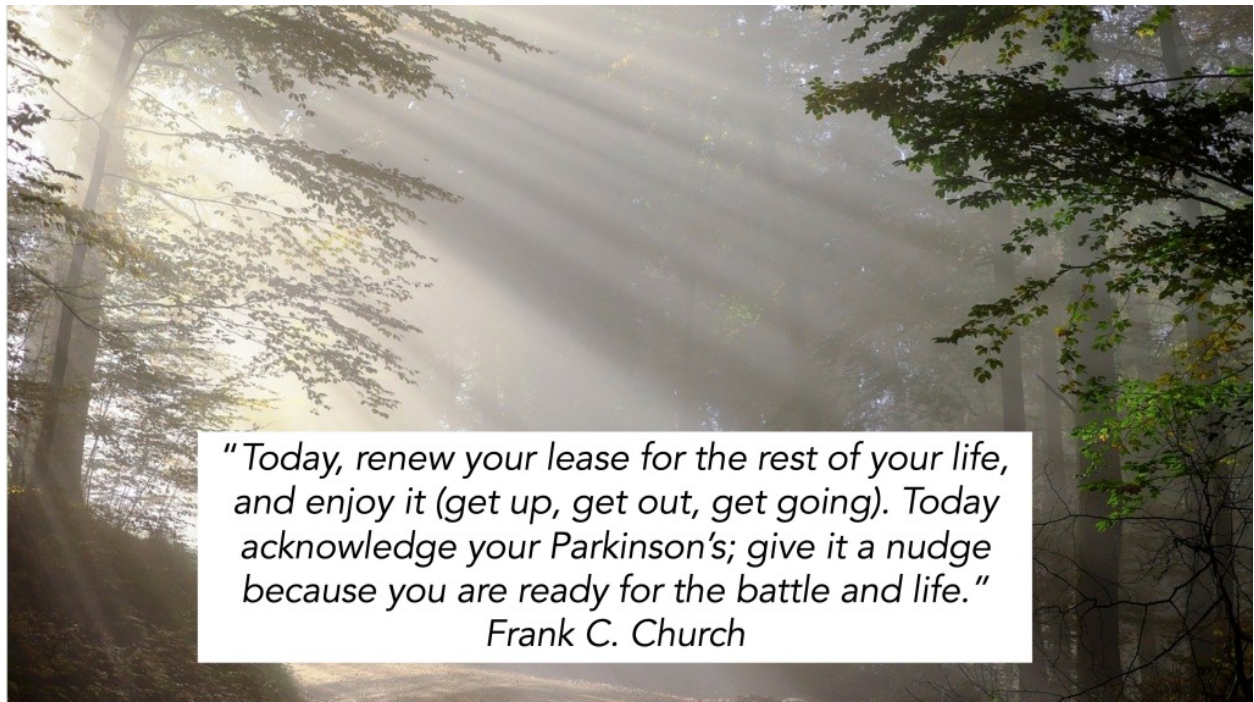
"I am only one, but I am one. I cannot do everything, but I can do something. And because I cannot do everything, I will not refuse to do the something that I can do." Edward Everett Hale

"You may be the only person left who believes in you, but it's enough. It takes just one star to pierce a universe of darkness. Never give up." Richelle E. Goodrich

If you laugh, you think, and you cry, that's a full day. That's a heck of a day. You do that seven days a week, you're going to have something special. Jim Valvano

"Don't give up. Don't ever give up." Jim Valvano The whole speech:

<http://www.jimmyv.org/about-us/remembering-jim/jimmy-v-espy-awards-speech/>



*"Today, renew your lease for the rest of your life, and enjoy it (get up, get out, get going). Today acknowledge your Parkinson's; give it a nudge because you are ready for the battle and life."
Frank C. Church*