

**1. Hope.** A cornerstone to this blog and my approach to living through Parkinson's is to believe in the power of hope. *Atul Gawande* wisely said, *"You may not control life's circumstances, but getting to be the author of your life means getting to control what you do with them."* And *Christopher Reeve* said, *"Once you choose hope, anything is possible."* Embracing hope potentially allows one to gain control of the trajectory of one's life in the presence of Parkinson's.

*"Learn from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning."* *Albert Einstein*

*"Never lose faith in yourself, and never lose hope; remember, even when this world throws its worst and then turns its back, there is still always hope."* *Pittacus Lore*

*"The question is not how to survive, but how to thrive with passion, compassion, humor and style."* *Maya Angelou*

*Nothing can dim the light that shines from within.* *Maya Angelou*

*Life isn't about finding yourself. Life is about creating yourself.* *George Bernard Shaw*

*"Hope may be the thing that pulls you forward, may be the thing that keeps you going, but that it's dangerous, that it's painful and risky, that it's making a dare in the world and when has the world ever let us win a dare?"* *Patrick Ness*

*"Hope anchors the soul."* *Hebrews 6:19*

*"In all things it is better to hope than to despair."* *Johann Wolfgang von Goethe*

*"Let your hopes, not your hurts, shape your future."* *Robert H. Schuller*

*"Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer."* *Rainer Maria Rilke*

*"...remember that what once been done may be done again."* *Alexandre Dumas*

*"Do not let your fire go out, spark by irreplaceable spark in the hopeless swamps of the not-quite, the not-yet, and the not-at-all. Do not let the hero in your soul perish in lonely frustration for the life you deserved and have never been able to reach. The world you desire can be won. It exists.. it is real.. it is possible.. it's yours."* *Ayn Rand*

*"Perhaps I am stronger than I think."* *Thomas Merton*

*"Find a place inside where there's joy, and the joy will burn out the pain."* *Joseph Campbell*

*Hope is being able to see that there is light despite all of the darkness. Desmond Tutu*

*Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today. Thich Nhat Hanh*

*There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something tomorrow. Orison Swett Marden*

