

SEVEN ANGELS OF ENCOURAGEMENT

FROM THE EDITORS OF GUIDEPOST



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

—Helen Keller

Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.

—Thich Nhat Hanh



If you remain calm in the midst of great chaos, it is the surest guarantee that it will eventually subside.

—Julie Andrews



Promise me you'll always remember: You're braver than you believe, stronger than you seem, and smarter than you think.

—A.A. Milne, author Winnie the Pooh



The past is gone, the future is not here, now I am free of both. Right now, I choose joy.

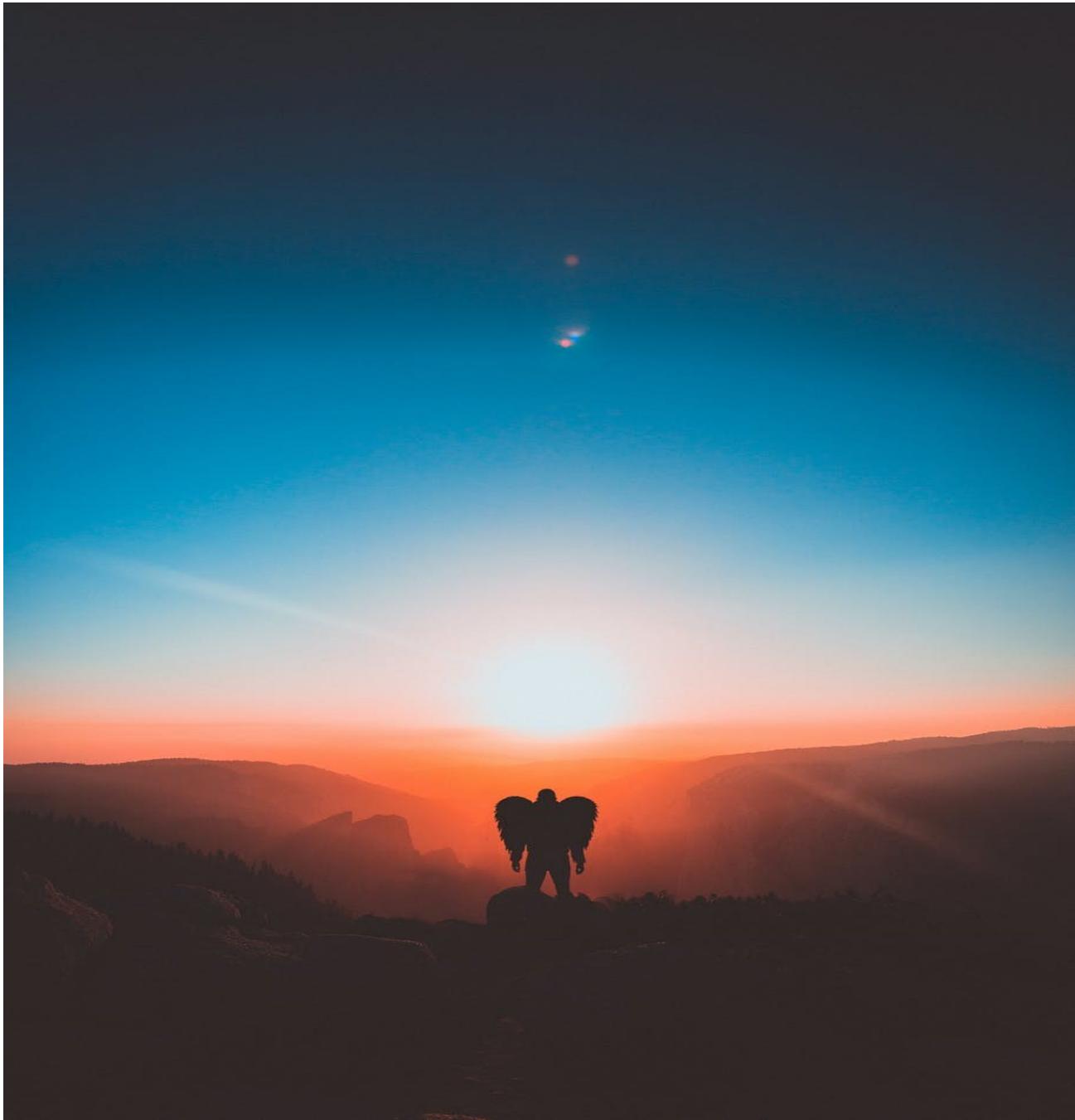
—Deepak Chopra



There is no normal life that is free of pain. It's the very wrestling with our problems that can be the impetus for our growth.

—Fred Rogers





The way I see it, if you want the rainbow, you gotta put up with the rain!

—Dolly Parton

Angels give us hope during this time of isolation and fear. Let's look for the angels in our lives.

Carolyn Hicklin