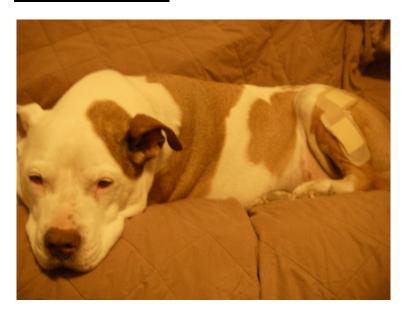
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When Life Hurts



"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