Looks, Trying, Way, Bird, Grateful, Thinking, Nurse, Can Do, Tears, Flower, Memories, Possessed, Speak, Stability, Writing, Growth, Choices, Done, Interest, Hungry

Sleep tries to seduce me by promising a more reasonable tomorrow.

~Elizabeth Smart

Life is a journey for us all. We all face trials. We all have ups and downs. All of us are human. But we are also the masters of our fate. We are the ones who decide how we are going to react to life.

~Elizabeth Smart

Knowing it can always get worse, I try to be grateful for whatever good I have.

~Elizabeth Smart

I have learned to smoke because I need something to hold onto.

~Elizabeth Smart

All time is now, and time can do no better. Nothing can ever be more now than now, and before this nothing was.

~Elizabeth Smart

Work is the only only remedy for life: for happiness, for interest, for stability, for security. Hard, willed work. Oh work!

~Flizabeth Smart

The long days seduce all thought away, and we lie like the lizards in the sun, postponing our lives indefinitely.

~Elizabeth Smart

There was a point that I stopped crying. It's not just because I didn't feel pain anymore, not because I didn't feel sorrow. It was just to keep going. I mean, it just was to survive, to live.

~Elizabeth Smart

Vanity is a vital aid to nature: completely and absolutely necessary to life. It is one of nature's ways to bind you to the earth.

~Elizabeth Smart

Music is the unspoken language that can convey feelings more accurately than talking ever could.

~Elizabeth Smart

Always that tyrannical love reaches out. Soft words shrivel me like quicklime. She will not allow me to be cold, hungry. She will insist that I take her own coat, her own food.

~Elizabeth Smart

I am overrun, infested with a menagerie of desires.

~Elizabeth Smart

It's not what happens to us that defines us. It's what we choose to do with what happens to us that defines us.

~Elizabeth Smart

I am possessed by love and have no options.

~Elizabeth Smart

But the human spirit is resilient. God made us so. He gave us the ability to forgive. To leave our past behind. To look forward instead of back.

~Elizabeth Smart

I must spin good ghosts out of my hope to oppose the hordes at my window. If those who look in see me condescend to barricade the door, they will know too much and crowd in to overcome me.

~Elizabeth Smart

I like to think that we're not defined by what happens to usâ€lbecause so many times they're beyond our control. I like to think that we're defined by our choices and our decisions.

~Elizabeth Smart

But those with shattered souls find it very difficult to speak.

~Elizabeth Smart

I feel helpless, hopeless, too low to call out, too weak to think. Impotent tears dribble down.

~Elizabeth Smart

You have to be slightly blind to believe in any cause.

~Elizabeth Smart

It's because I'm only interested in the big things that I'm not interested in politics.

~Elizabeth Smart

Go to the ant, thou sluggard, learn to live, and by her busy ways, reform thy own.

~Elizabeth Smart

What you forget is that plants themselves want to live as much as you want them to. More.

~Elizabeth Smart

April 19 And now it is spring. Birds are singing. Wistful notes and jubilant. And bare streets and no need for coats, and skipping ropes and bicycles and a thin new moon.

~Elizabeth Smart

How can I be kind? How can I find bird-relief in the nest-building of day-to-day? Necessity supplies no velvet wing with which to escape. I am indeed and mortally pierced with the seeds of love.

~Elizabeth Smart

You have to have short fingernails or they'd just break off, and you can't wear red polish - it looks like your fingers are bleeding.

~Elizabeth Smart

You will always have value and nothing can change that.

~Elizabeth Smart

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