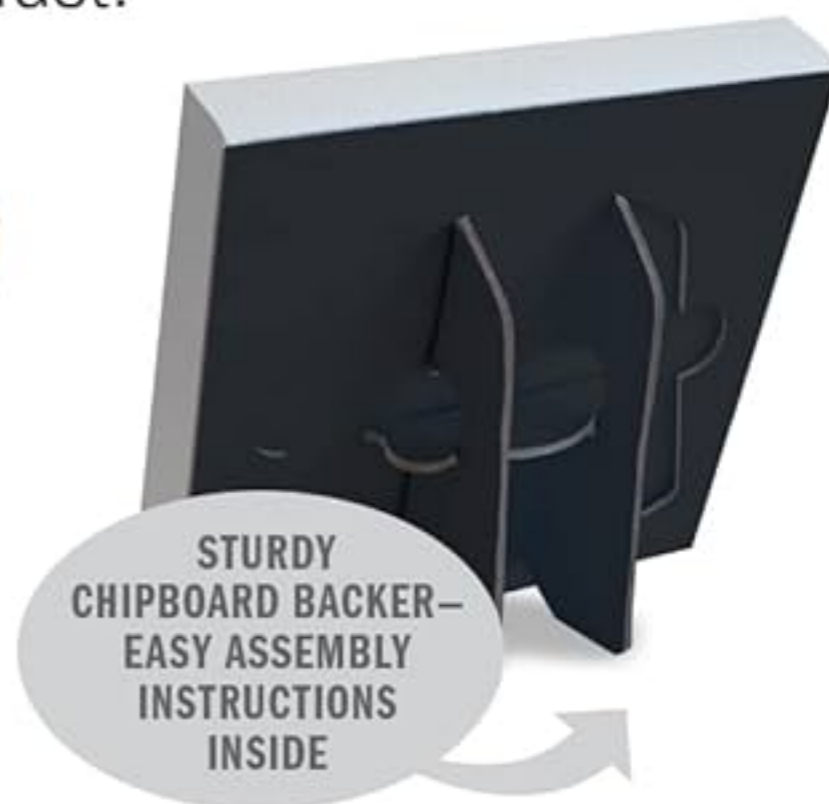


“When there is no wind, row.”

—Portuguese proverb

The iconic Keep Calm and Carry On poster was created by the British government during World War II to be used only if the worst happened: the Nazis crossed the English Channel and invaded. While it was never put to use, its cheerful, chin-up motivational message resonates to this day, exemplified in these hundreds of inspiring quotes and sayings. There's baseball player Satchel Paige: *“Don't look back. Something might be gaining on you.”* Anne Frank: *“We have many reasons to hope for great happiness, but . . . we have to earn it. And that's something you can't achieve by taking the easy way out.”* And James Baldwin: *“Not everything that is faced can be changed; but nothing can be changed until it is faced.”* Stay strong, stay steadfast!



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