

4. Resilience and Aging. We define resilience as our ability to withstand or recover from difficulties. As said by Jon Avery, *"When the road you're on begins to crumble, forge ahead - better it crumble behind you than ahead of you."* And as withstand the regular attacks from Parkinson's, we are also aging. Remember the words of Jules Renard, *"It's not how old you are, it's how you are old."*

"Spring passes and one remembers one's innocence. / Summer passes and one remembers one's exuberance. / Autumn passes and one remembers one's reverence. / Winter passes and one remembers one's perseverance." Yoko Ono

"Embrace aging." Mitch Albom, *Tuesdays with Morrie*

"Wisdom comes with winters." Oscar Wilde

"Age has no reality except in the physical world. The essence of a human being is resistant to the passage of time. Our inner lives are eternal, which is to say that our spirits remain as youthful and vigorous as when we were in full bloom. Think of love as a state of grace, not the means to anything, but the alpha and omega. An end in itself." Gabriel García Márquez, *Love in the Time of Cholera*

"I've enjoyed every age I've been, and each has had its own individual merit. Every laugh line, every scar, is a badge I wear to show I've been present, the inner rings of my personal tree trunk that I display proudly for all to see. Nowadays, I don't want a "perfect" face and body; I want to wear the life I've lived." Pat Benatar

"Sometimes life knocks you on your ass... get up, get up, get up!!! Happiness is not the absence of problems, it's the ability to deal with them." Steve Maraboli

"One should not search for an abstract meaning of life. Everyone has his own specific vocation or mission in life to carry out a concrete assignment which demands fulfillment. Therein he cannot be replaced, nor can his life be repeated. Thus, everyone's task is as unique as is his specific opportunity to implement it." Viktor Frankl, *Man's Search for Meaning*

"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." Eleanor Roosevelt

"It did not really matter what we expected from life, but rather what life expected from us. We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life—daily and hourly. Our answer must consist, not in talk and meditation, but in right action and in right conduct. Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual." Viktor Frankl, [Man's Search for Meaning](#)

"Hardships often prepare ordinary people for an extraordinary destiny." C.S. Lewis

"What's meant to be will always find a way" Trisha Yearwood

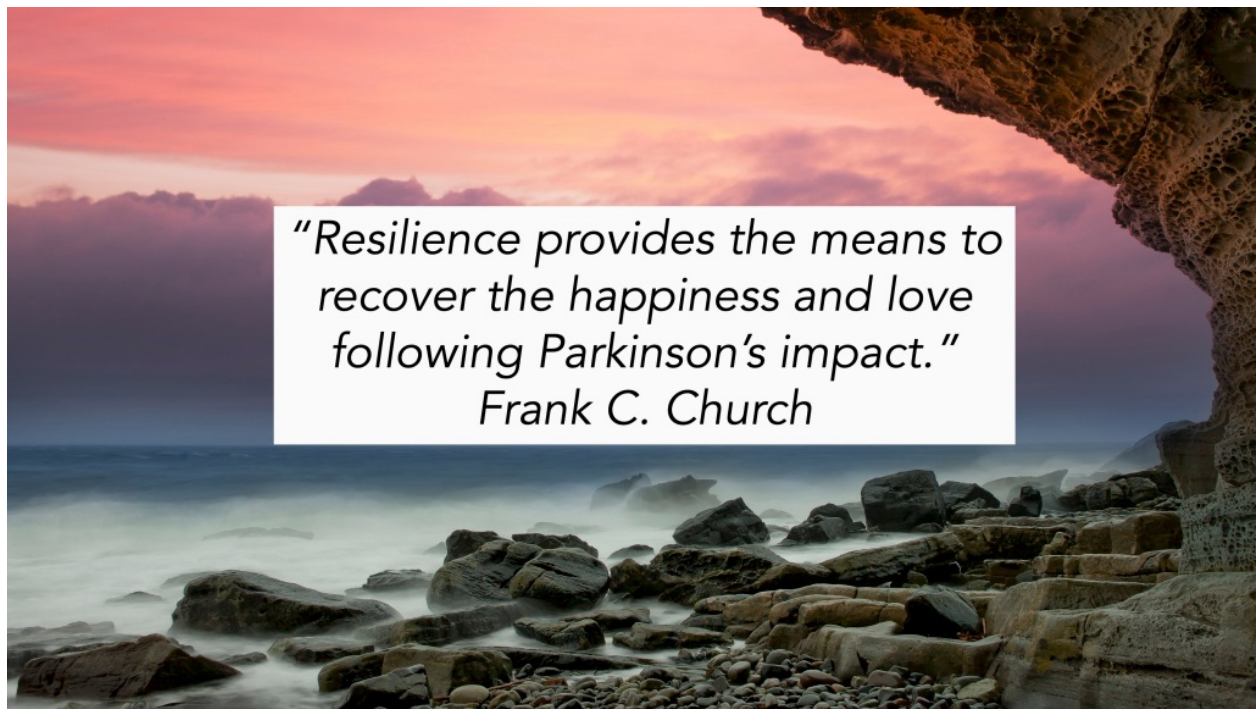
"Things don't go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be."
Charles Jones

"The warrior is always trying to improve." Paulo Coelho

"When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure." Peter Marshall

"Ask yourself what problem you have right now. Not next year, tomorrow or five minutes from now. You can always cope with the now, but you can never cope with the future. Nor do you have to. The answer, the strength and the right action will be there when you need it. Not before or after." Eckhart Tolle

"Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind." Bruce Lee



*"Resilience provides the means to
recover the happiness and love
following Parkinson's impact."
Frank C. Church*