

LAURA LOUISE LOVE

*With
Love*



Wisdom for Modern Women



For Wizz, Leah and
the next generation of
powerful women.

lauralouiselove.com

O'day!

Anyone who knows me knows that I'm the "quote lady"! I always seem to have the right thing to say at precisely the right moment. This is because I've consulted guide books and card decks for as long as I can remember. They provided me with synchronistic wisdom and guidance when I needed it most. It all started with Louise Hay's affirmation book *You Can Heal Your Life*, a gift from my aunt Belinda when I was a young girl, then with the subsequent Hay House card decks from my aunt Suzy. The gift of feminine wisdom from two women I cherish is something I am forever grateful for.

I've never shied away from affirming others and making them feel valued — even though, like many women, I've struggled with my own self-worth at times. In wanting to give young women a contemporary guidebook of words that have helped me, please see this book as a gift from my heart to yours. My hope is that the words on these pages will help guide you back to your own inner knowing and wisdom. May this book help you to be brave with your one precious life and live in a space of gratitude as well as courage.

With Love is a collection of quotes that I have collected over the past 10 years from people in popular culture, poets, some wonderful philosophers and time-honoured thought-leaders too. Some of my own quotes are on these pages as well, to add a modern twist to age-old wisdom.

Having provided professional support to thousands of women and children over the years, many of these quotes have helped me to inspire others, but have also provided strength on my own path as a woman, a mum and a professional psychologist.

This book is designed to be printed out and consulted when you need a little pick-me-up. Put it on your nightstand or work desk and flick to a page at random when you need guidance, or reach to a page that's helpful with whatever you may be going through at the time. I hope this book will be a source of inspiration on life's journey.

Namaste,






NOTHING EVER GOES AWAY UNTIL IT
TEACHES US WHAT WE NEED TO KNOW.

- Pema Chodron





HEALTH,
WEALTH,
SUCCESS AND
HAPPINESS ARE
YOURS.

-Laura Louise Love

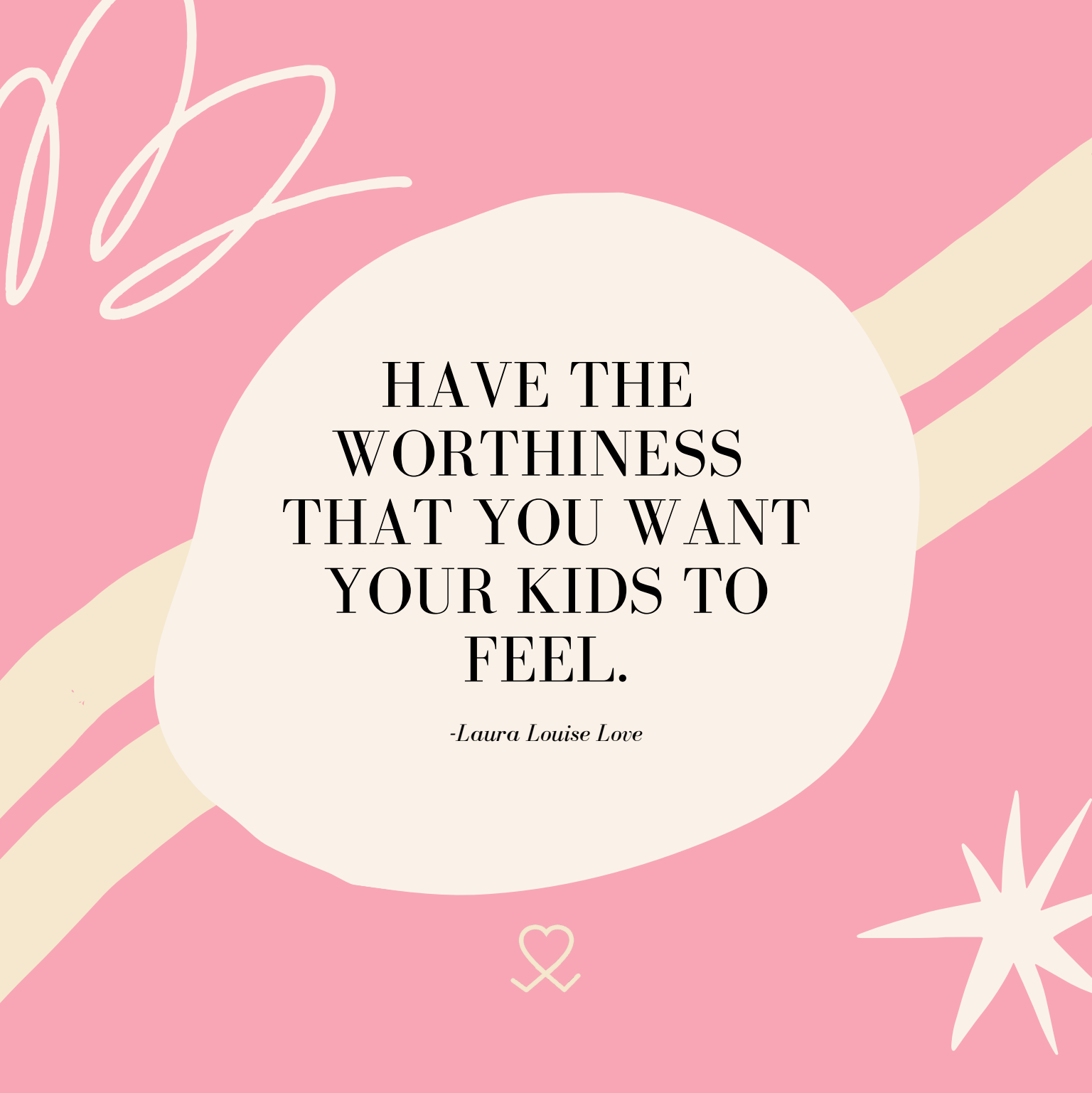




LOOK OUT FOR
PEOPLE WHO
LOOK OUT FOR
YOU. LOYALTY IS
EVERYTHING.

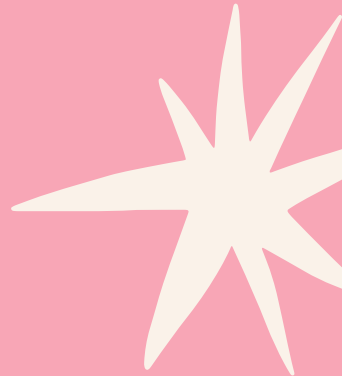
-Conor McGregor






HAVE THE
WORTHINESS
THAT YOU WANT
YOUR KIDS TO
FEEL.

-Laura Louise Love





YOU WILL SEE
BEAUTY ALL THE
TIME, ONCE YOU
TUNE INTO IT.

-Russell Brand





**REAL, CONNECTED AND PRESENT.
INSTEAD OF PERFECT.**

-Laura Louise Love





WE CAN DO HARD
THINGS.

-Glennon Doyle





MARRIAGE IS
LOVE IN MOTION.

-Laura Louise Love



COURAGE IS GRACE UNDER PRESSURE.

-Ernest Hemingway





WORTHINESS
COMES FROM
WITHIN.


-Laura Louise Love



IT'S A LOT
EASIER TO
KNOCK
SOMETHING
DOWN THAN IT IS
TO LIFT IT UP.

-Daniel LaRusso





TO SUCCEED IN
LIFE YOU NEED
THREE THINGS: A
WISHBONE, A
BACKBONE AND A
FUNNY BONE.

-Reba McEntire



YOU CAN BE STRONG AND YOU CAN BE
KIND.

-Jacinda Ardern




A black silhouette of a woman's head and shoulders, facing left, is positioned within a light gray circle. The circle is centered on a pink background with wavy yellow lines.

TODAY IS THE
FUTURE I
CREATED
YESTERDAY.

-Louise Hay





BEING UNIQUE
AND DIFFERENT
IS A REALLY
GOOD THING.

-Rebel Wilson



IT TAKES
AMAZING
WOMEN, TO
MAKE AMAZING
WOMEN.

-Laura Louise Love





DON'T EVER BE
AFRAID TO USE
YOUR VOICE.

-Jennifer Lopez



IF YOU WANT THE RAINBOW YOU GOTTA
PUT UP WITH THE RAIN.


-Dolly Parton



EVERYTHING IS
CLEARER WHEN
YOU'RE IN LOVE.

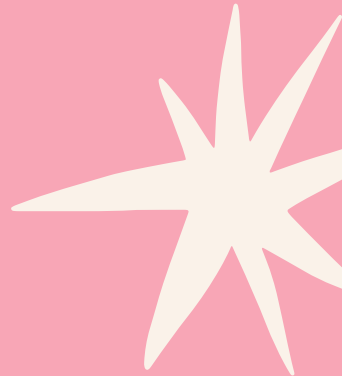
-John Lennon





THERE IS
ALWAYS LIGHT
BEHIND THE
CLOUDS.

-Louisa May Alcott



SETBACKS ARE YOUR SET-UP FOR
SOMETHING BETTER.

-Laura Louise Love





THE TIME IS ALWAYS RIPE TO DO RIGHT.


-Nelson Mandela



PRIDE CLOUDS RATIONALITY.

-Laura Louise Love






**WHEN PEOPLE
SHOW YOU WHO
THEY ARE,
BELIEVE THEM.**

-Maya Angelou







IF YOU WANT TO
CHANGE THE
WORLD, GO HOME
AND LOVE YOUR
FAMILY.

-Mother Teresa





VULNERABILITY
IS THE
CORNERSTONE OF
CONFIDENCE.

-Oprah





LIES DON'T END RELATIONSHIPS, THE
TRUTH DOES.

-Laura Louise Love



MY RELIGION IS KINDNESS.

-Dalai Lama





EACH DAY IS A
BRIGHT, NEW
BEGINNING.


-Laura Louise Love



CLEAR IS KIND.

-Brene Brown






THE PEOPLE YOU
ARE WORKING
FOR ARE AT
HOME.

-Laura Louise Love





NOTHING IS
IMPOSSIBLE. THE
WORD ITSELF
SAYS I'M
POSSIBLE!

-Audrey Hepburn



WHERE THERE IS LOVE THERE IS LIFE.

-Mahatma Gandhi





WHAT SEEMS TO
US AS BITTER
TRIALS, ARE
OFTEN
BLESSINGS IN
DISGUISE.



-Oscar Wilde



LIFE IS FULL OF SECOND CHANCES.

-Laura Louise Love






THE JOURNEY OF
A THOUSAND
MILES BEGINS
WITH A SINGLE
STEP.

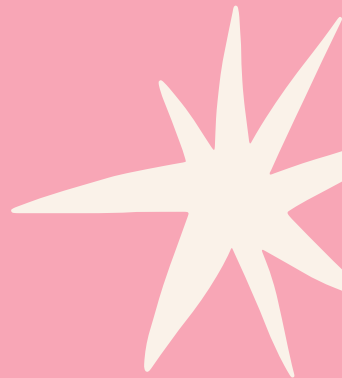
-Lao Tzu





IT TAKES
COURAGE TO
BECOME WHO
YOU REALLY ARE.

-E.E. Cummings






ALIGN, INSTEAD
OF HUSTLE.


-Laura Louise Love





WHETHER YOU
THINK YOU CAN,
OR YOU THINK
YOU CAN'T—
YOU'RE RIGHT.

-Henry Ford





TURN YOUR MESS
INTO YOUR
MESSAGE.


-Laura Louise Love



THREE THINGS IN
HUMAN LIFE ARE
IMPORTANT: THE
FIRST IS TO BE KIND,
THE SECOND IS TO
BE KIND;
AND THE THIRD IS TO
BE KIND.

-Henry James





YOU'RE NOT
BROKEN, YOU'RE
BREAKING OPEN.

-Laura Louise Love





AN OUNCE OF PREVENTION IS WORTH A
POUND OF CURE.

-Hippocrates






**LOVE BREEDS
MORE LOVE,
HATE BREEDS
MORE HATE.**


-Laura Louise Love





THE MEANING OF
LIFE IS TO FIND
YOUR GIFT. THE
PURPOSE OF LIFE IS
TO GIVE IT AWAY.

-Pablo Picasso





RESPONSIBILITY,
IS SIMPLY OUR
ABILITY TO
RESPOND.

-Laura Louise Love



NO ACT OF KINDNESS, NO MATTER HOW
SMALL, IS EVER WASTED.

-Aesop



BE REAL, BE TRUE, BE
YOUR MOST
AUTHENTIC YOU.

-Laura Louise Love





THOSE WHO SAY IT CAN'T BE DONE ARE
USUALLY INTERRUPTED BY OTHERS
DOING IT.

-James A Baldwin











RELAX, ENJOY
BUT NEVER
ABUSE.

-Laura Louise Love





PEOPLE
GENERALLY SEE
WHAT THEY
LOOK FOR AND
HEAR WHAT
THEY LISTEN
FOR.

-Harper Lee

GO AFTER YOUR DREAM LIKE A DOG AT
A BALL.

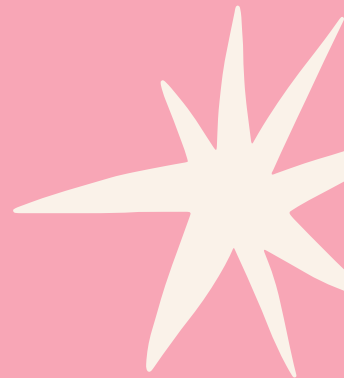
-Laura Louise Love





TAKE A LOVER
WHO LOOKS AT
YOU LIKE MAYBE
YOU ARE MAGIC.

-Frida Kahlo






IN LIFE, WE ARE EITHER GROWING OR
DYING.

-Laura Louise Love





I HAVEN'T
FAILED, I'VE JUST
FOUND 10,000
WAYS THAT
WON'T WORK.

-Thomas Edison





THERE IS MAGIC
ALL AROUND US.

-Laura Louise Love



IN THE END, ONLY THREE THINGS
MATTER; HOW MUCH YOU LOVED, HOW
GENTLY YOU LIVED, AND HOW
GRACEFULLY YOU LET GO OF THINGS
NOT MEANT FOR YOU.

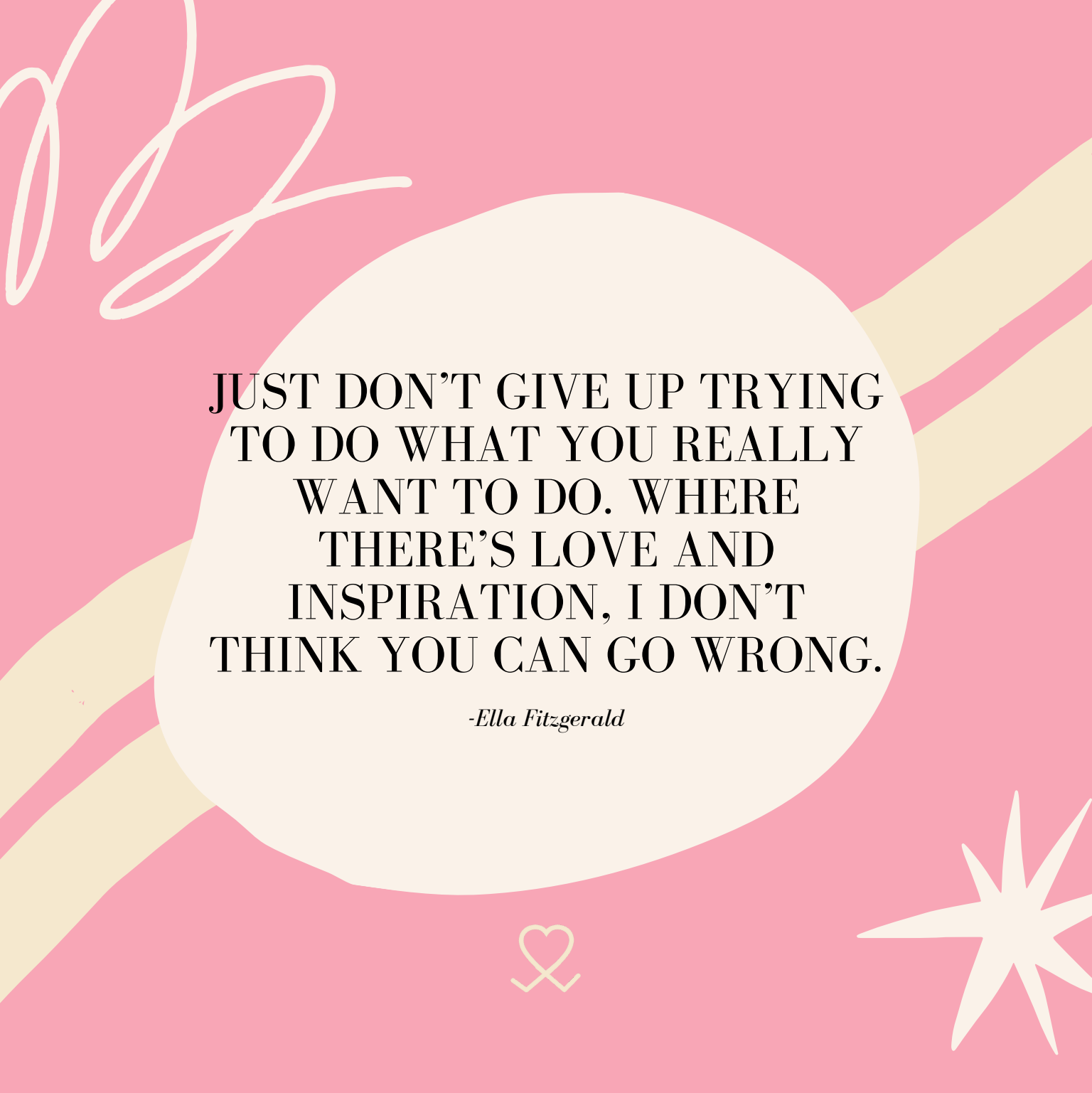
-Buddha



LOG OUT. SHUT DOWN. DO YOGA.

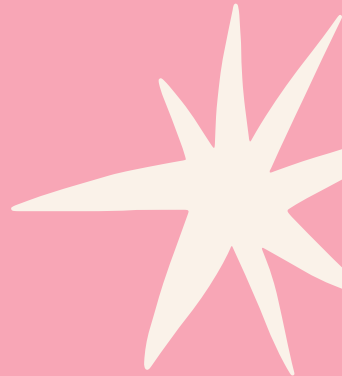
-Laura Louise Love





JUST DON'T GIVE UP TRYING
TO DO WHAT YOU REALLY
WANT TO DO. WHERE
THERE'S LOVE AND
INSPIRATION, I DON'T
THINK YOU CAN GO WRONG.

-Ella Fitzgerald





BE BOLD, BRAVE AND YOUR OWN KIND
OF BEAUTIFUL


-Laura Louise Love



BEFORE YOU SPEAK, LET
YOUR WORDS PASS THROUGH
THREE GATES. AT THE FIRST
GATE, ASK YOURSELF “IS IT
TRUE?”. AT THE SECOND GATE
ASK “IS IT NECESSARY?”. AT
THE THIRD GATE ASK
“IS IT KIND?”

-Rumi





WORK WON'T
REMEMBER THE
WEEKEND YOU
DIDN'T GIVE IT.
YOUR KIDS WILL.

-Laura Louise Love





BE CURIOUS, NOT
JUDGEMENTAL.

-Walt Whitman



RELEASE THE NEED TO BE RIGHT,
INSTEAD BE KIND.

-Laura Louise Love



OUR BODIES ARE HEALING MACHINES.

-Dr. Peta Stapleton





WE RECEIVE THE
LOVE WE
BELIEVE WE
DESERVE.

-Laura Louise Love



OUR ANXIETY DOES NOT COME FROM
THINKING ABOUT THE FUTURE, BUT
FROM WANTING TO CONTROL IT.

-Kahlil Gibran





**BE OPEN TO
OPPORTUNITIES.**

-Laura Louise Love





LOVE ALL, TRUST
A FEW, DO
WRONG TO NONE.

-William Shakespeare





I BELIEVE IN
MIRACLES.

-Laura Louise Love



SOMETIMES GOOD THINGS FALL APART
SO THAT BETTER THINGS CAN FALL
TOGETHER.

-Marilyn Monroe



LOVE AND HONOUR THE MOMENT.

-Laura Louise Love



A circular inset image shows a person from the chest down, wearing a white t-shirt and blue jeans. They are holding a bouquet of dried, pressed flowers and leaves. The bouquet includes several dark, spiky flower heads and long, thin, serrated leaves. The text is overlaid on this image.

WHEN YOU
THROW DIRT,
YOU LOSE
GROUND.

-Texan Proverb











LET GO AND
ENJOY, IT MAKES
LIFE SWEETER.

-Laura Louise Love





IN ANY GIVEN
MOMENT WE HAVE
TWO OPTIONS: TO
STEP FORWARD
INTO GROWTH OR
TO STEP BACK
INTO SAFETY.

-Abraham Maslow

A LOT CAN HAPPEN IN A YEAR.

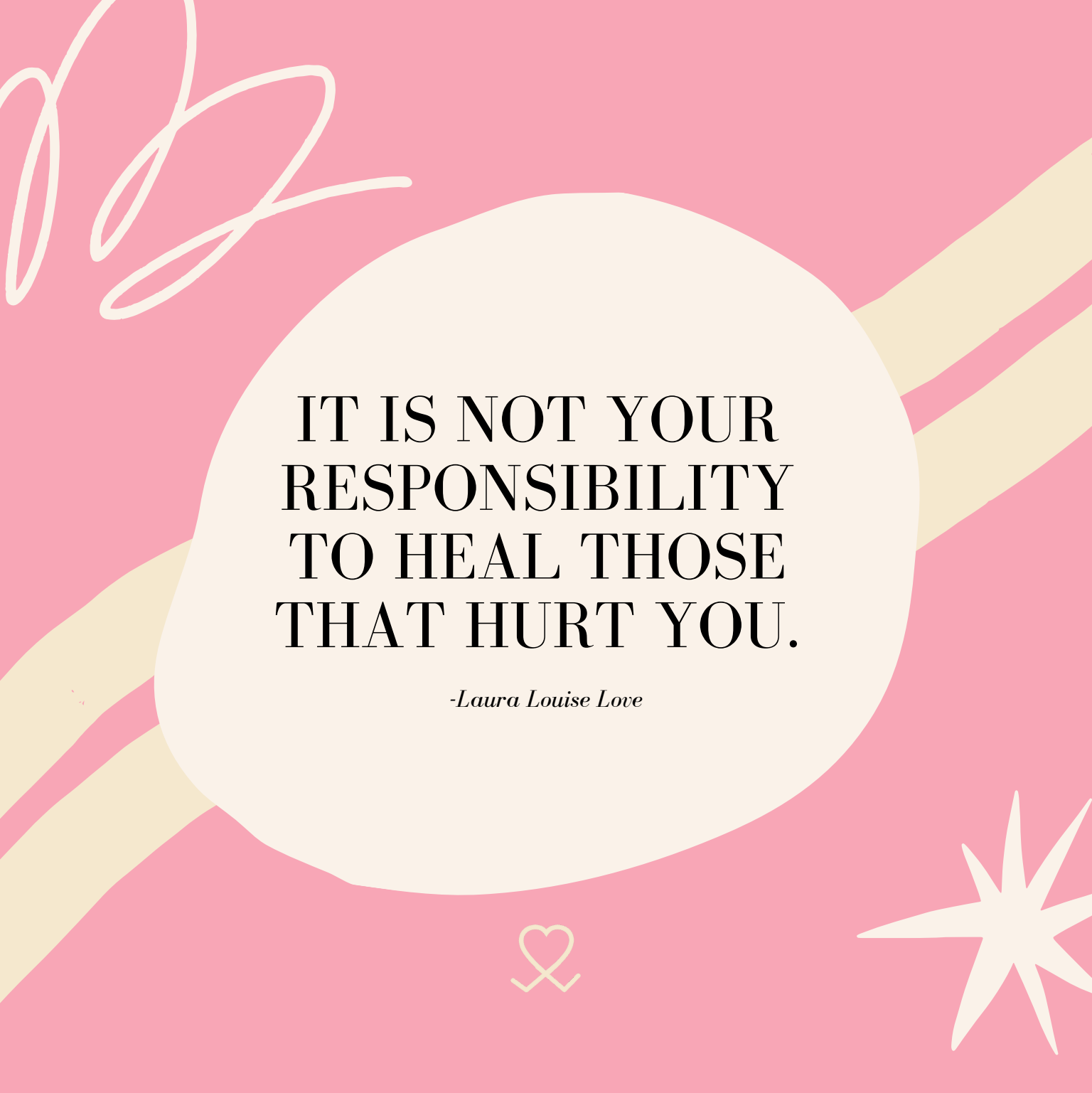
-Laura Louise Love



FORGIVENESS IS THE
FRAGRANCE THAT
THE VIOLET SHEDS
ON THE HEEL THAT
HAS CRUSHED IT.

-William Blake





IT IS NOT YOUR
RESPONSIBILITY
TO HEAL THOSE
THAT HURT YOU.

-Laura Louise Love





THE DEEPEST PRINCIPLE IN HUMAN
NATURE IS THE CRAVING TO BE
APPRECIATED.

-William James







**STRIVE TO
BELONG, NOT TO
'FIT IN'.**

-Laura Louise Love





I CANNOT TEACH
ANYBODY
ANYTHING, I CAN
ONLY MAKE
THEM THINK.

-Socrates



DON'T FIT INTO THE WORLD AROUND
YOU? YOU WERE BORN TO CREATE A
NEW ONE.


-Laura Louise Love



EVERYTHING WE
HEAR IS AN OPINION,
NOT A FACT.
EVERYTHING WE SEE
IS A PERSPECTIVE,
NOT THE TRUTH.

-Marcus Aurelius





MAY WE
ATTRACT PEOPLE
WITH GENUINE
INTENTIONS.

-Laura Louise Love



WHAT LIES BEHIND US AND WHAT LIES
BEFORE US ARE SMALL MATTERS
COMPARED TO WHAT LIES WITHIN US.

-Emerson






PROGRESS OVER PERFECTION.

-Laura Louise Love





IF YOU WANT
HAPPINESS FOR A
LIFETIME, HELP
SOMEBODY.

-Chinese Proverb





YOU ARE
SOMEBODY.

-Laura Louise Love



I AM NOT WHAT HAPPENED TO ME, I AM
WHAT I CHOOSE TO BECOME.

-Carl Jung



BE LOVING AND KIND,
WITH A BACKBONE.

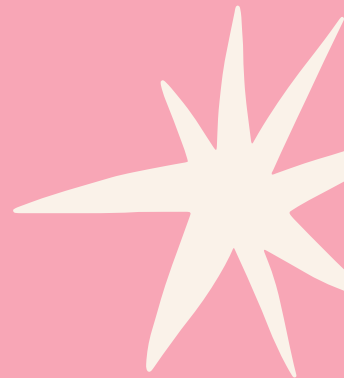
-Laura Louise Love





FALL SEVEN
TIMES AND
STAND UP EIGHT.

-Japanese Proverb





FLOW IS WHEN DISCIPLINE MEETS
SURRENDER.

-Laura Louise Love






COMPARISON IS
THE THIEF OF
JOY.

-Theodore Roosevelt







**THROWING
SHADE ONLY
DIMS YOUR
LIGHT.**

-Laura Louise Love







ANGER IS AN ACID
THAT CAN DO MORE
HARM TO THE VESSEL
IN WHICH IT IS
STORED THAN TO
ANYTHING ON WHICH
IT IS POURED.

-Mark Twain





A collection of almost 100
inspiring quotes for modern
women to help create your
dreams!

May these pages guide you
to live the life you love.

Print them out and choose
one per day to inspire you.



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