"My one regret in life is that I am not someone else."
- Woody Allen

"Listen to the mustn'ts, child. Listen to the don'ts. Listen to the shouldn'ts, the impossibles, the won'ts. Listen to the never haves, then listen close to me... Anything can happen, child. Anything can be."
- Shel Silverstein

"I AM AN OLD MAN AND HAVE KNOWN A GREAT MANY TROUBLES, BUT MOST OF THEM NEVER HAPPENED."
- Mark Twain

"No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit."
- Helen Keller

"I don’t think of all the misery, but of all the beauty that still remains."
- Anne Frank

Optimism transcends Negativity

If optimism is your goal or your challenge, EAP is here to support you! Give us a call at 1.800.542.6021 to make your confidential appointment with an EAP counselor.