

October 1. Don't grieve. Anything you lose comes round in another form. Rumi

October 2. Anyone who has lost something they thought was theirs forever finally comes to realize that nothing really belongs to them. Paulo Coelho

October 3. Give sorrow words; the grief that does not speak knits up the o-er wrought heart and bids it break. William Shakespeare

October 4. The best way to guarantee a loss is to quit. Morgan Freeman

October 5. Death is not the greatest loss in life. The greatest loss is what dies inside us while we live. Norman Cousins

October 6. There's always failure. And there's always disappointment. And there's always loss. But the secret is learning from the loss, and realizing that none of those holes are vacuums. Michael J. Fox

October 7. The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of those depths. Elizabeth Kubler-Ross

October 8. Loss is nothing else but change and change is Nature's delight. Marcus Aurelius

October 9. Where do we enroll in Life 101? Where are the classes dealing with the loss of a job, the death of a loved one, the failure of a relationship? Unfortunately, those lessons are mostly learned through trial by fire and the school of hard knocks. Les Brown

October 10. Every human being must find his own way to cope with severe loss, and the only job of a true friend is to facilitate whatever method he chooses. Caleb Carr

October 11. It's not the winning that teaches you how to be resilient. It's the setback. It's the loss.

Beth Brooke

October 12. When you lose something in your life, stop thinking it's a loss for you....it is a gift you have been given so you can get on the right path to where you are meant to go, not to where you think you should have gone.

Suze Orman

October 13. There's a bit of magic in everything, and some loss to even things out.

Lou Reed

October 14. Loss and possession, death and life are one. There fall no shadow where there shines no sun.

Hilaire

Belloc

October 15. Laughter, and the broader category of humor, are key elements in helping us go on with our life after a loss.

Allen

Klein

October 16. It is no good getting furious if you get stuck. What I do is keep thinking about the problem but work on something else. Sometimes it is years before I see the way forward. In the case of information loss and black holes, it was 29 years.

Stephen

Hawking

October 17. The garden is growth and change and that means loss as well as constant new treasures to make up for a few disasters.

May Sarton

October 18. As soon as questions of will or decision or reason or choice of action arise, human science is at a loss.

Noam Chomsky

October 19. Every time you don't follow your inner guidance, you feel a loss of energy, loss of power, a sense of spiritual deadness.

Shakti Gawain

October 20. In the midst of the sense of tragedy or loss, sometimes laughter is not only healing, it's a way of experiencing the person that you've lost again.

Alan

Alda

October 21. Most of us need time to work through pain and loss. We can find all manner of reasons for postponing forgiveness. One of these reasons is waiting for the wrongdoers to repent before we forgive them. Yet such a delay causes us to forfeit the peace and happiness that could be ours.

James E.

Faust

October 22. Sometimes we feel the loss of a prejudice as a loss of vigor.

Eric Hoffer

October 23. Life is really pretty tricky, and there's a lot of loss, and the longer you stay alive, the more people you lose whom you actually couldn't live without.

Anne Lamont

October 24. Just as the body goes into shock after a physical trauma, so does the human psyche go into shock after the impact of a major loss.

Anne Grant

October 25. The thing about hearing loss is that no one can see it. Most people are so impatient; they just assume that the person with hearing loss is being rude or slow-witted.

Marion Ross

October 26. None of us has control over the economy, the job market, or anything else in the global sense. But we are 100% in charge of how we respond to challenges that come our way, be it the loss of a job, a career derailment, or some other disappointment.

Edward Whitacre, Jr.

October 27. No matter how hard the loss, defeat might serve as well as victory to shake the soul and let the glory out.

Al Gore

October 28. I fear we might be losing the basic human facility to be alone – and with that you throw out independent decision-making, what to trust, what not to trust; key stuff – a perilous loss.

Dylan Moran

October 29. In life, loss is inevitable. Everyone knows this, yet in the core of most people it remains deeply denied – ‘This should not happen to me.’ It is for this reason that loss is the most difficult challenge one has to face as a human being. Dayananda Saraswati

October 30. It's easier to identify with loss than love, because we have had so much more experience of it. Roger Ebert

October 31. Eventually, everything goes away. Elizabeth Gilbert