**Overcoming -- Through Tough Times, Difficulties, Adversity, Obstacles, Sorrow Quotes**

A bend in the road is not the end of the road... unless you fail to make the turn. — Author Unknown

A man is insensible to the relish of prosperity until he has tasted adversity. — Sa’di Musharrif-uddin

A problem is a chance for you to do your best.—Duke Ellington

A wise man adapts to circumstances as water shapes itself to the vessel that contains it. — Chinese Proverb

Adversity is like a strong wind. It tears away from us all but the things that cannot be torn, so that we see ourselves as we really are.—Arthur Golden

All the world is full of suffering. It is also full of overcoming. — Helen Keller

Anywhere I see suffering, that is where I want to be, doing what I can. —Princess Diana

Birds sing after a storm; why shouldn’t people feel as free to delight in whatever remains to them? —Rose F. Kennedy

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved. —Helen Keller

Count the garden by the flowers, never by the leaves that fall. Count your life with smiles and not the tears that roll.—Author Unknown

Even if happiness forgets you a little bit, never completely forget about it. —Jacques Prevert

Even the darkest night will end, and the sun will rise.—Victor Hugo

Even when life isn’t good on the outside, you have an option to make it good from the inside out. — Terri Guillemets

Flowers never emit so sweet and strong a fragrance as before a storm. — Jean Paul Richter

Have great hopes and dare to go all out for them. Have great dreams and dare to live them. Have tremendous expectations and believe in them. —Norman Vincent Peale

Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them—every day begin the task anew. —Saint Francis de Sales

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

I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.

I smile when I look back at the troubles that have strengthened me. What seemed to be insurmountable struggles then are now beautiful ornaments illuminating my soul. — Dodinsky

I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars. —Og Mandino

If you break your neck, if you have nothing to eat, if your house is on fire—then you got a problem. Everything else is inconvenience. Life is inconvenient. Life is lumpy. Learn to separate the inconveniences from the real problems. You will live longer.—Sigmund Wollman

If you can find a path with no obstacles, it probably doesn’t lead anywhere.—Frank A. Clark

In the depth of winter, I finally learned that within me there lay an invincible summer.—Albert Camus

In the middle of a difficulty lies opportunity. — Albert Einstein

It is by suffering that human beings become angels. —Victor Hugo

It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed. —Doe Zantamata

King Fall seven times, stand up eight. —Japanese proverb

Man is fond of counting his troubles but he does not count his joys. If he counted them up, as he ought to, he would see that every lot has enough happiness provided for it. —Fyodor Dostoyevsky

Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it. —Michael Jordan

Our human compassion binds us the one to the other—not in pity or patronizingly, but as human beings who have learned how to turn our common suffering into hope for the future. —Nelson Mandela

Out of difficulties grow miracles.—Jean de La Bruyère

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars. —Khalil Gibran

Prosperity is a great teacher; adversity is a greater. Possession pampers the mind; privation trains and strengthens it. —William Hazlitt

Reflect upon your blessings, of which every man has plenty, not on your past misfortunes, of which all men have some. — Charles Dickens

Smooth seas do not make skillful sailors. — African proverb

Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had you known.—Garrison Keillor

Sometimes our light goes out, but is blown again into instant flame by an encounter with another human being. —Albert Schweitzer

Suffering becomes beautiful when anyone bears great calamities with cheerfulness, not through insensibility, but through greatness of mind. —Aristotle

The bravest sight in the world is to see a great man struggling against adversity. — Seneca

The brook would lose its song if you removed the rocks. — Fred Beck

The friend in my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity. —Ulysses S. Grant

The gem cannot be polished without friction, nor man perfected without trials. —Chinese Proverb

The good things of prosperity are to be wished; but the good things that belong to adversity are to be admired. —Seneca

The greater the difficulty, the more glory in surmounting it. Skillful pilots gain their reputation from storms and tempests. —Epictetus

The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love, and to be greater than our suffering. —Ben Okri

The only disability in life is a bad attitude. —Scott Hamilton

The only thing that overcomes hard luck is hard work. —Harry Golden

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 world is on the side of those who are left standing. —Turkish proverb

Those who have suffered understand suffering, and therefore extend their hand. —Patti Smith

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

Use what you’ve been through as fuel, believe in yourself and be unstoppable! —Yvonne Pierre

We have no right to ask when sorrow comes, “Why did this happen to me?” unless we ask the same question for every moment of happiness that comes our way. — Author Unknown

Remember sadness is always temporary. This, too, shall pass. —Chuck T. Falcon

We must accept finite disappointment, but we must never lose infinite hope. —Martin Luther King

We must embrace pain and burn it as fuel for our journey.—Kenji Miyazawa

We should not despair because there is so much suffering, grief, and wrong in the world. Instead, we should do what we can to make things right and encourage others to do the same. —Unknown

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

Who will tell whether one happy moment of love or the joy of breathing or walking on a bright morning and smelling the fresh air, is not worth all the suffering and effort that life implies.—Erich Fromm

Write the bad things that are done to you in sand, but engrave the good things that happen to you in marble. —Author Unknown

You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you. — Brian Tracy

Life’s problems wouldn’t be called “hurdles” if there wasn’t a way to get over them. —Author Unknown

The best angle from which to approach any problem is the try-angle. —Author Unknown