

Joan Lunden Quotes

*Children, Attitude, Forgiveness, Men, Dream, Opportunity, Hurt, Remove,
America, Hair, Thinking, Laughter, Fries, Chance, Mean, Home, Expecting
Something, Lying, Happiness, Wisdom*

A positive attitude is something everyone can work on, and everyone can learn how to employ it.

~Joan Lunden

Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life.

~Joan Lunden

A heart filled with anger has no room for love.

~Joan Lunden

Forgiveness gives you back the laughter and the lightness in your life.

~Joan Lunden

Exude happiness and you will feel it back a thousand times.

~Joan Lunden

Remove failure as an option and your chances for success become infinitely better.

~Joan Lunden

It is reassuring to know that I can control how I feel and what I do on any given day. The way I choose to see the world creates the world I see.

~Joan Lunden

Holding on to anger only gives you tense muscles.

~Joan Lunden

We need to reform our school lunch programs. We need to get healthy items into the vending machines.

~Joan Lunden

To be able to look at change as an opportunity to grow - that is the secret to being happy.

~Joan Lunden

Often, we don't recognize real moments of happiness in our lives because we've been expecting something different- something bigger or perhaps more dramatic.

~Joan Lunden

We can all learn to live jubilantly. We can all learn to alter our attitudes so that we can better realize our dreams.

~Joan Lunden

A fulfilling life is different to each person. You have to acknowledge your dreams, and not just wait for life to happen, and opportunities to come knocking at your door.

~Joan Lunden

Remove failure as an option.

~Joan Lunden

Anything you think you "must have" usually comes to own you.

~Joan Lunden

I've always looked at friends as the family we choose.

~Joan Lunden

Show me a person who doesn't like french fries and we'll swap lies.

~Joan Lunden

I'm still a news junkie. I mean, I always was, I am now.

~Joan Lunden

Anger is a thief who steals away the nice moments.

~Joan Lunden

I wanted to show that your health is more important than your hair.

~Joan Lunden

So many women waited until later to get married and then even later after they got married to have children. And then they have problems, and it takes them five, six, seven years to have children.

~Joan Lunden

I heard those words that every woman fears and never wants to hear, 'You have breast cancer.'

~Joan Lunden

It's not always as comfortable blazing the trail as it is walking on it.

~Joan Lunden

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- Opportunity Quotes
- Hurt Quotes
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- Hair Quotes
- Thinking Quotes
- Laughter Quotes
- Fries Quotes
- Chance Quotes
- Mean Quotes
- Home Quotes
- Expecting Something Quotes
- Lying Quotes
- Happiness Quotes
- Wisdom Quotes