

**"THERE IS ONLY ONE WAY TO HAPPINESS
AND THAT IS TO CEASE WORRYING ABOUT
THINGS WHICH ARE BEYOND THE POWER
OF OUR WILL."**

—EPICTETUS

— THICH NHAT HANH

**"FOR US, THERE IS ONLY THE TRYING.
THE REST IS NOT OUR BUSINESS."**

—T.S. ELIOT

