

## 100 Powerful Quotes to Help Heal From Narcissistic Abuse



By Janell Hihi @Copyright2019

## **Introduction**

Sometimes, we don't have time to read a book. Sometimes, we just need little snippets; reminders on how to move on, validation of our feelings, and words that resonate emotions we can't articulate. That is the power of quotes from amazing writers who've endured abuse, sadness, depression, pain, betrayal but most of all, TRIUMPH in the end. May these quotes assist you in your journey of healing from narcissistic abuse as you regain your power one day at a time.

## #1

You want to see me happy at the cost of my happiness?  
That's not love my dear, it's cruelty, it's selfishness, it's narcissism, it's anything but  
love”

— Mehnaz Ansari

## #2

“Intuition - Once you have had a narcissist in your life, you must develop your intuition  
and learn to listen to it and act accordingly.”

— Tracy Malone

## #3

“When confronted by a narcissist's lies - do not engage simply say 'that is one way to look  
at it' and walk away.”

— Tracy Malone

## #4

“It is no accident that narcissists and altruists often have a magnetic attraction to one  
another. Can you see how perfect the fit is? The altruistic feels the need to selflessly serve  
others and this is just what the narcissist wants. Narcissists want to be worshipped and  
gratified in every way possible, and this is just what altruists offer, thinking it  
demonstrates their moral virtue.”

— Ellen Kenner, *Selfish Path to Romance: How to Love With Passion & Reason*, Inspired by Ayn  
Rand

## #5

A narcissist, on the other hand, is the exact opposite of an empath. Emotionally,  
narcissists are like brick walls who see and hear others but fail to understand or relate to  
them. As a result of their emotional shallowness, narcissists are essentially devoid of all  
empathy or compassion for other people. Lacking empathy, a narcissist is a very  
destructive and dangerous person to be around.”

— Mateo Sol, [Awakened Empath: The Ultimate Guide to Emotional, Psychological and Spiritual  
Healing](#)

## #6

“It is not accidental that the most unsympathetic characters in Austen's novels are those who are incapable of genuine dialogue with others. They rant. They lecture. They scold. This incapacity for true dialogue implies an incapacity for tolerance, self-reflection and empathy.”

— Azar Nafisi, Reading Lolita in Tehran: A Memoir in Books

## #7

“There are only two kinds of people who can drain your energy: those you love, and those you fear. In both instances it is you who let them in. They did not force their way into your aura, or pry their way into your reality experience.”

— **Anthon St. Maarten**

## #8

“Narcissists have poor self-esteem, but they are typically very successful. They feel entitled; they're self-important; they crave admiration and lack empathy. They are also exploitative and envious. The malignant types never forget a slight. They may kill you ten years later for cutting them off in traffic. But they act perfectly normal while plotting their revenge.”

— Janet M. Tavakoli, Archangels: Rise of the Jesuits

## #9

“The mythological Narcissus rejected the advances of the nymph Echo and was punished by the goddess Nemesis. He was consigned to pine away as he fell in love with his own reflection - exactly as Echo had pined away for him. How apt. Narcissists are punished by echoes and reflections of their problematic personalities up to this very day.

Narcissists are said to be in love with themselves.

But this is a fallacy. Narcissus is not in love with himself. He is in love with his *reflection*.

There is a major difference between one's True Self and reflected-self.”

— **Sam Vaknin, Malignant Self-Love: Narcissism Revisited**

## #10

“Children happen to be more attached to the female narcissist due to the way our society is still structured and to the fact that women are the ones to give birth and to serve as primary caretakers. It is much easier for a woman to think of her children as her extensions because they once indeed were her physical extensions and because her on-going interaction with them is both more intensive and more extensive. [The] male narcissist is more likely to regard his children as a nuisance than as a Source of Narcissistic Supply - especially as they grow older and become autonomous. With less alternatives than men, the narcissistic woman fights to maintain her most reliable Source of Supply: her children. Through insidious indoctrination,

guilt-formation, emotional sanctions and blackmail, deprivation and other psychological mechanisms, she tries to induce in her offspring dependence which cannot easily be unraveled.”

— Sam Vaknin, Malignant Self-Love: Narcissism Revisited

## #11

“She realized in an instant that being around him awakened her, stirring the sediment that had long ago settled at the bottom of her well. He made her feel a part of him, of something larger, and somehow more alive.”

— Luna Saint Claire, The Sleeping Serpent: A Woman's Struggle to Break an Obsessive Bond With Her Yoga Master

## #12

“There's a reason narcissists don't learn from mistakes and that's because they never get past the first step which is admitting that they made one. It's always an assistant's fault, an adviser's fault, a lawyer's fault. Ask them to account for a mistake any other way and they'll say, 'what mistake?’”

— Jeffrey Kluger, The Narcissist Next Door: Understanding the Monster in Your Family, in Your Office, in Your Bed--in Your World

## #13

“YOUR ABUSIVE PARTNER DOESN'T HAVE A PROBLEM WITH HIS ANGER; HE HAS A PROBLEM WITH YOUR ANGER.

One of the basic human rights he takes away from you is the right to be angry with him. No matter how badly he treats you, he believes that your voice shouldn't rise and your blood shouldn't boil. The privilege of rage is reserved for him alone. When your anger does jump out of you—as will happen to any abused woman from time to time—he is likely to try to jam it back down your throat as quickly as he can. Then he uses your anger against you to prove what an irrational person you are. Abuse can make you feel straitjacketed. You may develop physical or emotional reactions to swallowing your anger, such as depression, nightmares, emotional numbing, or eating and sleeping problems, which your partner may use as an excuse to belittle you further or make you feel crazy.”

— Lundy Bancroft, Why Does He Do That?: Inside the Minds of Angry and Controlling Men

## #14

“The only person that deserves a special place in your life is someone that never made you feel like you were an option in theirs.”

— Shannon L. Alder

## #15

“The scars from mental cruelty can be as deep and long-lasting as wounds from punches or slaps but are often not as obvious. In fact, even among women who have experienced violence from a partner, half or more report that the man’s emotional abuse is what is causing them the greatest harm.”

—Lundy Bancroft, Why Does He Do That?: Inside the Minds of Angry and Controlling Men

## #16

“An abuser can seem emotionally needy. You can get caught in a trap of catering to him, trying to fill a bottomless pit. But he’s not so much needy as entitled, so no matter how much you give him, it will never be enough. He will just keep coming up with more demands because he believes his needs are your responsibility, until you feel drained down to nothing.”

—Lundy Bancroft, Why Does He Do That?: Inside the Minds of Angry and Controlling Men

## #17

“With emotional abuse, the insults, insinuations, criticism, and accusations slowly eat away at the victim’s self-esteem until he or she is incapable of judging a situation realistically. He or she may begin to believe that there is something wrong with them or even fear they are losing their mind. They have become so beaten down emotionally that they blame themselves for the abuse.”

—Beverly Engel, The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing

## #18

“It is not the the bruises on the body that hurt. It is the wounds of the heart and the scars on the mind.”

—Aisha Mirza

## #19

“Some scars don't hurt. Some scars are numb. Some scars rid you of the capacity to feel anything ever again.”

—Joyce Rachelle

## #20

“Try to come to a place where you accept your own imperfections. Where it's okay to be less than perfect. Because you are less than perfect; it's the human condition. And that's okay!”

—Danu Morrigan, You're Not Crazy - It's Your Mother! Understanding and Healing for Daughters of Narcissistic Mothers

## #21

“If you alter your behaviour because you are frightened of how your partner will react, you are being abused.”

— Sandra Horley

## #21

“About the expression "Hurt people, hurt people".. Hurt people are not going to stop HURTING other people until they receive the memo that it is WRONG, (or if there are actual consequences for their behaviour.) Feeling sorry for them and understanding where they 'came from' is not helping to stop the cycle of abuse.”

— Darlene Ouimet

## #22

“If you leave your mind unattended, the world will do it for you, and you will have to deal with the related insanity.”

— Dr. Jacinta Mpalyenkana, Ph.D, MBA

## #23

“When you’re constantly abused, you don’t understand how emotionally and mentally draining it is. You’re truly immune and it feels like you need it.”

— Dominic Riccitello

## #24

“It's in your hands to transform your pain into victory.”

— Patricia Dsouza

## #25

“We have to take a stand against deception, take action against all lying, and together, as a society, using awareness, discernment, and understanding, empower ourselves to call bullshit against bullshit!”

— Elevia DeNobelia - Syl Sabastian

## #26

“Get pissed because you deserve more than this abuse. Emotional abuse is the gateway to all abuse. Get out!”

— Tracy Malone

## #27

“Believe in yourself that you can create the change you seek, by accepting things as they are. By accepting the things as they are, you allow yourself to make the right choices.”

— Patricia Dsouza, When Roses are Crushed

## #28

“My story can unchain someone else’s prison.”

— Patricia Dsouza

### *BONUS Quote*

“Turn down the volume of your negative inner voice and create a nurturing inner voice to take it’s place. When you make a mistake, forgive yourself, learn from it, and move on instead of obsessing about it. Equally important, don’t allow anyone else to dwell on your mistakes or shortcomings or to expect perfection from you.”

— Beverly Engel, The Nice Girl Syndrome: Stop Being Manipulated and Abused -- And Start Standing Up for Yourself

## #29

“To deny someone's feelings or experiences it to literally deny their reality.”

— Danu Morrigan, You're Not Crazy - It's Your Mother! Understanding and Healing for Daughters of Narcissistic Mothers

## #30

“Invalidating someone else is not merely disagreeing with something that the other person said. It is a process in which individuals communicate to another that the opinions and emotions of the target are invalid, irrational, selfish, uncaring, stupid, most likely insane, and wrong, wrong, wrong. Invalidators let it be known directly or indirectly that their targets views and feelings do not count for anything to anybody at any time or in any way.”

— David M. Allen

## #31

“Staying in an unhealthy relationship that robs you of peace of mind, is not being loyal. It is choosing to hurt yourself mentally, emotionally and sometimes, physically.”

— Kemi Sogunle, Beyond the Pain by Kemi Sogunle

## #32

“Getting in touch with the lovelessness within and letting that lovelessness speak its pain is one way to begin again on love's journey. In relationships, whether heterosexual or homosexual, the partner who is hurting often finds that their mate is unwilling to 'hear' the pain. Women often tell me that they feel emotionally beaten down when their partners refuse to listen or talk. When women communicate from a place of pain, it is often characterized as 'nagging.' Sometimes women hear repeatedly that their partners are 'sick of listening to this shit.' Both cases undermine self-esteem. Those of us who were wounded in childhood often were shamed and humiliated when we expressed hurt. It is emotionally devastating when the partners we have chosen will not listen. Usually, partners who are unable to respond compassionately when hearing us speak our pain, whether they understand it or not, are unable to listen because that expressed hurt triggers their own feelings of powerlessness and helplessness. Many men never want to feel helpless or vulnerable. They will, at times, choose to silence a partner with violence rather than witness emotional vulnerability. When a couple can identify this dynamic, they can work on the issue of caring, listening to each other's pain by engaging in short conversations at appropriate times (i.e., it's useless to try and speak your pain to someone who is bone weary, irritable, reoccupied, etc.). Setting a time when both individuals come together to engage in compassionate listening enhances communication and connection. When we are committed to doing the work of love we listen even when it hurts.”

— bell hooks, All About Love: New Visions

## #33

“It is not okay for someone you like to treat you poorly and then pretend it didn't happen, making you question your own grasp on reality. This dynamic is called gaslighting. It's a common tactic of abusers to shift the focus of the blame from their bad behavior onto the person they are victimizing. One important side effect of gaslighting is having your memory “black out” after a fight (because your brain is trying to protect you from the cruelty of the abuse), which results in not being able to remember how an argument started. You may start to internalize the idea that there is something wrong with you and that you did something to provoke the situation as you're increasingly beaten down and confused.”

— shannon weber

## #34

“The fact of the matter is, if you haven’t been in an abusive relationship, you don’t really know what the experience is like. Furthermore, it’s quite hard to predict what you would do in the same situation. I find that the people most vocal about what they would’ve done in the same situation often have no clue what they are talking about – they have never been in the same situation themselves.

By invalidating the survivor’s experience, these people are defending an image of themselves that they identify with strength, not realizing that abuse survivors are often the strongest individuals out there. They’ve been belittled, criticized, demeaned, devalued, and yet they’ve still survived. The judgmental ones often have little to no life experience regarding these situations, yet they feel quite comfortable silencing the voices of people who’ve actually been there.”

— Shahida Arabi, [Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself](#)

## #35

“Are you a kind of person who likes to keep all your emotions hidden from the people around you! Do you prefer restraining your feelings a little too much! In that case, you must know that too much emotional suppression can have catastrophic impact over your body.”

— Abhijit Naskar, [The Art of Neuroscience in Everything](#)

## #36

“To not have your suffering recognized is an almost unbearable form of violence.”

— Andrei Lankov

## #37

“Perhaps you expected to feel great as soon as you escaped your abuser, and maybe you did feel a great sense of relief for a while. However, as time has passed, you may be dismayed by the extent of your emotional pain.”

— Caroline Abbott, [A Journey to Healing After Emotional Abuse](#)

## #38

“Playing the victim role: Manipulator portrays him- or herself as a victim of circumstance or of someone else's behavior in order to gain pity, sympathy or evoke compassion and thereby get something from another. Caring and conscientious people cannot stand to see anyone suffering and the manipulator often finds it easy to play on sympathy to get cooperation.”

— **George K. Simon**

## #39

“Leaving - and healing from - an abusive relationship is extremely stressful. Your body may show the signs of the stress. While dealing with your emotions may make sense to you, you may neglect your physical health, not realizing how much your physical health affects your emotional and spiritual health.”

## #40

“The past is behind us,” said Boudicca, “but the difficulty there is we keep looking over our shoulders.”

— **Michelle Franklin**

## #41

“Mind control is built on lies and manipulation of attachment needs.

Valerie Sinason, (Forward)”

— **Alison Miller, Healing the Unimaginable: Treating Ritual Abuse and Mind Control**

## #42

“You are unique, special and exceptional as you have made it.”

— **Patricia Dsouza, When Roses are Crushed**

## #43

“It is his actions that are causing me to consider leaving him. He is responsible for the hurt he feels as a result of his behavior. It is not selfish to protect myself from harm.”

— **Joanna V Hunter**

## #44

“Her mother always told her, “If he hits you, then you leave,” but Jack had never hit her, not with his fists.”

— Shannon Celebi, Small Town Demons

## #45

“Until you realize how easily it is for your mind to be manipulated, you remain the puppet of someone else's game.”

— Evita Ochel

## #46

“If you aren't the one who is controlling your own thoughts, feelings, and emotions then you are one who is being controlled.”

— Clyde Lee Dennis

## #47

“If you aren't destroying your enemies, it's because you have been conquered and assimilated, you do not even have an idea of who your enemies are. You have been brainwashed into believing you are your own enemy, and you are set against yourself. The enemy is laughing at you as you tear yourself to pieces. That is the most effective warfare an enemy can launch on his foes: confounding them.”

— Bangambiki Habyarimana, Pearls Of Eternity

## #48

“What's more toxic than what they have done, think, or have said about you is how you let your mind receive it. In a world as ours filled with so much noise and hate, what suffers the most is our minds. Know when to keep your mind shut!”

— Chinonye J. Chidolue

## #49

“You can spread an ideology only by bombs. Either by real bombs or love bombs (manipulation).”

— Bangambiki Habyarimana, Pearls Of Eternity

## #50

“IN ONE IMPORTANT WAY, an abusive man works like a magician: His tricks largely rely on getting you to look off in the wrong direction, distracting your attention so that you won’t notice where the real action is. He draws you into focusing on the turbulent world of his feelings to keep your eyes turned away from the true cause of his abusiveness, which lies in how he thinks. He leads you into a convoluted maze, making your relationship with him a labyrinth of twists and turns. He wants you to puzzle over him, to try to figure him out, as though he were a wonderful but broken machine for which you need only to find and fix the malfunctioning parts to bring it roaring to its full potential. His desire, though he may not admit it even to himself, is that you wrack your brain in this way so that you won’t notice the patterns and logic of his behavior, the consciousness behind the craziness.”

—Lundy Bancroft, Why Does He Do That?: Inside the Minds of Angry and Controlling Men

## #51

Abuse is the means in which violence retards love. -Inga Musica

#52 “Some guys like to undermine a girl's self-esteem with little verbal jabs. Eventually it all adds up. One bee sting doesn't hurt a horse, but enough bee stings can kill a horse.”

—Oliver Gaspirtz

## #52

“I don't get involved in personal abuse. I'm not reducing myself to that level. If people don't like what I wear, don't like what I look like, or whatever, that's their problem, not mine.”

—Jeremy Corbyn

## #53

“The symptoms of abuse are there, and the woman usually sees them: the escalating frequency of put-downs. Early generosity turning more and more to selfishness. Verbal explosions when he is irritated or when he doesn’t get his way. Her grievances constantly turned around on her, so that everything is her own fault. His growing attitude that he knows what is good for her better than she does. And, in many relationships, a mounting sense of fear or intimidation. But the woman also sees that her partner is a human being who can be caring and affectionate at times, and she loves him. She wants to figure out why he gets so upset, so that she can help him break his pattern of ups and downs. She gets drawn into the complexities of his inner world, trying to uncover clues, moving pieces around in an attempt to solve an elaborate puzzle.”

—Lundy Bancroft, Why Does He Do That?: Inside the Minds of Angry and Controlling Men

## #54

“Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing.”

— **August Wilson**

## #55

“You yourself, as much as anybody in the entire universe, deserve your love and affection”

— **Sharon Salzberg**

## #56

“That's what real love amounts to - letting a person be what he really is. Most people love you for who you pretend to be. To keep their love, you keep pretending - performing. You get to love your pretence. It's true, we're locked in an image, an act - and the sad thing is, people get so used to their image, they grow attached to their masks. They love their chains. They forget all about who they really are. And if you try to remind them, they hate you for it, they feel like you're trying to steal their most precious possession.”

— **Jim Morrison**

## #57

“There is no magic cure, no making it all go away forever. There are only small steps upward; an easier day, an unexpected laugh, a mirror that doesn't matter anymore.”

— Laurie Halse Anderson, Wintergirls

## #58

“The man who does not value himself, cannot value anything or anyone.”

— Ayn Rand, The Virtue of Selfishness: A New Concept of Egoism

## #59

“The most terrifying thing is to accept oneself completely.”

— C.G. Jung

## #60

“Dare to love yourself  
as if you were a rainbow  
with gold at both ends.”

— Author-Poet Aberjhani, Journey through the Power of the Rainbow: Quotations from a Life Made Out of Poetry

## #61

“How would your life be different if...You stopped allowing other people to dilute or poison your day with their words or opinions? Let today be the day...You stand strong in the truth of your beauty and journey through your day without attachment to the validation of others”

— Steve Maraboli, Life, the Truth, and Being Free

## #62

“Everything that happens to you is a reflection of what you believe about yourself. We cannot outperform our level of self-esteem. We cannot draw to ourselves more than we think we are worth.”

— Iyanla Vanzant

## #63

“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”

— **Norman Vincent Peale**

## #64

“I don't want everyone to like me; I should think less of myself if some people did.”

— **Henry James**

## #65

“Self-talk reflects your innermost feelings.”

— **Dr. Asa Don Brown**

## #66

“You're always with yourself, so you might as well enjoy the company.”

— **Diane Von Furstenberg**

## #67

“You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we're not. We always have the power of our minds...Claim and consciously use your power.”

— **Louise L. Hay**

## #68

“I am my own experiment. I am my own work of art.”

— **Madonna**

## #69

“You have a unique gift to offer this world. Be true to yourself, be kind to yourself, read and learn about everything that interests you and keep away from people who bring you down. When you treat yourself kindly and respect the uniqueness of those around you, you will be giving this world an amazing gift... YOU!”

— **Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience**

## #70

“You just have to say to yourself, "I am not willing to accept anything less than what I deserve! I am smart! I am Beautiful! I am a good woman and I deserve to be happy!" It all starts with you.”

— Amari Soul, Reflections Of A Man

## #71

“If you don't know what you want, you'll never find it.  
If you don't know what you deserve, you'll always settle for less.  
You will wander aimlessly, uncomfortably numb in your comfort zone, wondering how life has ended up here.

## #72

“I never loved another person the way I loved myself.”

— Mae West

## #73

“I feel keeping a promise to yourself is a direct reflection of the love you have for yourself. I used to make promises to myself and find them easy to break. Today, I love myself enough to not only make a promise to myself, but I love myself enough to keep that promise”

— Steve Maraboli, Life, the Truth, and Being Free

## #74

“Whenever I am in a difficult situation where there seems to be no way out, I think about all the times I have been in such situations and say to myself, "I did it before, so I can do it again.”

— Idowu Koyenikan, Wealth for All: Living a Life of Success at the Edge of Your Ability

## #75

“Love me or hate me, i swear it won't make or break me.”

— Lil Wayne

## #76

“If you want me, you'll have to earn me. And, mister, I don't come cheap.”

— Susan Elizabeth Phillips, Fancy Pants

## #77

Narcissist can only love other narcissist.  
-Janell Hihi How to Defeat a Narcissist

**#78**

“Self-esteem isn't everything; it's just that there's nothing without it.”  
— Gloria Steinem

**#79**

“You will be your best self when you take time to understand what you really need, feel and want.”  
— Deborah Day, BE HAPPY NOW!

**#80**

“In the depth of winter, I finally learned that within me there lay an invincible summer.”  
— Albert Camus

**#81**

“Nobody can hurt me without my permission.”  
— Mahatma Gandhi

**#82**

“If you want to forget something or someone, never hate it, or never hate him/her. Everything and everyone that you hate is engraved upon your heart; if you want to let go of something, if you want to forget, you cannot hate.”  
— C. JoyBell C.

**#83**

“Anyone can hide. Facing up to things, working through them, that's what makes you strong.”  
— Sarah Dessen

**#84**

“Courage isn't having the strength to go on - it is going on when you don't have strength.”  
— Napoleon Bonaparte

## #85

“There is a saying in Tibetan, 'Tragedy should be utilized as a source of strength.' No matter what sort of difficulties, how painful experience is, if we lose our hope, that's our real disaster.”

— Dalai Lama XIV

## #86

“Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it.”

— Ann Landers

## #87

“I think that we are like stars. Something happens to burst us open; but when we burst open and think we are dying; we're actually turning into a supernova. And then when we look at ourselves again, we see that we're suddenly more beautiful than we ever were before!”

— C. JoyBell C.

## #88

There are many people who will want to befriend you if you fit the description of what they think is weak; predators want to have friends that they can dominate over because that makes them feel strong and important. The truth is that predators have no strength and no courage. It is you who are strong, and it is you who has courage. I have lost many a friend over the fact that when they attempt to rip me, they can't. They accuse me of being deceiving; I am not deceiving, I am just made of silk. It is they who are stupid and wrongly take gentleness and fairness for weakness. There are many more predators in this world, so I want you to be made of silk. You are silk.”

— C. JoyBell C.

## #89

“Grudges are for those who insist that they are owed something; forgiveness, however, is for those who are substantial enough to move on.”

— Criss Jami, Salomé: In Every Inch In Every Mile

## #90

“If you meet a woman of whatever complexion who sails her life with strength and grace and assurance, talk to her! And what you will find is that there has been a suffering, that at some time she has left herself for hanging dead.”

— Sena Jeter Naslund, Ahab's Wife, or The Star-Gazer

## #91

“It is easier to live through someone else than to complete yourself. The freedom to lead and plan your own life is frightening if you have never faced it before. It is frightening when a woman finally realizes that there is no answer to the question 'who am I' except the voice inside herself.”

— Betty Friedan

## #92

“She made broken look beautiful  
and strong look invincible.  
She walked with the Universe  
on her shoulders and made it  
look like a pair of wings.”

— Ariana Dancu

## #93

“God, grant me strength to accept those things I cannot change.”

— Dan Brown, Angels & Demons

## #94

“The harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. I love the man that can smile in trouble, that can gather strength from distress and grow.”

— Thomas Paine

## #95

“My scars remind me that I did indeed survive my deepest wounds. That in itself is an accomplishment. And they bring to mind something else, too. They remind me that the damage life has inflicted on me has, in many places, left me stronger and more resilient. What hurt me in the past has actually made me better equipped to face the present.”

— Steve Goodier

## #96

“Most people carry that pain around inside them their whole lives, until they kill the pain by other means, or until it kills them. But you, my friends, you found another way: a way to use the pain. To burn it as fuel, for light and warmth. You have learned to break the world that has tried to break you.”

— **Lev Grossman**

## #97

“You almost have to step outside yourself and look at you as if you were someone else you really care about and really want to protect. Would you let someone take advantage of that person? Would you let someone use that person you really care about? Or would you speak up for them? If it was someone else you care about, you'd say something. I know you would. Okay, now put yourself back in that body. That person is you. Stand up and tell 'em, "Enough!"

— **Queen Latifah, Put on Your Crown: Life-Changing Moments on the Path to Queendom**

## #98

“And pity--people who inspire it in you are actually very powerful people. To get someone else to take care of you, to feel sorry for you--that takes a lot of strength, smarts, manipulation. Very powerful people.”

— **Deb Caletti, The Secret Life of Prince Charming**

## #99

“We acquire the strength we have overcome.”

— **Ralph Waldo Emerson**

## #100

“Don't know how I kept going. You just do. You have to, so you do.”

— **Elizabeth Wein, Code Name Verity**