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## When Life Hurts



*"Say 'Yes to life', in spite of everything."*

Viktor Frankl MD, PhD

*"Although the world is full of suffering,  
it is also full of overcoming it."*

Helen Keller

*"...human beings demonstrate enormous courage, deep compassion...*

*Knowing they can be hurt, humans still love others.*

*Knowing they can die, humans still care about the future.*

*Facing the draw of meaninglessness, humans still embrace ideals."*

Steven C. Hayes PhD

*"Life is a choice. The choice is not about whether or not to have pain.*

*It is whether or not to live a valued, meaningful life."*

Steven C. Hayes PhD

*"In our own woundedness,*

*we can become a source of life for others."*

Henri J.M. Nouwen