

# Patch Adams Quotes

*People, Thinking, Giving, Justice, Health, Compassion, Cancer, Doctors, Mean,  
Laughter, Opportunity, Fun, Happiness, Impact, Years, Community, Dream,  
Healing, Men, Goal*

The Gesundheit Institute is a pie in the face of greed - by taking the most expensive thing in America, health care, and giving it away for free.

~Patch Adams

Waiting in line is a great opportunity to meet people, daydream, or play.

~Patch Adams

The purpose of a doctor or any human in general should not be to simply delay the death of the patient, but to increase the person's quality of life.

~Patch Adams

See what no one else sees. See what everyone chooses not to see... out of fear, conformity or laziness. See the whole world anew each day!

~Patch Adams

The reason adults should look as though they are having fun, is to give kids a reason to want to grow up.

~Patch Adams

The most radical act anyone can commit is to be happy.

~Patch Adams

Spread joy. Chase your wildest dreams.

~Patch Adams

We can never get a re-creation of community and heal our society without giving our citizens a sense of belonging.

~Patch Adams

At the age of 18, I made up my mind to never have another bad day in

my life. I dove into a endless sea of gratitude from which I've never emerged.

~Patch Adams

If you focus on the problem, you can't see the solution. Never focus on the problem.

~Patch Adams

We need to start treating the patient as well as the disease.

~Patch Adams

For me, spiritual means love in action. So if you are working for love, then you are a spiritual person.

~Patch Adams

I am extremely intentional in making the environment around me playful and loving. I have great skill in that area.

~Patch Adams

Nature tops the list of potent tranquilizers and stress reducers. The mere sound of moving water has been shown to lower blood pressure.

~Patch Adams

Every problem in history is due to men, so I'm basically asking for humanity to nest itself in a feminine culture, probably for the next 1,000 years.

~Patch Adams

When a dream takes hold of you, what can you do? You can run with it, let it run your life, or let it go and think for the rest of your life about what might have been.

~Patch Adams

Every human being has an impact on another.

~Patch Adams

I am funny, but I'm not about funny... I'm about peace & justice.

~Patch Adams

I'd say that I think the most revolutionary act that you can commit in our society today is to be happy.

~Patch Adams

I'm great at a deathbed. I've never given tranquillisers or psychiatric medicine. I've given love and fun and creativity and passion and hope, and these things ease suffering.

~Patch Adams

Givers get trust quicker than other people. People trust generous people.

~Patch Adams

Humor is an antidote to all ills.

~Patch Adams

When I hear real faithful people - whether it's a real Christian, or a real Buddhist, or a real Muslim - I hear them use the language I use for a friend. So my metaphor for God is friend.

~Patch Adams

Kindness Day? Kindness Day? Do you suppose if we were kind and enthusiastic for centuries uninterruptedly, that someone would create 'Nasty, Indifferent Day'?

~Patch Adams

Excellence in health means devoting your life to ending poverty.

~Patch Adams

Nothing I study makes me think we will survive this century. And yet why am I so happy? Because it's not too late. Just get off your ass and work for revolution.

~Patch Adams

The role of a clown and a physician are the same - it's to elevate the possible and to relieve suffering.

~Patch Adams

Because we are interested in promoting wellness, we will integrate medicine with performing arts, arts and crafts, agriculture, recreation, nature, and social service.

~Patch Adams

I love you without knowing how, why, or even from where

~Patch Adams

Laughter boosts the immune system and helps the body fight off disease, cancer cells as well as viral, bacterial and other infections. Being happy is the best cure of all diseases!

~Patch Adams

For most of human history, we lived communally in groups, and it was part of the security and nature of groups to help each other and groom each other.

~Patch Adams

All the messages our kids are getting is money-taking, not giving.

~Patch Adams

I am a Doctor, but above all else I consider myself an activist for peace, justice and care for all people.

~Patch Adams

Jump for joy as we accomplish the dreams we adore.

~Patch Adams

Please give your life to peace, justice and care.

~Patch Adams

I like giving. Doing something for somebody else feels good.

~Patch Adams

If you actually are a doctor and admitted it, you'd say, 'I don't cure a huge percentage, I don't have a 50 percent cure rate ... but I can have a 100 percent compassion rate'.

~Patch Adams

One cannot separate the health of the individual from the health of the community, from the health of the world.

~Patch Adams

We have to end the capitalist system. We have to make love our value. You are rich when you love and you are rich when you are giving away your time and what you have to help other people.

~Patch Adams

What I really want is a world where no one alive can remember what the word 'war' means. That's my goal.

~Patch Adams

People crave laughter as if it were an essential amino acid.

~Patch Adams

Please live a healthy life - medicine is an imperfect science.

~Patch Adams

No one ever writes me and says, 'We have a happy hospital'. Nowhere

is doing it in a healthy way. That's encouragement for me.

~Patch Adams

People like givers, people want to help givers. I get stuff all the time.

~Patch Adams

I'm a raging leftist political activist. I've never had a spiritual thought in my life related to God. I'm clear that that's a human invention.

~Patch Adams

The value of friendship and just deep human contact grows out of giving.

~Patch Adams

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