

# Amanda Lindhout

## Quotes

*Long, Home, Thinking, Captivity, People, War, Not Afraid, Pain, Bullets,  
Choices, Alive, Somalia, Mother, Effort, Faces, Life Changing, Capacity, Fit,  
Waiting, Healing*

Every day I have many choices to make about who I want to be.

~Amanda Lindhout

I think it's the human spirit inside of all of us that has an enormous capacity to survive.

~Amanda Lindhout

The road to recovery will not always be easy, but I will take it one day at a time, focusing on the moments I've dreamed about for so long.

~Amanda Lindhout

I'm afraid of elevators, because they are an enclosed space, but I get in.

~Amanda Lindhout

I've realized that the world is, in essence, full of banana peels - loaded with things that may unwittingly trip an internal wire in my mind, opening a floodgate of fears without warning.

~Amanda Lindhout

I used my captors names every chance I had. It was intentional, a way of reminding them that I saw them, of pegging them, of making them see me in return.

~Amanda Lindhout

Forgiving is not an easy thing to do.

~Amanda Lindhout

I don't think I'm unusual in that, in my 20s, like many people, I felt invincible.

~Amanda Lindhout

Women in Somalia face almost unimaginable oppression.

~Amanda Lindhout

The same men who are placing all these outrageous restrictions on women's freedoms in southern Somalia - that type of mentality - that's what I had to deal with in captivity.

~Amanda Lindhout

I don't only long for the thrill of being in the middle of a war, I must understand it; I must make other people understand.

~Amanda Lindhout

Being in the dark, there's a real weight to it. It's heavy.

~Amanda Lindhout

In my version of paradise, the air was always cold and the rivers ran with candy.

~Amanda Lindhout

A little goes a long way in Somalia: \$5 will feed a person there for about two weeks.

~Amanda Lindhout

Friendships that don't fit my life anymore have faded away, and new ones have come in.

~Amanda Lindhout

After being in captivity for so long, I can't begin to describe how wonderful it feels to be home in Canada.

~Amanda Lindhout

We all waited on an afterlife. Only I planned to be alive for mine.

~Amanda Lindhout

Contemplating Christmas when you are isolated and far from home brings its own unique pain.

~Amanda Lindhout

Maintaining my dignity is so important for me.

~Amanda Lindhout

I think that I find a lot of my healing out in the world.

~Amanda Lindhout

I have watched lives change. I have seen women gain confidence.

~Amanda Lindhout

Christmas was the one time of year when my brothers surfaced at home, when my parents and grandparents congregated to eat my mother's roast turkey.

~Amanda Lindhout

I'm not afraid of IED's, bullets, mortars.

~Amanda Lindhout

I know firsthand how critical support systems are.

~Amanda Lindhout

I am so proud to be a Canadian.

~Amanda Lindhout

Getting on a plane is hard for me, but I do it, because travel is vital to me.

~Amanda Lindhout

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