**Quotes on Contentment**

The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less. *—* Socrates

Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you. *—* Lao Tzu

The system of consumerism may seem like an immovable fact of modern life. But it is not. That the system was manufactured suggests that we can reshape those forces to create a healthier, more sustainable system with a more fulfilling goal than “more stuff.” *—* Rachel Botsman

Our souls are not hungry for fame, comfort, wealth, or power. Our souls are hungry for meaning, for the sense that we have figured out how to live so that our lives matter.*—* Harold Kushner

There is a time for everything, and a season for every activity under the heavens. *—* Ecclesiastes 3:1 NIV

We all know that if the seasons were the same, there would be no growth. We know that without winter there would be no spring. We know that without frosts there would be no bulbs and without the monsoon there would be no rice harvest. In the same way, we also know that without sorrow there would be no joy. Without pain there would be no healing. I think that’s precisely where the beauty comes in. It comes in through the fruit of the seasons. He has indeed made everything beautiful in its time. — Naomi Reed in its time.*—Naomi Reed (b. 1968)*