**Quotes on Adversity**

A smooth sea never made a skilled mariner. --English proverb

Adversity is the state in which man mostly easily becomes acquainted with himself, being especially free of admirers then. --John Wooden

An arrow can only be shot by pulling it backward. When life is dragging you back with difficulties, it means it’s going to launch you into something great. So just focus, and keep aiming. –Author Unknown

Experience is a hard teacher because she gives the test first, the lesson afterward. --Vernon Law

Good timber does not grow with ease. The stronger the wind, the stronger the trees. --Williard Marriott

He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper. --Edmund Burke

I trust that everything happens for a reason, even when we’re not wise enough to see it. --Oprah Winfrey

In every tear a rainbow hides, but only when the sunshine falls upon the crystal drop is the splendor revealed. --J.R. Miller

It is the wounded oyster that mends its shell with pearl. –Ralph Waldo Emerson

It isn’t the mountains ahead to climb that wear you out; it’s the pebble in your shoe. --Muhammad Ali

I've learned that everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it. --Andy Rooney

Just because something doesn't do what you planned it to do doesn't mean it's useless. --Thomas A. Edison

No steam or gas drives anything until it is confined. No life ever grows great until it is focused, dedicated, disciplined. --Harry Emerson Fosdick

Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind. --Bruce Lee

One may not reach the dawn save by the path of the night. –Kahill Gibran

Pain is the best instructor, but no one wants to go to his class. --Bruce Lee

The pain passes, but the beauty remains. --Pierre Auguste Renoir

The soul would have no rainbow if the eye had no tears. -Tribe Unknown

The strongest oak tree of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun. --Napoleon Hill

We could not have gotten where we are without coming the way we came. --Stephen Covey

What is to give light must endure burning. --Viktor E. Frankl

What seems to us as bitter trials are often blessings in disguise. — Oscar Wilde

What was hard to bear is sweet to remember. --Portuguese proverb

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. --Henry Ford

When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us. --Alexander Graham Bell

When written in Chinese the word “crisis” is composed of two characters - one represents danger and the other represents opportunity. --John F. Kennedy

Whenever you see darkness, there is extraordinary opportunity for the light to burn brighter. —Bono

Where there is no struggle, there is no strength.--Oprah Winfrey