

a series of fact sheets written  
by experts in the field of liver  
disease

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*HCV Wellness:*

## *Encouraging Words for Difficult Times*

Lucinda Porter, RN

- “Breathe.”
- “Courage.”
- “Serenity.”
- “Let go.”
- “Lighten up.”
- “Count my blessings.”
- “This too shall pass.” – Unknown
- “Fall seven times, stand up eight.” – Japanese proverb
- “The darkest hour is that before the dawn.” – Euripides
- “Challenges are opportunities in work clothes.” – Unknown
- “What is to give light, must endure burning.” – Viktor Frankl
- “That, which does not kill me, makes me stronger.”  
– Unknown
- “When it is dark enough you can see the stars.” – Ralph  
Waldo Emerson
- “Think of all the beauty still left around you and be happy.”  
– Ann Frank
- “Keep your face to the sunshine and you cannot see the  
shadow.” – Helen Keller
- “When the heart grieves over what is lost, the spirit rejoices  
over what is left.” – Sufi proverb
- “The most wasted day of all is that during which we have  
not laughed.” – Sebastian R.N. Chamfort

- “A strong positive mental attitude will create more miracles  
than any wonder drug.” – Patricia Neal
- “When you arise in the morning, think of what a precious  
privilege it is to think, to enjoy, to love.” – Marcus Aurelius
- “Human beings, by changing the inner attitudes of their  
minds, can change the outer aspects of their lives.” – William  
James
- “The ultimate measure of a man is not where he stands in  
moments of comfort and convenience, but where he stands at  
times of challenge and controversy.” – Martin Luther King, Jr.
- “The secret of health for both mind and body is not to  
mourn for the past, worry about the future, or anticipate  
troubles but to live in the present moment wisely and  
earnestly.” – Buddha

### *Resources:*

*Bartlett, John. Familiar Quotations:* This reference book is in  
its 17th edition and can be found in any library or bookstore.  
An Internet search using the phrase “Bartlett’s Quotations” will  
yield a treasure of quotes. Some specific web sites are:

- [www.quoteland.com](http://www.quoteland.com)
- [www.quotationpage.com](http://www.quotationpage.com)
- [www.cybernation.com/quotationcenter](http://www.cybernation.com/quotationcenter)

**For more information about hepatitis C, hepatitis B and  
HCV coinfections, please visit [www.hcvadvocate.org](http://www.hcvadvocate.org).**

## • *hcspFACTsheet* •

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The information in this fact sheet is  
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