

# Kris Carr Quotes

*Cancer, People, Healing, Thinking, Want, Powerful, Light, Stress, Sweet,  
Energy, Needs, Facts, Issues, Magic, Grandma, Happiness, Healthy, Self,  
Junkie, Kitchen*

Life has a much bigger plan for you. Happiness is part of that plan. Health is part of that plan. Stability is part of that plan. Constant struggle is not.

~Kris Carr

The only time you can change someone is when they are in diapers.

~Kris Carr

Make space in your life, space for health and happiness

~Kris Carr

Adversity is a call to action, and your freedom lies in taking the first step. Don't worry about the entire staircase, just take one step, and then tomorrow take another.

~Kris Carr

There's no need to wait for the bad things and bullshit to be over. Change now. Love now. Live now. Don't wait for people to give you permission to live, because they won't.

~Kris Carr

It's not about finding your voice, it's about giving yourself permission to use your voice.

~Kris Carr

Find your bliss and your joy, know that you are a white light disco ball with no ceilings and no limitations.

~Kris Carr

Your self-worth has nothing to do with your craft or calling, and everything to do with how you treat yourself.

~Kris Carr

Direct your mind where you want it to travel instead of always going for

the ride.

~Kris Carr

What if your purpose is to take impeccable care of yourself so that you have the energy and joy to serve others?

~Kris Carr

Make peace with guilt. Guilt is a poisonous illusion. Many languages don't even have a word for guilt.

~Kris Carr

Don't shrink to meet the expectations of others, grow to become the person you want to be.

~Kris Carr

Cancer has changed, and so have I. Life goes on, even becomes normal again. I refused to let cancer wreck my party. There are just too many cool things to do and plan and live for.

~Kris Carr

Dinner is where the magic happens in the kitchen.

~Kris Carr

When we accept ourselves exactly as we are, in exactly this moment, we shift from living for tomorrow to appreciating today.

~Kris Carr

It's all mental management. Whether you can do something or not is in your head.

~Kris Carr

Yes, I have cancer and it might not go away, but I can still have a future because life goes on.

~Kris Carr

Life is just to sweet to be bitter.

~Kris Carr

Learn how to cope, sweet friend. There will always be dark days ahead.

~Kris Carr

When we're courageous enough to be with what scares us, we can awaken our intuition and create a new path for healing.

~Kris Carr

My refrigerator is powerful. In fact, it has a direct link to my overall well-being.

~Kris Carr

Quite literally, your gut is the epicenter of your mental and physical health. If you want better immunity, efficient digestion, improved clarity and balance, focus on rebuilding your gut health

~Kris Carr

If it has a shelf life longer than you, don't eat it.

~Kris Carr

If your meals consistently revolve around corpse multiple times daily, you might become one sooner than you planned.

~Kris Carr

Processed foods cause inflammation, a source of most chronic illnesses as well as stress.

~Kris Carr

Folks are like plants; we all lean towards the light.

~Kris Carr

When we truly embrace acceptance, that's when our body exhales and can begin healing.

~Kris Carr

Change is a pesky notion. For many folks, the biggest challenge in changing their eating habits isn't money, time, or education; it's reframing their connection between food and love.

~Kris Carr

Change your plate. Change your fate.

~Kris Carr

Above all, cancer is a spiritual practice that teaches me about faith and resilience.

~Kris Carr

Every time I see a cardinal, I know my grandmother is with me. This regal, red bird was Grandma's favorite.

~Kris Carr

Resolutions are exhausting. Embrace ease.

~Kris Carr

My mom always said I liked to stir the pot with a glittering spoon.

~Kris Carr

I love to breathe. Oxygen is sexy!

~Kris Carr

I was not going to kick back and wait for the unknown. I was going to dive in and become a full-time healing junkie.

~Kris Carr

You are amazing. A true light warrior and this world certainly needs

you.

~Kris Carr

Are the people in your life inspiring you or tiring you?

~Kris Carr

While I may never be in remission from cancer, I am currently in remission from an unhealthy relationship to food.

~Kris Carr

I was asleep at the wheel before cancer shook me awake.

~Kris Carr

When you're the conscious captain in your kitchen, you'll feel better mentally and physically.

~Kris Carr

I am capable, confident, intelligent, resilient and in charge. Health and happiness are my birthrights and I accept with gratitude.

~Kris Carr

Love is healing. Love is comforting. Love is holy. Food can be all those things, too.

~Kris Carr

The fact is, we need help, and we need each other.

~Kris Carr

If it is made in a lab then it takes a lab to digest.

~Kris Carr

Gut health is the key to overall health.

~Kris Carr

We are more capable of turning around our global health crisis than we think.

~Kris Carr

I knew when I was diagnosed with cancer the only thing I could control was what I ate, what I drank and what I would think.

~Kris Carr

Sleep is the best time to repair, but it's hard to get a good night's rest when we don't dial the inner chatter down.

~Kris Carr

At one of my lowest points, sugar had a painful grip on me. I'd buy/binge and then beat myself up over my behavior.

~Kris Carr

I cherish my work and all of my readers.

~Kris Carr

We're taught to solely blame our luck-of-the-draw genes for our health issues, rather than our daily habits, dietary choices, and interplay with the environment that surrounds us.

~Kris Carr

Stress is not...a badge of courage

~Kris Carr

Cancer' is such a frightening word.

~Kris Carr

Eventually cancer becomes just another annoying thing that you deal with, you know, like cellulite.

~Kris Carr

If you really want to turn your health around, start juicing today.

~Kris Carr

If I had my dream, we'd all be eating more plants and less garbage.

~Kris Carr

Cancer is very chaotic.

~Kris Carr

I'm a leftover junkie.

~Kris Carr

I am so frickin' cool and delicious and pretty and witty and sharp! I love every inch of me! Who wouldn't?

~Kris Carr

No matter how you feel, you made progress today.

~Kris Carr

Honestly, self-care is not fluffy - it's something we should take seriously.

~Kris Carr

I tell people, 'I have a Ph.D. from Google University.

~Kris Carr



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