

**7. Happiness and the Authentic Self.** Of course, everyone wants to be happy. Yet, that happiness took a nose-dive following our diagnosis of Parkinson's. Only you can embrace life and joy in the presence of Parkinson's; only you can determine if happiness still resides in you. Likewise, your life probably also dramatically changed when diagnosed with Parkinson's. No matter what anyone says about you, keep the sentiment of these words, *"Always remember, your life matters now with Parkinson's as much as before Parkinson's. Stay hopeful as you navigate adversity. Stay you despite your Parkinson's."* Frank C. Church

"Live, then, and be happy, beloved children of my heart, and never forget, that until the day God will deign to reveal the future to man, all human wisdom is contained in these two words, 'Wait and Hope.'" Alexandre Dumas

I found that this Parkinson's does slow you down, whether you want to slow down or not. Billy Graham

"Happiness is part of who we are. Joy is the feeling" Tony Deliso

*"No medicine cures what happiness cannot."* Gabriel García Márquez

*"You cannot protect yourself from sadness without protecting yourself from happiness."*  
Jonathan Safran Foer

*"They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for."* Tom Bodett

*"Folks are usually about as happy as they make their minds up to be."* Abraham Lincoln

*"The most important thing is to enjoy your life—to be happy—it's all that matters."* Audrey Hepburn

*"I've got nothing to do today but smile."* Paul Simon

*"I felt my lungs inflate with the onrush of scenery—air, mountains, trees, people. I thought, 'This is what it is to be happy.'"* Sylvia Plath

*"Now and then it's good to pause in our pursuit of happiness and just be happy."* Guillaume Apollinaire

"I've learned that men and women who are living wholehearted lives really allow themselves to soften into joy and happiness. They allow themselves to experience it." Brene Brown

"People are always judging you based on where you're from, where you went to school, how you look, how you talk. But at the end of the day, you're going to have to look into the mirror and accept who you are. It's all about being authentic." Andre Carson

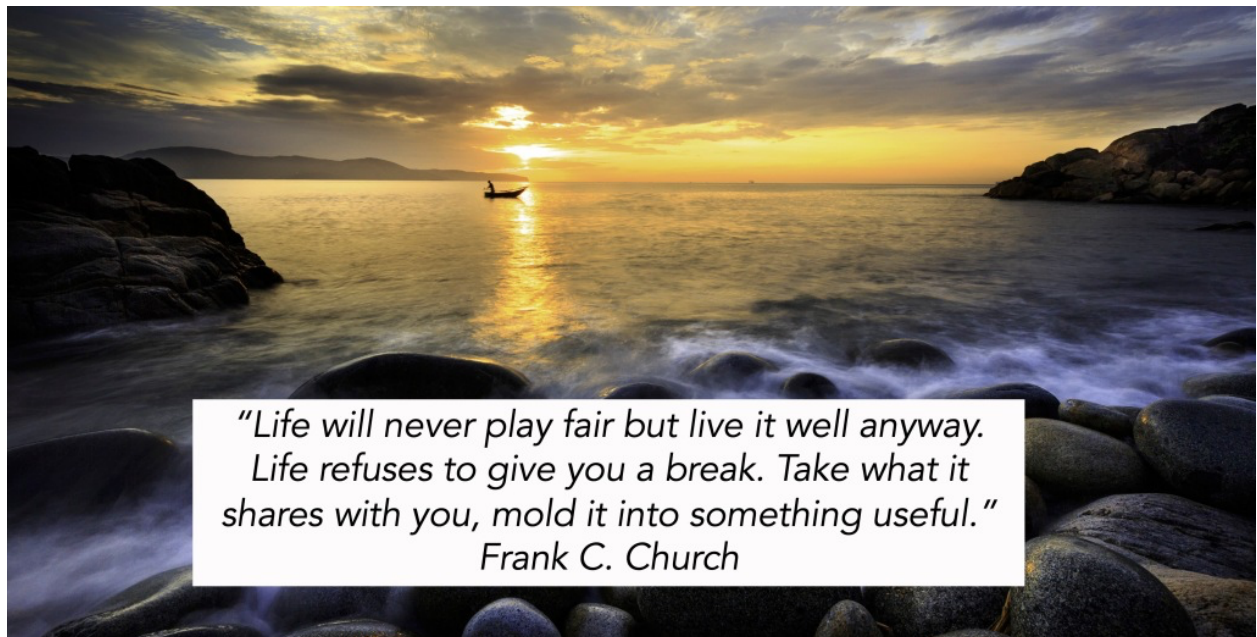
"The authentic self is the soul made visible." Sarah Ban Breathnach

“It is my intention to live an authentic life of compassion and integrity and action.” Zachary Quint

“Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.” Brené Brown

“Every moment you get is a gift. Spend it on things that matter. Don't spend it by dwelling on unhappy things.” Celestine Chua

*"Sometimes the hardest part isn't letting go but rather learning to start over." Nicole Sobon*



*"Life will never play fair but live it well anyway.  
Life refuses to give you a break. Take what it  
shares with you, mold it into something useful."  
Frank C. Church*