There’s going to be very painful moments in your life that will change your entire world in a matter of minutes. These moments will change YOU. Let them make you stronger, smarter, and kinder. But don’t you go and become someone that your not. Cry. Scream if you have to. Then you straighten out that crown and keep it moving.

The darkest hour has only sixty minutes.

Morris Mandel

"Tough times never last, but tough people do." - Robert H. Schuller

You have to be at your strongest when you’re feeling at your weakest.

Everyone wants happiness. No one wants pain. But you can’t have a rainbow without a little rain.