

# M. J. Ryan Quotes

*Gratitude, Needs, Joy, Feelings, Patience, Heart, Helping, Choices, Blessed,  
Knowing, Alive, Want, Attitude, Appreciation, Looks, Growing, Hug,  
Inspirational, Practice, Bitterness*

Gratitude helps us love well by keeping us focused on the beauty in our relationship and the person we love.

~M. J. Ryan

Like so many other positive acts, it turns out that hugging boosts our immune system. Plus it just plain feels good! So hug someone today, perhaps a person who seems particularly in need.

~M. J. Ryan

Gratitude is the realization that we have everything we need, at least in this moment.

~M. J. Ryan

As any gardener will tell you, the cycles of nature require patience...Even a fast-growing vegetable like a radish requires time.

~M. J. Ryan

Gratitude connects us to others and feeling gratitude allows us to be our best selves. When we are truly grateful, we can count on living the life we want

~M. J. Ryan

Take a deep breath and think of the three things you are grateful for, right in this moment.

~M. J. Ryan

Whenever we are appreciative, we are filled with a sense of well-being and swept up by the feeling of joy.

~M. J. Ryan

Gratitude is the antidote to bitterness and resentment.

~M. J. Ryan

In the moments we are awake to the wonder of simply being alive,

gratitude flows, no matter our circumstances.

~M. J. Ryan

We hold on so tightly that our hands are unavailable to reach out for the happiness we could gain by letting go.

~M. J. Ryan

Wholeness invokes balance.

~M. J. Ryan

People teach what they most need to learn.

~M. J. Ryan

The choice is ours, in every moment.

~M. J. Ryan

We can't wait until everything is OK-with us or with the rest of the world-to feel thankful, or we will never experience joy at all.

~M. J. Ryan

Eating healthy and exercising won't help you if it's only temporary.

~M. J. Ryan

At each level of gratitude our soul's capacity deepens, starting with contentment to meaningfulness, and finally, to pure joy.

~M. J. Ryan

Gratitude is a feeling of fullness, a recognition of the heart of what we are receiving in this moment.

~M. J. Ryan

No matter what, I want to experience a sense of peace while talking. As I look out into the audience, I'll remember to breathe and notice that at my core there is peace.

~M. J. Ryan

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