

**2. Positivity and Gratitude.** Joyce Meyer stated, *"You can not have a positive life and a negative mind."* focusing on what could happen by being positive may significantly impact our health more than assuming it all will be negative. Even with Parkinson's, we should feel grateful for many things. What Willie Nelson said makes sense, *"When I started counting my blessings, my whole life turned around."*

*"There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."* Sophia Loren

*"Let gratitude be the pillow upon which you kneel to say your nightly prayer."* Maya Angelou

*"Eat healthily, sleep well, breathe deeply, move harmoniously."* Jean-Pierre Barral

*"So we shall let the reader answer this question for himself: who is the happier man, he who has braved the storm of life and lived or he who has stayed securely on shore and merely existed?"*  
Hunter S. Thompson

*"You can either be a victim of the world or an adventurer in search of treasure. It all depends on how you view your life."* Paulo Coelho

*Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never. I've failed over and over and over again in my life and that is why I succeed.* Michael Jordan

*"To live is the rarest thing in the world. Most people exist, that is all."* Oscar Wilde

*"Birds sing after a storm. Why shouldn't people feel as free to delight in whatever sunlight remains to them?"* Rose Kennedy

*"What you do makes a difference, and you have to decide what kind of difference you want to make."* Jane Goodall

*"Don't dwell on what went wrong. / Instead, focus on what to do next. / Spend your energies on moving forward / toward finding the answer."* Denis Waitley

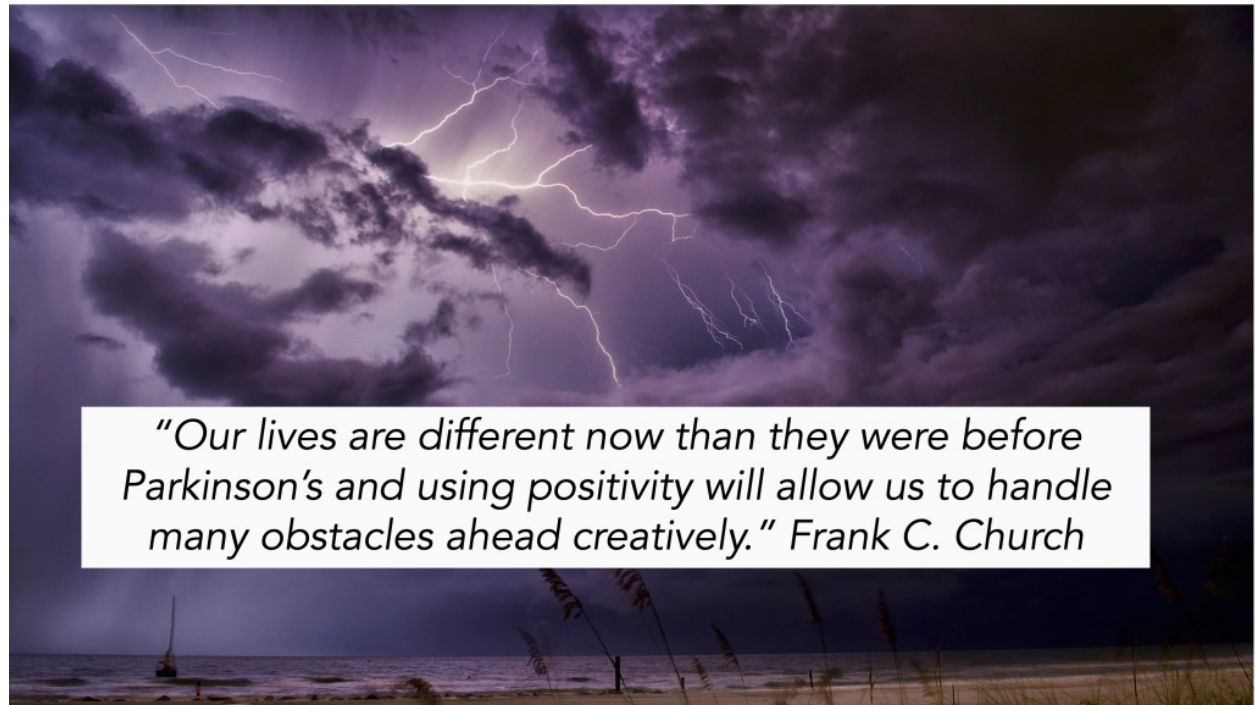
*"You can't expect life to play fair with your heart or your brain or your health. That's not the nature of the game we call life. You have to recognize the nature of the game and know that you can do your best to make the right choices, but life is going to do whatever the hell it pleases to you anyway. All you can control is how you react to whatever life throws at you. You can shut down or you can soar."* Holly Nicole Hoxter

*"With the new day comes new strength and new thoughts."* Eleanor Roosevelt

*"The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering."* Ben Okri

*"I've never understood pity and self-pity as an emotion. We have a finite amount of time. Whether short or long, it doesn't matter. Life is to be lived." Randy Pausch*

*"The questions are always more important than the answers." Randy Pausch, The Last Lecture*



*"Our lives are different now than they were before Parkinson's and using positivity will allow us to handle many obstacles ahead creatively." Frank C. Church*