

Regina Brett Quotes

*Attitude, God Never Blinks, Inspirational, People, Book, Children, Cancer,
Giving, Thinking, Phones, Writing, Letting Go, Needs, Dad, Stars, Life, Want,
Life Lesson, Ideas, Land*

If baking is any labor at all, it's a labor of love. A love that gets passed from generation to generation.

~Regina Brett

No matter how you feel, get up, dress up and show up.

~Regina Brett

Everything can change in the blink of an eye. But don't worry; God never blinks.

~Regina Brett

Be eccentric now. Don't wait for old age to wear purple.

~Regina Brett

God loves you because of who God is, not because of anything you did or didn't do.

~Regina Brett

If we threw our problems in a pile and saw everyone else's, we'd grab ours back.

~Regina Brett

Time heals almost everything. Give time time.

~Regina Brett

Life is too short to waste time hating anyone.

~Regina Brett

Baking happens with ingredients that last for months and come to life inside a warm oven. Baking is slow and leisurely.

~Regina Brett

Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To

sit on a branch and study the clouds.

~Regina Brett

Family is more than DNA, more than who we used to be, more than we can imagine we will become.

~Regina Brett

It's OK to get angry with God. He can take it.

~Regina Brett

If a relationship has to be a secret, you shouldn't be in it.

~Regina Brett

Life is too short for long pity parties. Get busy living, or get busy dying.

~Regina Brett

No one is in charge of your happiness except you.

~Regina Brett

Frame every so-called disaster with these words: In five years, will this matter?

~Regina Brett

Take a deep breath. It calms the mind.

~Regina Brett

When in doubt, take the next step.

~Regina Brett

No one really has a bad life. Not even a bad day. Just bad moments.

~Regina Brett

You don't have to win every argument. Agree to disagree.

~Regina Brett

When it comes to going after what you love in life, don't take no for an answer.

~Regina Brett

Don't audit life. Show up and make the most of it now.

~Regina Brett

Forgive everyone everything.

~Regina Brett

Get outside every day. Miracles are waiting everywhere.

~Regina Brett

Get rid of anything that isn't useful, beautiful or joyful.

~Regina Brett

Growing old beats the alternative - dying young.

~Regina Brett

Don't take yourself so seriously. No one else does.

~Regina Brett

Your children get only one childhood.

~Regina Brett

When it comes to chocolate, resistance is futile.

~Regina Brett

Most of life is showing up. You do the best you can, which varies from day to day.

~Regina Brett

Eating something fresh out of the oven is like a hug you can taste.

~Regina Brett

If you're lucky enough to still have grandparents, visit them, cherish them and celebrate them while you can.

~Regina Brett

It's OK to let your children see you cry.

~Regina Brett

Cry with someone. It's more healing than crying alone.

~Regina Brett

Over prepare, then go with the flow.

~Regina Brett

Whatever doesn't kill you really does make you stronger.

~Regina Brett

There are few places you can find silence. Air travel could be the last fortress of solitude.

~Regina Brett

Cancer is messy and scary. You throw everything at it, but don't forget to throw love at it. It turns out that might be the best weapon of all.

~Regina Brett

Life isn't tied with a bow, but it's still a gift.

~Regina Brett

However good or bad a situation is, it will change.

~Regina Brett

God never gives us more than what we can carry.

~Regina Brett

A writer writes. If you want to be a writer, write.

~Regina Brett

Envy is a waste of time. You already have all you need.

~Regina Brett

I say we all take the pledge and stay home. Thanksgiving is a day to give thanks for what you have, not to save a few dollars to get more.

~Regina Brett

When you write a book, you are asking someone to make an investment in their time and money. A column can come and go as the weeks pass, but a book needs to be timeless.

~Regina Brett

Each day is a precious gift to be savored and used, not left unopened and hoarded for a future that may never come.

~Regina Brett

To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written.

~Regina Brett

There were two kinds of women: those who wear nail polish and those who don't. Which do you prefer?

~Regina Brett

A book store is a treasure chest. Every time you walk in one, you strike gold.

~Regina Brett

It takes courage to sit on a jury. How many of us want to decide the fate of another person's life or freedom? How many of us want to hold that kind of power in our hands?

~Regina Brett

'Star Trek' never grabbed me. Every time I hear about Klingons, I think of those little lint balls that stick to your clothes in the dryer.

~Regina Brett

The idea of being stuck in a plane with dozens of people chatting over each other on their phones might feel like Dante's 10th circle of hell.

~Regina Brett

The last watch I wore felt like a handcuff. When I need to know the time, I check my cell phone.

~Regina Brett

For me, being Catholic was who I was and who I am, just like I'm Irish and Slovak. It's just so ingrained in us.

~Regina Brett

When I was 41, I found a lump the size of a grape in my right breast. I ended up bald, sick and exhausted from surgeries, chemo and radiation treatments. Ah, but I got to live.

~Regina Brett

God isn't present in the past or future. The great 'I Am' is in the present moment. When I claim that presence, I can get through anything today.

~Regina Brett

There's so much living to be squeeze into the cracks of one little day. You can make someone laugh, smile, hope, sing, think.

~Regina Brett

We all have a personal pool of quicksand inside us where we begin to sink and need friends and family to find us and remind us of all the good that has been and will be.

~Regina Brett

Too often, we get attention and sympathy by being a victim. If we're invested in someone being our villain, we must love being the victim. We have to let go of both characters in the story.

~Regina Brett

Writer's block.. when one curses the blinking cursor on the blank page.

~Regina Brett

It's easier to forgive those who hurt you than those who hurt the people you love.

~Regina Brett

Chaos will come, calm will follow, and then it will start up all over again. The secret is to savor the ride.

~Regina Brett

Back when I was dating, the dreaded C word was Commitment. As soon as most men found out I had a child, they ran. If I ever got close enough to say the words, 'I love you,' they ran faster.

~Regina Brett

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