

5. Journey of a Lifetime. Our journey certainly changed direction when we found out we had Parkinson's. However, our life is still relevant, and although the destinations may be different than originally planned, remember these words, *"All we have to decide is what to do with the time that is given to us."* J.R.R. Tolkien

It's not what we have in life but who we have in our life that matters. Margaret Laurence

One day or day one. It's your decision. Unknown

You can't go back and change the beginning, but you can start where you are and change the ending. C.S. Lewis

The best thing to hold onto in life is each other. Audrey Hepburn

"We can never judge the lives of others, because each person knows only their own pain and renunciation. It's one thing to feel that you are on the right path, but it's another to think that

"Though the road's been rocky it sure feels good to me." Bob Marley

"It is good to have an end to journey toward, but it is the journey that matters in the end." Ursula K. Le Guin

"In high seas or in low seas, / I'm gonna be your friend... / I'm gonna be your friend. / In high tide or in low tide, / I'll be by your side... / I'll be by your side." Bob Marley

"Wouldn't take nothing for my journey now." Maya Angelou

"The journey itself is going to change you, so you don't have to worry about memorizing the route we took to accomplish that change." Daniel Quinn

"Every journey has a destination, known or unknown." Dean Koontz

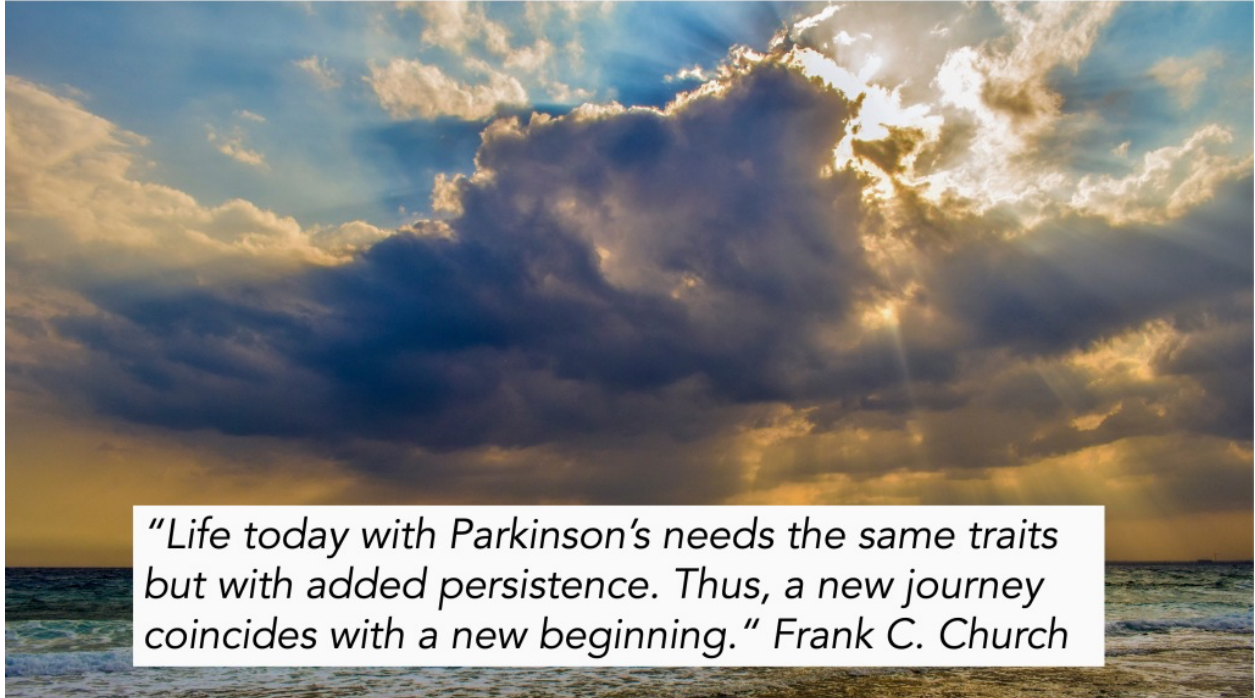
"Choosing one path means abandoning others – if you try to follow every possible path you will end up following none." Paulo Coelho

"When there is no turning back, we should concern ourselves only with the best way of going forward." Paulo Coelho

"I find that the best way to do things is to constantly move forward and to never doubt anything and keep moving forward, if you make a mistake say you made a mistake." John Frusciante

"I do believe my life has no limits! I want you to feel the same way about your life, no matter what your challenges may be. As we begin our journey together, please take a moment to think about any limitations you've placed on your life or that you've allowed others to place on it. Now think about what it would be like to be free of those limitations. What would your life be if anything were possible?" Nick Vujicic

"We are each on our own journey. Each of us is on our very own adventure; encountering all kinds of challenges, and the choices we make on that adventure will shape us as we go; these choices will stretch us, test us and push us to our limit; and our adventure will make us stronger than we ever know we could be." Aamnah Akram



"Life today with Parkinson's needs the same traits but with added persistence. Thus, a new journey coincides with a new beginning." Frank C. Church