

Jerome Groopman

Quotes

*Hope, Pain, Path, Giving, Average, Feelings, Moments, Real, Spirit, Frustration,
Realistic, Circumstances, Physicians, Long, Soul, Odds, Doctors, Might, Keys,
Reality*

Hope gives us the courage to confront our circumstances and the capacity to surmount them.

~Jerome Groopman

I had learned that every patient has the right to hope, despite long odds, and it was my role to help nurture that hope.

~Jerome Groopman

False hope can lead to intemperate choices and flawed decision making. True hope takes into account the real threats that exist and seeks to navigate the best path around them.

~Jerome Groopman

There is an authentic biology of hope. Belief and expectation - the key elements of hope - can block pain by releasing the brain's endorphins and enkephalins, mimicking the effects of morphine.

~Jerome Groopman

Hope can be imagined as a domino effect, a chain reaction, each increment making the next increase more feasible... There are moments of fear and doubt that can deflate it.

~Jerome Groopman

Hope is the elevating feeling we experience when we see - in the mind's eye - a path to a better future.

~Jerome Groopman

True hope is cleareyed. It sees all the difficulties that exist and all the potential for failure, but through that carves a realistic path to a better future.

~Jerome Groopman

Even when there is no longer hope for the body, there is always hope for the soul.

~Jerome Groopman

On average, physicians interrupt patients within eighteen seconds of when they begin telling their story.

~Jerome Groopman

Hope differs from optimism. Hope does not arise from being told to "think positively," or from hearing an overly rosy forecast. Hope, unlike optimism, is rooted in unalloyed reality.

~Jerome Groopman

Hope, true hope, has proved as important as any medication I might prescribe or any procedure I might perform.

~Jerome Groopman

I feel that I have to do everything better just to be judged as okay. It is something I wish I could let go of. It's something that I wish just wasn't there.

~Jerome Groopman

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