

Cheryl Strayed Quotes

*Writing, Thinking, Mother, Believe, People, Inspirational, Way, Book, Giving, Life
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Home*

You will learn a lot about yourself if you stretch in the direction of goodness, of bigness, of kindness, of forgiveness, of emotional bravery. Be a warrior for love.

~Cheryl Strayed

What if I was never redeemed? What if I already was?

~Cheryl Strayed

Don't surrender all your joy for an idea you used to have about yourself that isn't true anymore.

~Cheryl Strayed

Whatever happens to you belongs to you. Make it yours. Feed it to yourself even if it feels impossible to swallow. Let it nurture you, because it will.

~Cheryl Strayed

The story of human intimacy is one of constantly allowing ourselves to see those we love most deeply in a new, more fractured light. Look hard. Risk that.

~Cheryl Strayed

You have to say I am forgiven again and again until it becomes the story you believe about yourself.

~Cheryl Strayed

That my complicated life could be made so simple was astounding.

~Cheryl Strayed

Real love moves freely in both directions. Don't waste your time on anything else.

~Cheryl Strayed

Be about ten times more magnanimous than you believe yourself

capable of. Your life will be a hundred times better for it.

~Cheryl Strayed

Love is our essential nutrient. Without it, life has little meaning. It's the best thing we have to give and the most valuable thing we receive. It's worthy of all the hullabaloo.

~Cheryl Strayed

Self-pity is a dead-end road. You make the choice to drive down it. It's up to you to decide to stay parked there or to turn around and drive out.

~Cheryl Strayed

I am an advocate of honesty and openness, and I think deceit is a dangerous seed to plant and let grow in relationships.

~Cheryl Strayed

I walked all those miles, I learned all those lessons. It's as if my new life was the gift I got at the end of a long struggle.

~Cheryl Strayed

I was a pebble. I was a leaf. I was the jagged branch of a tree. I was nothing to them and they were everything to me.

~Cheryl Strayed

The wanting was a wilderness and I had to find my own way out of the woods.

~Cheryl Strayed

Until we as a gender refuse to wear any shoe that would be uncomfortable to walk a mile in, we're perfectly screwed.

~Cheryl Strayed

Write like a motherfucker.

~Cheryl Strayed

The people who don't give up are the people who find a way to believe in abundance rather than scarcity.

~Cheryl Strayed

I write to find what I have to say. I edit to figure out how to say it right.

~Cheryl Strayed

Forgiveness doesn't sit there like a pretty boy in a bar. Forgiveness is the old fat guy you have to haul up a hill.

~Cheryl Strayed

My mom said there's a sunrise and a sunset every day and you can choose to be there or not. You can put yourself in the way of beauty.

~Cheryl Strayed

Run as far as you can in the direction of your best and happiest dreams across the bridge that was built by your own desire to heal.

~Cheryl Strayed

It was my life â€” like all lives, mysterious and irrevocable and sacred. So very close, so very present, so very belonging to me. How wild it was, to let it be.

~Cheryl Strayed

I'd finally come to understand what it had been: a yearning for a way out, when actually what I had wanted to find was a way in.

~Cheryl Strayed

Uncertain as I was as I pushed forward. I felt right in my pushing, as if the effort itself meant something.

~Cheryl Strayed

The place of true healing is a fierce place. It's a giant place. It's a place of monstrous beauty and endless dark and glimmering light.

~Cheryl Strayed

You get to define the terms of your life.

~Cheryl Strayed

How wild it was, to let it be.

~Cheryl Strayed

Believe in the integrity and value of the jagged path. We don't always do the right thing on our way to rightness.

~Cheryl Strayed

Your life will be a great and continuous unfolding

~Cheryl Strayed

Fear, to a great extent, is born of a story we tell ourselves.

~Cheryl Strayed

You will come to know things that can only be known with the wisdom of age and the grace of years. Most of those things will have to do with forgiveness.

~Cheryl Strayed

With fiction, it could be about anything. It just has to be good writing, like Maria Semple's "Where'd You Go, Bernadette," which I read recently. I want to forget I have a book in my hand.

~Cheryl Strayed

I love music and listen to music all the time, but I didn't realize how much my body needed music. I needed it more than sex.

~Cheryl Strayed

You have to pay your own electric bill. You have to be kind. You have to give it all you got. You have to find people who love you truly and love them back with the same truth. But that's all.

~Cheryl Strayed

I could go back in the direction I had come from, or I could go forward in the direction I intended to go.

~Cheryl Strayed

You can't replicate walking 94 days through the wilderness by yourself with a really heavy pack until you do it.

~Cheryl Strayed

Alone had always felt like an actual place to me, as if it weren't a state of being, but rather a room where I could retreat to be who I really was.

~Cheryl Strayed

He kissed me hard and I kissed him back harder, like it was the end of an era that had lasted all of my life.

~Cheryl Strayed

There isn't a thing to eat down there in the rabbit hole of your bitterness except your own desperate heart.

~Cheryl Strayed

Every time I read Erin Belieu work I'm pierced in that wonderful way poetry can.

~Cheryl Strayed

The healing power of even the most microscopic exchange with someone who knows in a flash precisely what you're talking about because she experienced that thing too cannot be overestimated.

~Cheryl Strayed

"The Dream of a Common Language" by Adrienne Rich. I carried it the entire hike. On my first night, when I felt like I was in too deep, I read the first poem out loud to myself over and over.

~Cheryl Strayed

Let yourself be gutted. Let it open you. Start here.

~Cheryl Strayed

But if I could go back in time, I wouldn't do a single thing differently. What if all those things I did were the things that got me here?

~Cheryl Strayed

There's no way to know what makes one thing happen and not another. What leads to what. What destroys what. What causes what to flourish or die or take another course.

~Cheryl Strayed

And every last one of us can do better than give up.

~Cheryl Strayed

But the reality is we often become our kindest, most ethical selves only by seeing what it feels like to be a selfish jackass first.

~Cheryl Strayed

I felt something growing in me that was strong and real.

~Cheryl Strayed

...the ultimate dwindling resource in the human arrangement isn't cheap oil or potable water or even common sense, but mercy.

~Cheryl Strayed

There are so many things to be tortured about, sweet pea. So many torturous things in this life. Don't let the man who doesn't love you be one of them.

~Cheryl Strayed

...the other half of risingâ€”the very half that makes rising necessaryâ€”is having been nailed to the cross.

~Cheryl Strayed

Trusting yourself means living out what you already know to be true.

~Cheryl Strayed

What if what made me do all those things everyone thought I shouldn't have done was what also had got me here? What if I was never redeemed? What if I already was?

~Cheryl Strayed

We are all at risk of something. Of ending up exactly where we began, of failing to imagine and find and know and actualize who we could be. The only difference is the distance of the leap.

~Cheryl Strayed

I had to go on without my mother, even though I was suffering terribly, grieving her.

~Cheryl Strayed

Fear begets fear. Power begets power. I willed myself to beget power. And it wasn't long before I actually wasn't afraid.

~Cheryl Strayed

I was trying to find a new home in the world.

~Cheryl Strayed

Can I convince the person about whom I'm crazy to be crazy about me? The short answer is no. The long answer is no.

~Cheryl Strayed

My whole life sort of ended when my mom died.

~Cheryl Strayed

In my perception, the world wasn't a graph or formula or an equation. It was a story.

~Cheryl Strayed

I'd walk and think about my entire life. I'd find my strength again, far from everything that had made my life ridiculous.

~Cheryl Strayed

I didn't feel sad or happy. I didn't feel proud or ashamed. I only felt that in spite of all the things I'd done wrong, in getting myself here, I'd done right.

~Cheryl Strayed

Acceptance is a small quiet room.

~Cheryl Strayed

Healing is a small and ordinary and very burnt thing. And it's one thing and one thing only: it's doing what you have to do.

~Cheryl Strayed

Art isn't anecdote. It's the consciousness we bring to bear in our lives.

~Cheryl Strayed

There is a path toward the light. The one that goes blink, blink, blink inside your chest when you know what you're doing is right. Listen to it. Trust it. Let it make you stronger than you are.

~Cheryl Strayed

Jump high and hard with intention and heart.

~Cheryl Strayed

Work hard. Do good. Be incredible!

~Cheryl Strayed

I asked, often out loud: Who is tougher than me? The answer was always the same, and even when I knew absolutely there was no way on this earth that it was true, I said it anyway: No one.

~Cheryl Strayed

I had problems a therapist couldn't solve; grief that no man in a room could ameliorate.

~Cheryl Strayed

Be brave enough to break your own heart.

~Cheryl Strayed

I taught workshops at universities. I wrote for magazines. This took time and insane amounts of juggling, but it's how I earned a living.

~Cheryl Strayed

All of us, as we mature and grow up - if we're doing life right - we evolve.

~Cheryl Strayed

You have to keep walking, no matter what. If you don't, it's a living death. You're just standing in one place dying.

~Cheryl Strayed

If you want to read anything nasty about me, just go to the backpacker websites. There's this kind of elitist branch where they really believe that I had no business going backpacking.

~Cheryl Strayed

I'm reading George Saunders's story collection, "Tenth of December." He was my mentor at the University of Syracuse. The stories are

mind-blowing like everyone says.

~Cheryl Strayed

I really came to literature through poetry.

~Cheryl Strayed

Obviously memoir is subjective truth: It is my memory, my perspective, that's the beauty. But I still wanted to be as factual as I could.

~Cheryl Strayed

I am, as they say, the classic starving artist.

~Cheryl Strayed

He was the most ordinary man in all the world, and yet in her memory he'd become luminous, like the prince in a fairy tale.

~Cheryl Strayed

My mother's death put me in touch with my most savage self. As I've grown up and come to terms with her death and accepted it, the pieces of her that I keep don't exist materially.

~Cheryl Strayed

My mother saved hundreds of animals in her life. Wherever she encountered and injured or needy or abandoned animal, she brought it home.

~Cheryl Strayed

Writing is part intuition and part trial and error, but mostly it's very hard work.

~Cheryl Strayed

I'm a free spirit who never had the balls to be free.

~Cheryl Strayed

I was amazed that what I needed to survive could be carried on my back. And, most surprising of all, that I could carry it.

~Cheryl Strayed

The universe, I'd learned, was never, ever kidding.

~Cheryl Strayed

Wanting to leave is enough.

~Cheryl Strayed

â€the death of my mother was the thing that made me believe the most deeply in my safety: nothing bad could happen to me, I thought. The worst thing already had.

~Cheryl Strayed

In your twenties you're becoming who you're going to be and so you might as well not be an asshole.

~Cheryl Strayed

One thing any backpacker will tell you is that it's tedious and monotonous. You're bored sometimes, so you really have to make the fun in your head.

~Cheryl Strayed

I remember being absolutely rocked to my core by how profoundly I could love another human being.

~Cheryl Strayed

It's a long life, sweetheart, and time heals all wounds.

~Cheryl Strayed

But compassion isn't about solutions. It's about giving all the love that you've got.

~Cheryl Strayed

My mother's last word to me clanks inside me like an iron bell that someone beats at dinnertime: love, love, love, love, love.

~Cheryl Strayed

I've learned so much as both a writer and a human.

~Cheryl Strayed

He hadn't loved me well in the end, but he'd loved me well when it mattered.

~Cheryl Strayed

Of all the things I'd been skeptical about, I didn't feel skeptical about this: the wilderness had a clarity that included me.

~Cheryl Strayed

Hiking the PCT was the maddening effort of knitting that sweater and unraveling it over and over again. As if everything gained was inevitably lost

~Cheryl Strayed

Men's stories are seen as universal, women's as particular. What women are up against is the battle to not be marginalized.

~Cheryl Strayed

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