

**HOPE**  
Happens!





# HOPE Happens!



Words of enCOURAGEment  
for tough times...

Catherine DeVrye

HOPE HAPPENS!  
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Cover photograph by Catherine DeVrye.

Every endeavor has been made to correctly identify the sources of quotes  
contained in this book. If errors are detected, please notify the publisher.

*For my parents...and every parent and child  
who ever loved or was loved...*

*For my grandparents, aunts, uncles and  
friends...and for all of yours...*

*For those dedicated professionals and  
volunteers who daily offer hope and help to  
others facing seemingly hopeless situations.*

A percentage from sales of this book goes to the Cancer Council, which is committed to helping build a cancer smart community. Each year the Cancer Helpline offers **hope** to people who call for information or support about cancer and cancer-related issues. Call the Cancer Helpline in Australia on 13 11 20.





# Introduction

I sat in the lounge of Brisbane Airport on September 11, 2001, having just addressed the World Airline Entertainment Association. I felt incredibly sad and numb, not just because of global events but, somewhat selfishly, because of bronchitis and a relationship with the man of my dreams threatening to turn into a nightmare. It hadn't just been 'one of those days' but one of those weeks, when a lot of things in my little part of the world weren't going according to plan (at least, not to my plan!)

A friend phoned to say her mother had died. Certainly, she shared compassion with thousands of people on the other side of the world, but the loss of one life weighed far heavier on her mind. To her, talk of the 'world changing' was more than a media cliché about the world changing—the world always changes—but her own life had tumbled and changed irrevocably with the death of the one person who had always been central to her world.

I couldn't help but think that, undoubtedly, global tragedy impacts on us all in various ways, from the personal to the economic. Yet, ultimately, it's the everyday tragedies in life that cause us the greatest grief, wherever we live on the globe.

My thoughts were interrupted by a vibrant young woman, who introduced herself and said she had been inspired by one of my presentations some years ago. She went on to say that she'd since been promoted to London and took only six books overseas...one being the last one I'd written, *Hot Lemon & Honey—Reflections for Success in Times of Change*.

'Whenever I'm feeling despondent, I delve into that book and magically find just the right words of inspiration and encouragement,' she enthused.

'Oh, what chapter was that?' I asked, before smiling at the irony.

The young woman had lifted my spirits. But, despite her claim that my book was her source of encouragement and inspiration, I personally don't believe that any one person can motivate any other, and that

inspiration and encouragement come from a variety of sources—in the least expected forms, from the most unlikely people, in the most peculiar places.

I am often concerned when, after I address a room full of people, some audience members exclaim in a well-meaning way: 'You changed my life today!'

Although these comments are offered in the most complimentary vein, I'm troubled that a total stranger can think that a few words from me, or anyone else, can change his or her life. Admittedly, it's wonderful to have countless letters and emails from readers or conference attendees, stating that some words I'd written or spoken have helped them. Comments range from crediting me with 'improving productivity 40%' in a multinational corporation to 'mending a broken teenage romance'...not that I consider myself an 'expert' in either field.

I do feel truly blessed in my work and, although I would love to think that I was able to help to that extent, I'm also realistic enough to know that nothing I said actually made those differences. The impact was

made by what those individuals heard. More so, it was what they *chose* to hear at that point in time, and what they then decided to *act* upon. My words simply served as a timely catalyst for change.

Therefore, it is not surprising that I have a low tolerance for so-called gurus who claim they 'change people's lives'. No one can change the life of any individual except that individual. Certainly, others offer a greater or lesser incentive for a person to improve his or her life. Nonetheless, responsibility still rests with each one of us for our own lives!

Recently I received an email stating: 'Thanks. You kick-started my belief system again.'

This particular communication resonated more with me because we have all had times in our lives when our belief systems needed a good kick-start, and words of others can help in that regard.

You may have already heard some of the quotes in this book. Others, you will not have heard. Some may not resonate with you at the moment. Others may never do so. Some may have deep meaning. Others

may have none. But there may be one that means a lot and can help you cope with your lot in life.

I've collected motivational quotes, poems and stories since my grandfather died when I was sixteen. As I was an only child, he had been my confidante and best friend and when my parents passed away a few years later, I re-visited those initial inscriptions in my diary and have since added to them over the years.

People often asked how I coped when my folks died when I was 21? What choice did I have? Cope or crumble—and, I had no intention of crumbling. Sure, there have been many crumbled days of despair since then but I've always tried to remember what Frank Jansen, a wise old man, told me when I first arrived in Australia:

'Cath...Every day above the ground is a good one.'

This was one of the first statements that made any sense to me, when nothing else did.

Because I experienced loss at an early age and *felt* I had no one else to turn to, I turned inward—to myself and to books. Two university friends gave me the first

two 'motivational' books in my library and, years later, these books are still there, although more dog-eared with now yellowing pages.

I've subsequently added many such books to my library, quickly discarded others and even written a couple myself. I've highlighted particular paragraphs that meant something to me at the time of reading and, at times, when I'm temporarily feeling despondent, I may reach for a book, to re-read a particular page. Some sentences and sentiments have made such impact that I've occasionally copied the words from inside the pages of a book to place prominently on the outside of my fridge, or on my bathroom mirror, desk or bedside table, as everyday reminders.

Even though I had not lost any loved ones on September 11, 2001 and it had been over a quarter of a century since my parents passed away, I felt a strangely similar sense of disbelief and sadness. So, once again I turned to the pages of my diary, searching for words of encouragement and scribbling some thoughts. Before I

knew it, I was gathering them into this little book—to hopefully help others work through their tough times, faster than I did mine.

Since those early dark days, I've been privileged to meet world leaders, sports stars and music icons and have been surprised to discover that, at times, they all share the same sense of loss and uncertainty as my next-door neighbour or a stranger on a bus, train or plane. Behind the facade, no life is perfect and the grass isn't always greener on the other side of the fence.

So, when we wallow in self-pity, it's important to remember that there is almost always someone much worse off than ourself.

Tragedy strikes all of us sooner or later. In my case, it just happened to be sooner than some. So, I've written this book for the everyday person with everyday problems in this journey called life. And, we're all everyday people! As John Lennon once said: 'Life is what happens when we're making other plans.' Today, and every day, we need to keep our plans and

our dreams alive and must not be swamped by nightmares of negativity and despair.

Hope is no magical panacea to problems we face, but hope helps us cope when the well is dry of wishes. One can only have courage if one has hope. We need both in tough times.

There will, of course, be times when, unfortunately, no amount of optimism can change the situation. Soon after the first release of this book, a friend's son died. My friend and his family never appeared to lose hope throughout his son's illness and I was lost for adequate words of sympathy.

I knew from my own experience that, immediately after the loss of a loved one, loss of health, loss of wealth or loss of a job, no words from anyone else can help a lot in the short term. But, over time, a lot of little words can help a little—if you let them.

Surprisingly, it is the simplest homespun truths that are the ones that stand us in good stead in times of strife. I trust that some of the quotes in this book will

be both timely and timeless on your journey; acting as a turning point when you've hit a low point.

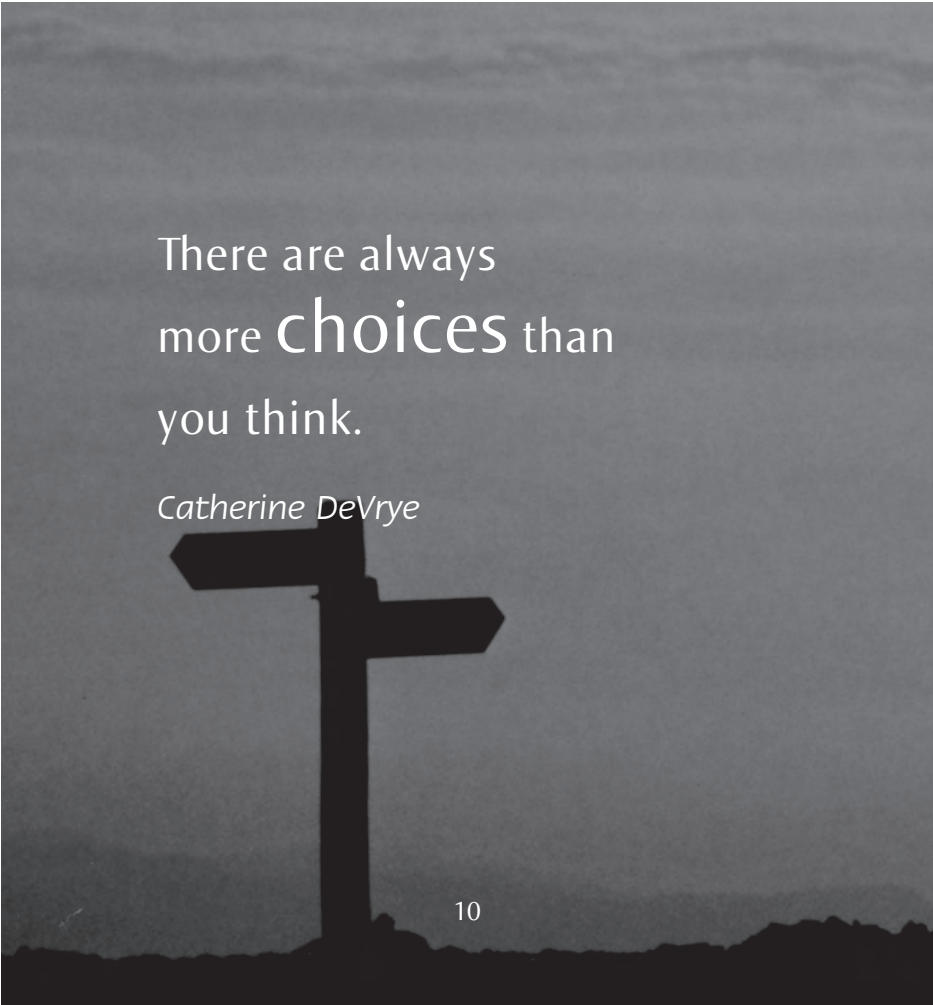
Friends know and appreciate that my life has had as many ups and downs as any. Heartfelt thanks to them for their support over the years — especially the handful whose counsel I sought on this book and to the terrific behind the scenes publishing team — none of whom ever lost hope in the concept.

American humourist, Art Buchwald, once said:

'Whether it's the best of times or the worst of times, it's the only time we have.'

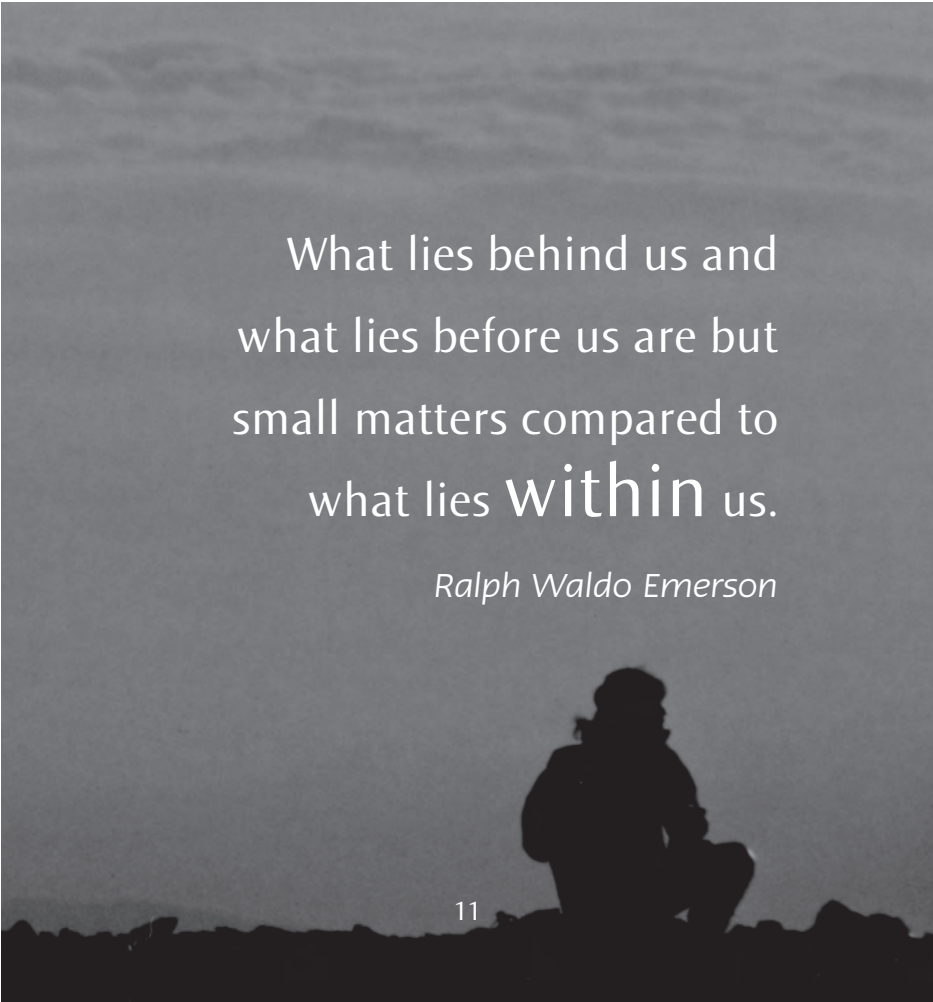
Let's make every moment count, starting now. Someone once accused me of being overly optimistic and living my life by clichés. If that's the opposite of being overly negative and not living one's life to the full, I plead guilty—and you can quote me on that!

*Catherine DeVrye*



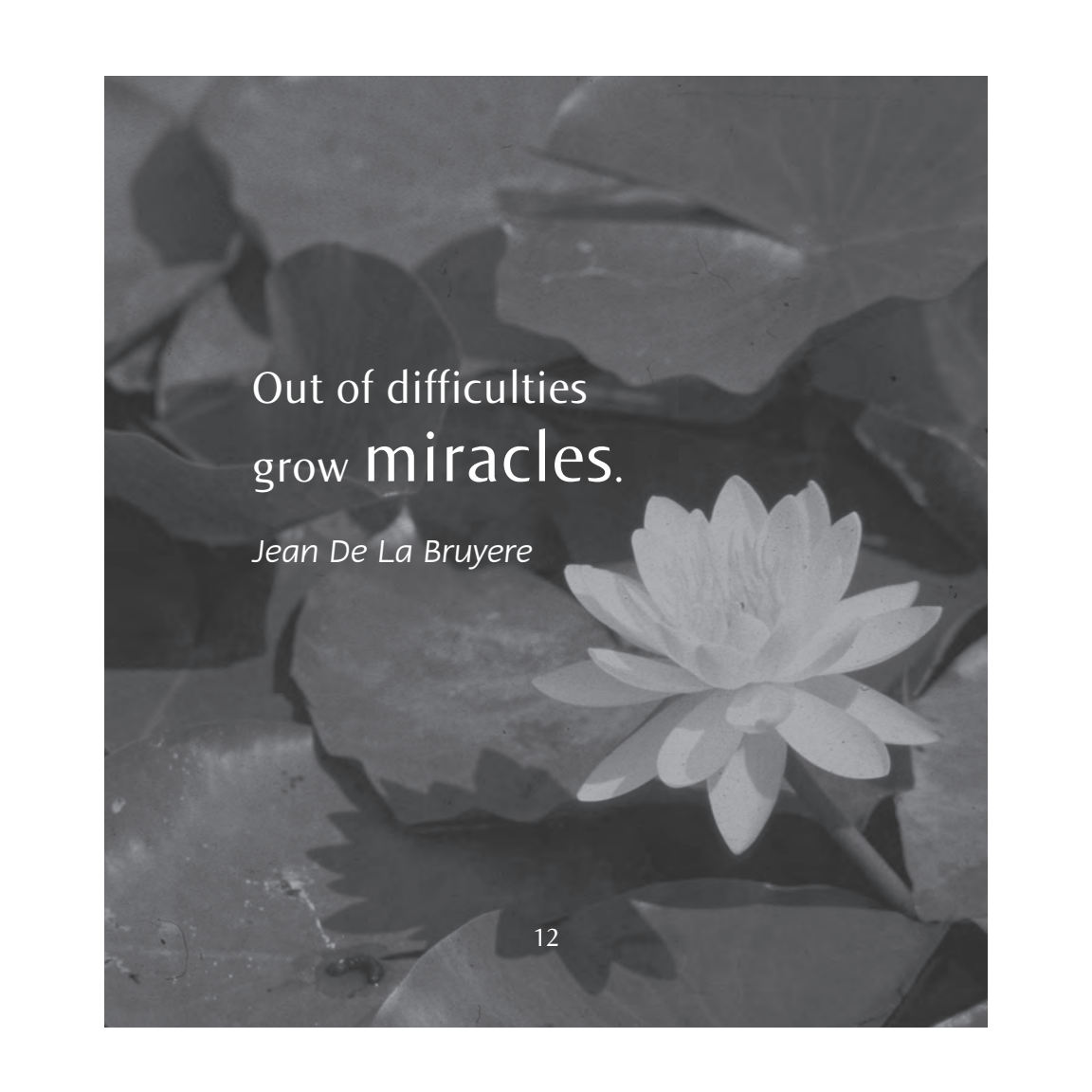
There are always  
more **choices** than  
you think.

*Catherine DeVrye*

A black and white photograph of a person sitting on a rocky shore, looking out at the ocean under a cloudy sky. The person is in silhouette, and the sky is filled with soft, textured clouds. The overall mood is contemplative and serene.

What lies behind us and  
what lies before us are but  
small matters compared to  
what lies **within** us.

*Ralph Waldo Emerson*



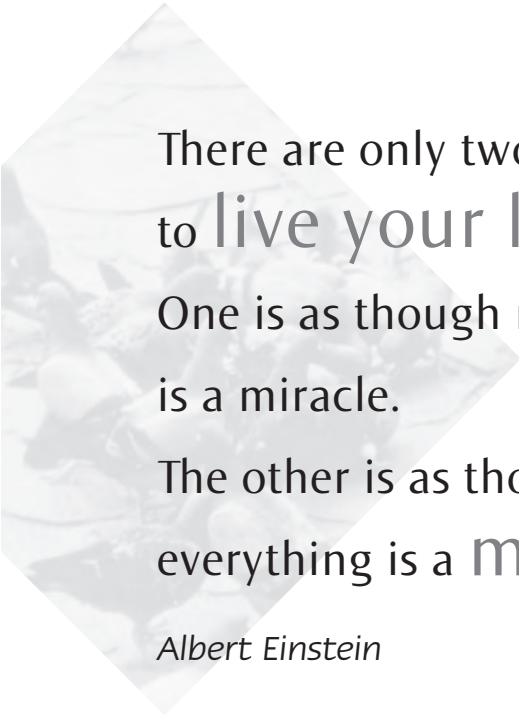
Out of difficulties  
grow **miracles.**

*Jean De La Bruyere*



Light always  
follows darkness.

*Anonymous*

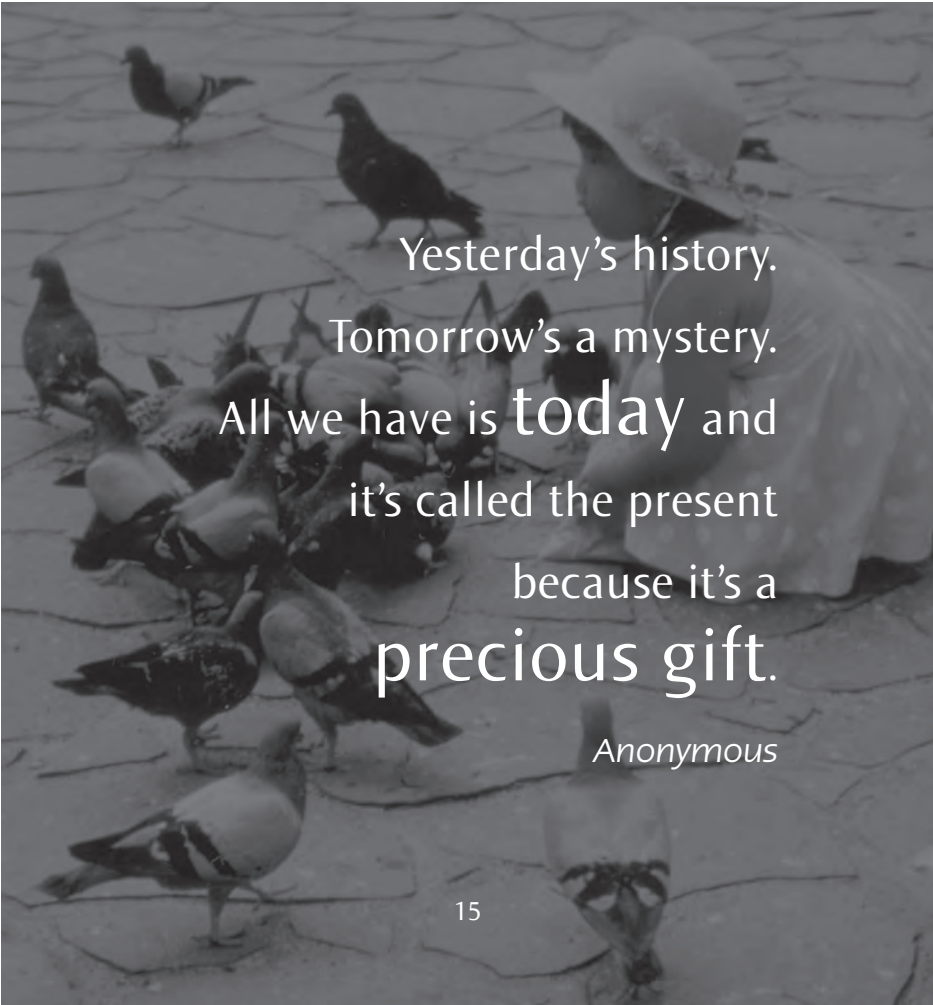


There are only two ways  
to **live your life.**

One is as though nothing  
is a miracle.


The other is as though  
everything is a **miracle.**

*Albert Einstein*



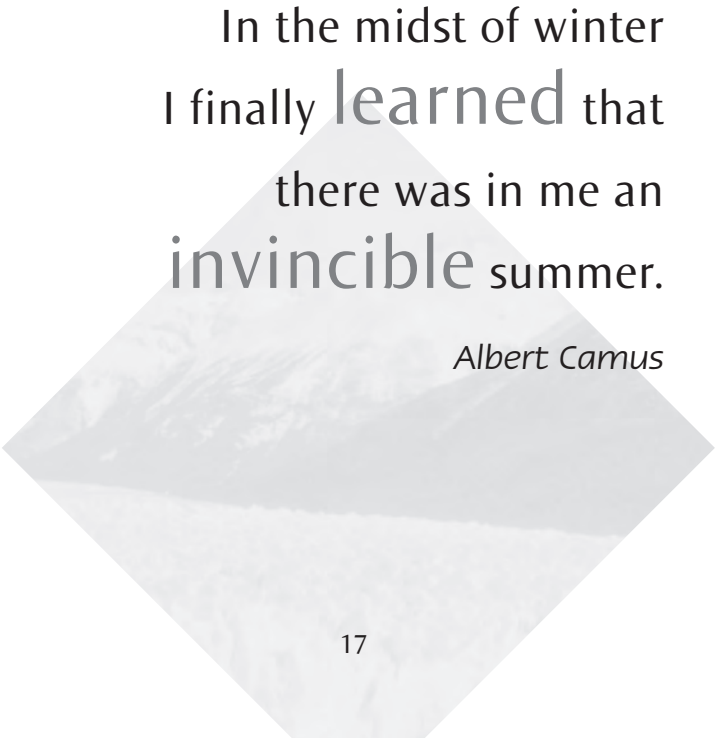
Yesterday's history.  
Tomorrow's a mystery.  
All we have is **today** and  
it's called the present  
because it's a  
**precious gift.**

*Anonymous*

A black and white photograph of a massive glacier. In the foreground, two people are walking along a wooden railing, looking towards the glacier. The glacier is a vast, textured expanse of ice, and in the background, snow-capped mountains rise under a cloudy sky.

Life is either  
a daring **adventure**  
or nothing.

*Helen Keller*

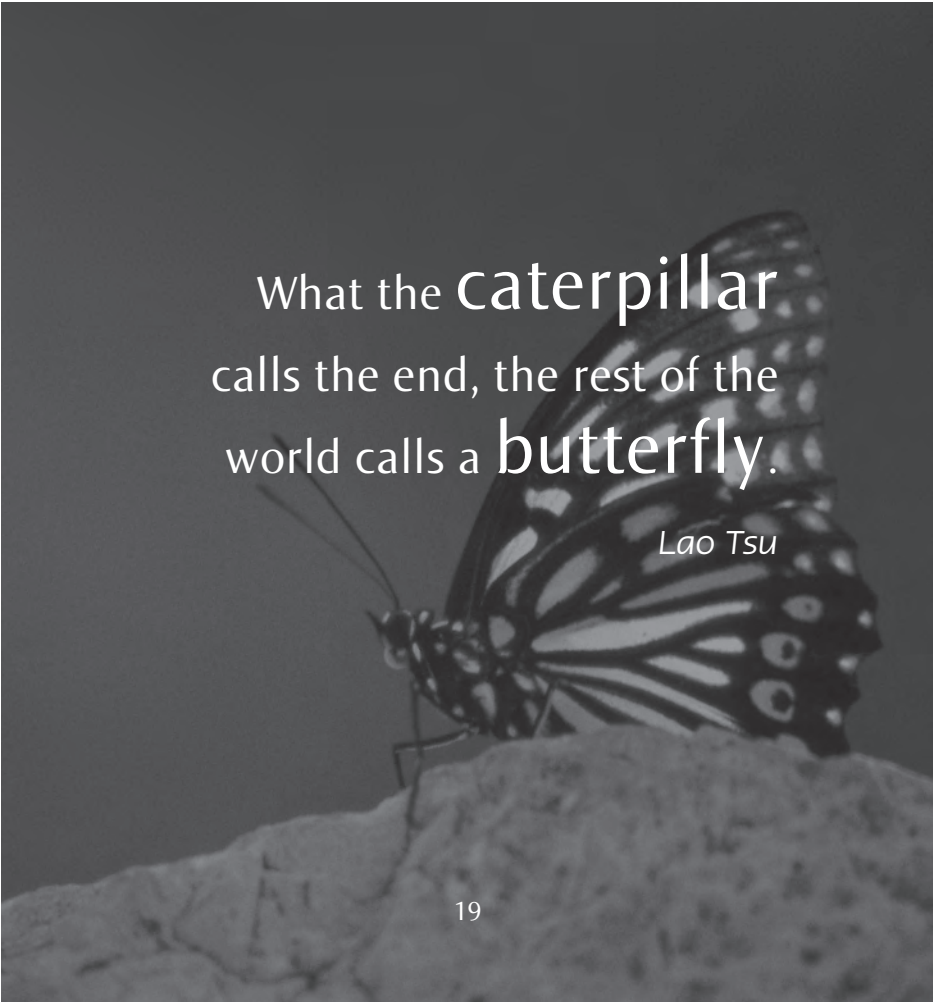


In the midst of winter  
I finally **learned** that  
there was in me an  
**invincible** summer.

*Albert Camus*


Your pain is the  
breaking of the shell that  
encloses your  
understanding.

*Kahlil Gibran*



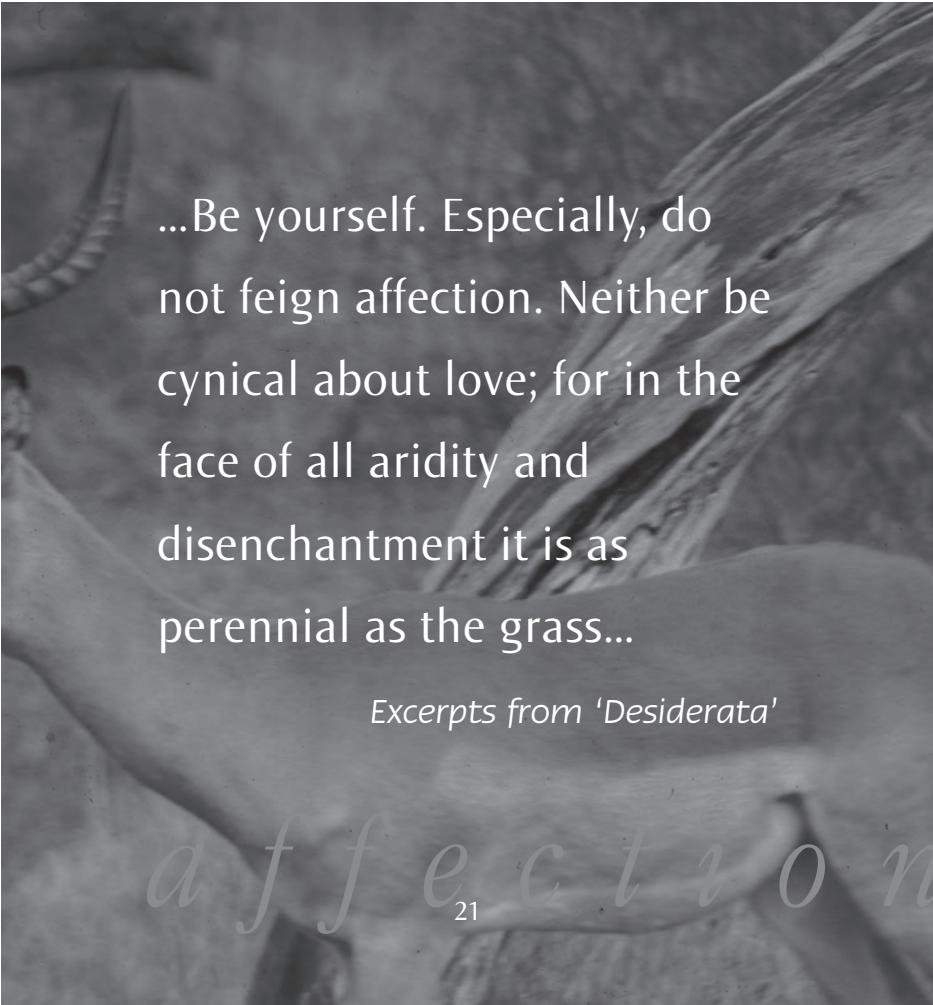
What the caterpillar  
calls the end, the rest of the  
world calls a butterfly.

*Lao Tsu*

A black and white photograph of two gazelles in a savanna setting. The gazelle on the left is in the foreground, facing right, with its head slightly lowered. The gazelle on the right is slightly behind and to the right, facing left. They appear to be interacting, possibly sniffing each other. The background is a blurred savanna landscape with trees and grass.

b e   y o u r s e l f

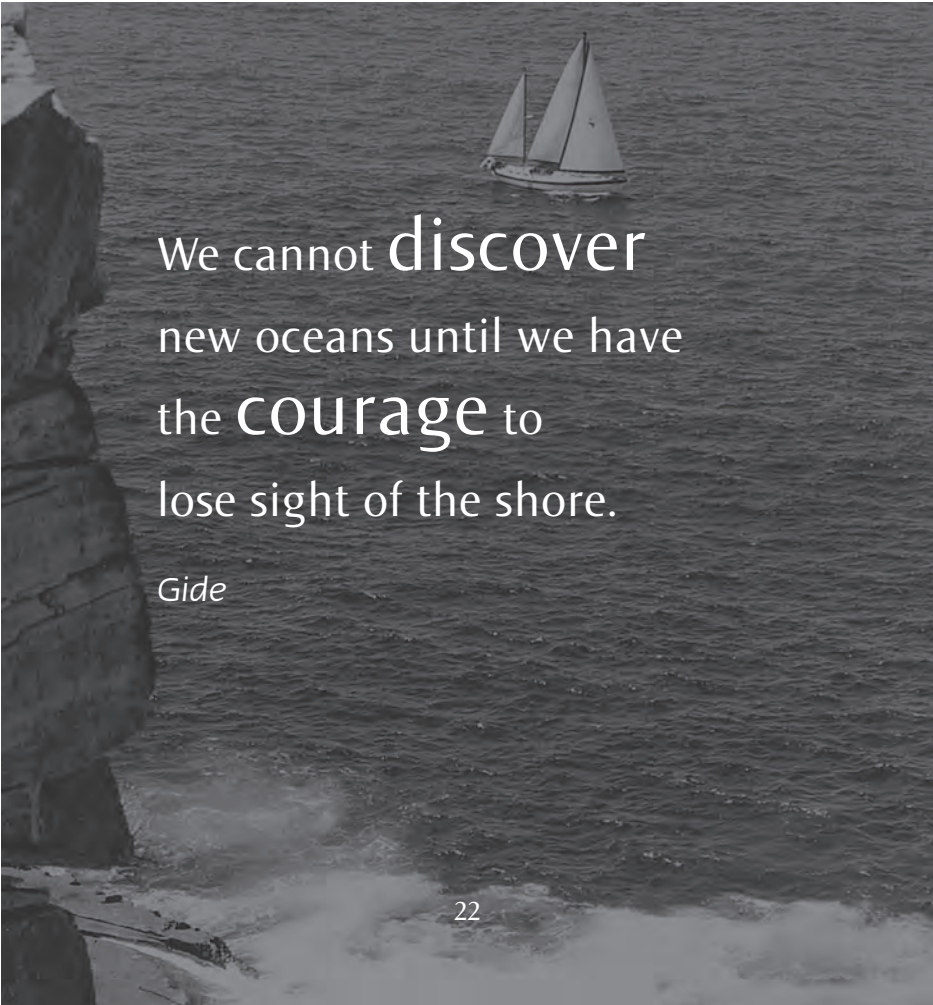
Do not compare yourself with  
others. You may become vain  
and bitter; for always there  
will be greater and lesser  
persons than yourself...



...Be yourself. Especially, do  
not feign affection. Neither be  
cynical about love; for in the  
face of all aridity and  
disenchantment it is as  
perennial as the grass...


*Excerpts from 'Desiderata'*

*a f f e c t i o n*



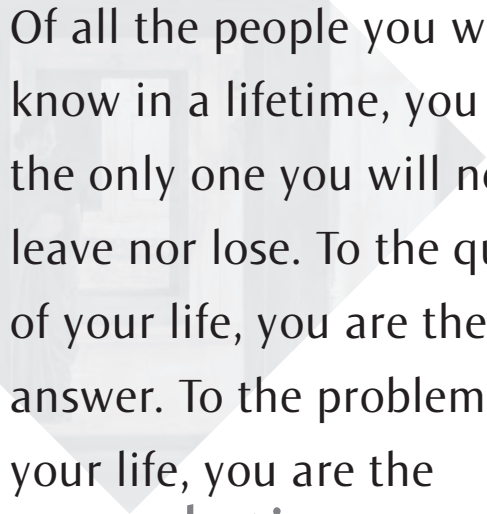
We cannot **discover**  
new oceans until we have  
the **courage** to  
lose sight of the shore.

*Gide*



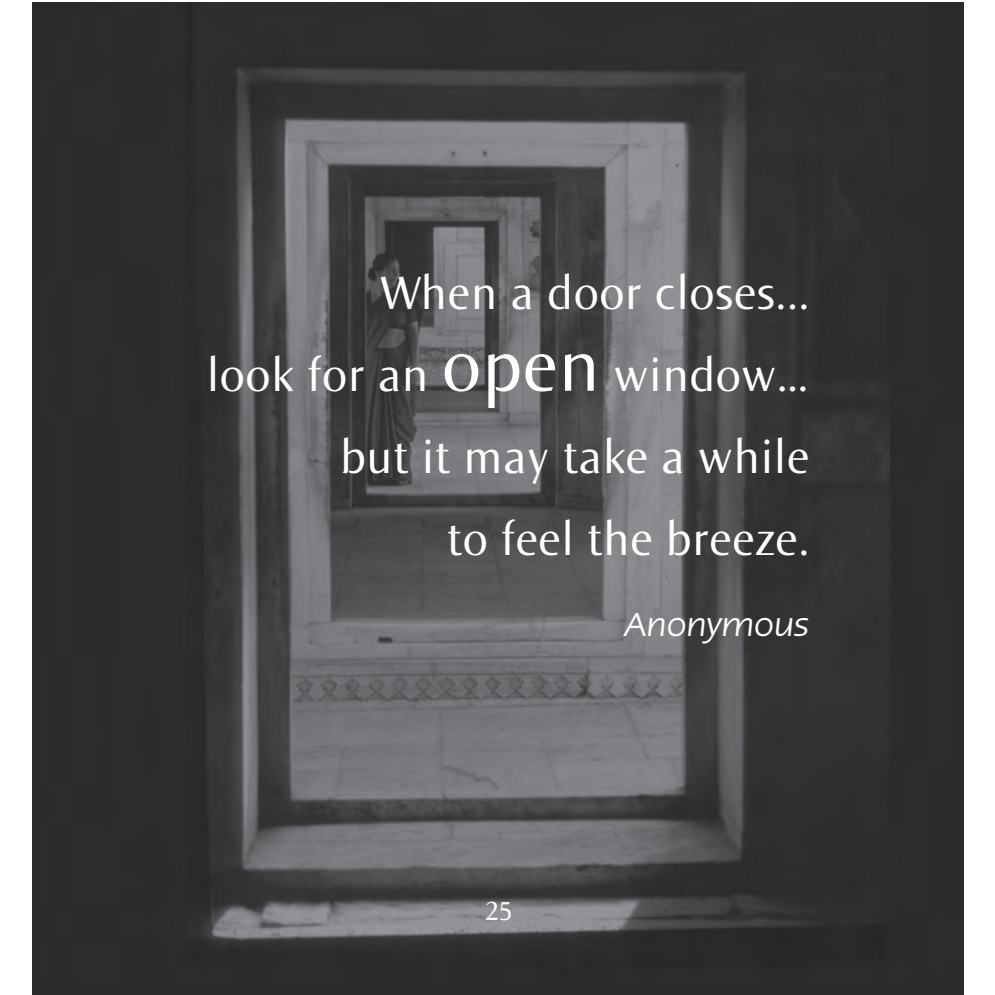
The greatest **discovery**  
of my generation is  
that a human being can  
**alter** his life by altering  
his **attitude.**

*William James*



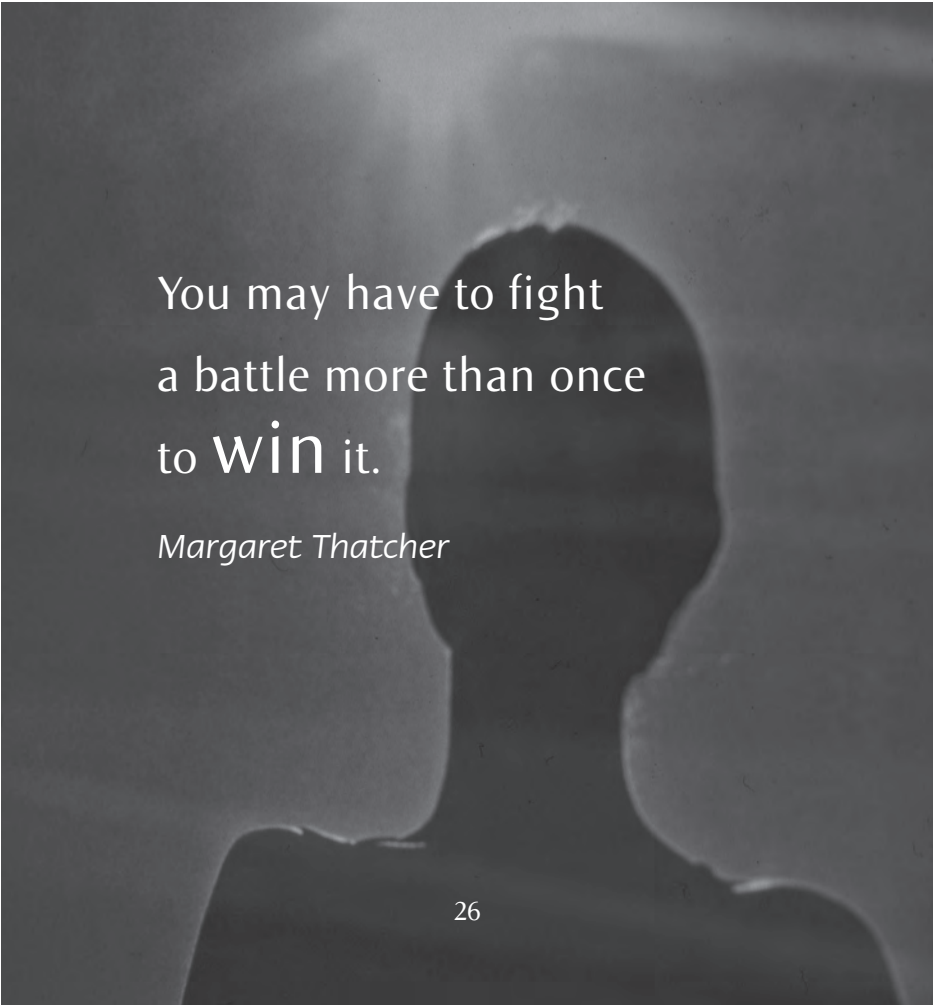
Of all the people you will  
know in a lifetime, you are  
the only one you will never  
leave nor lose. To the question  
of your life, you are the only  
answer. To the problems in  
your life, you are the  
only **solution**.

*Anonymous*



When a door closes...  
look for an **open** window...  
but it may take a while  
to feel the breeze.

*Anonymous*



You may have to fight  
a battle more than once  
to **win** it.

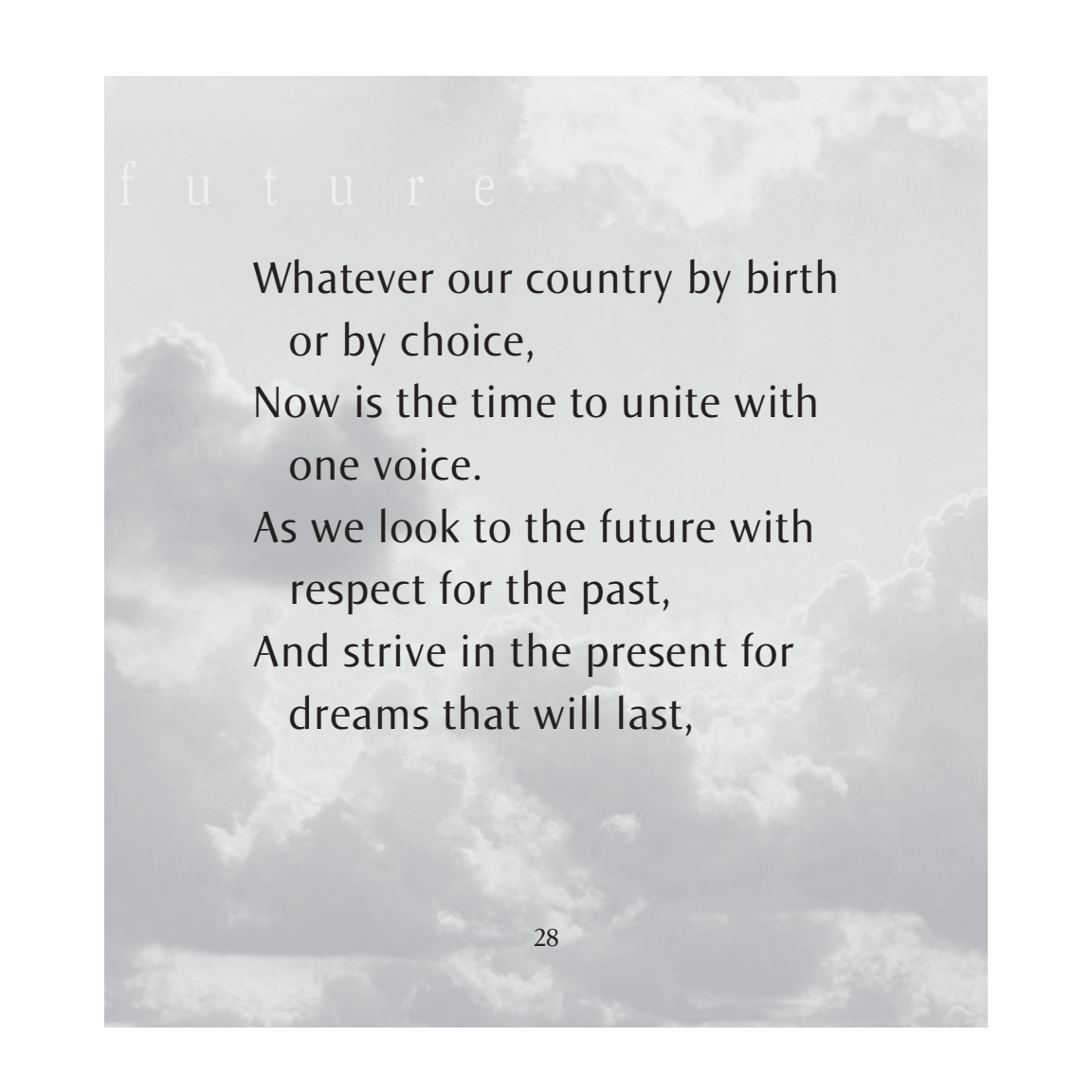
*Margaret Thatcher*



Being defeated is often a  
**temporary** condition.


Giving up is what  
makes it permanent.

*Marilyn Vos Savant*



f u t u r e

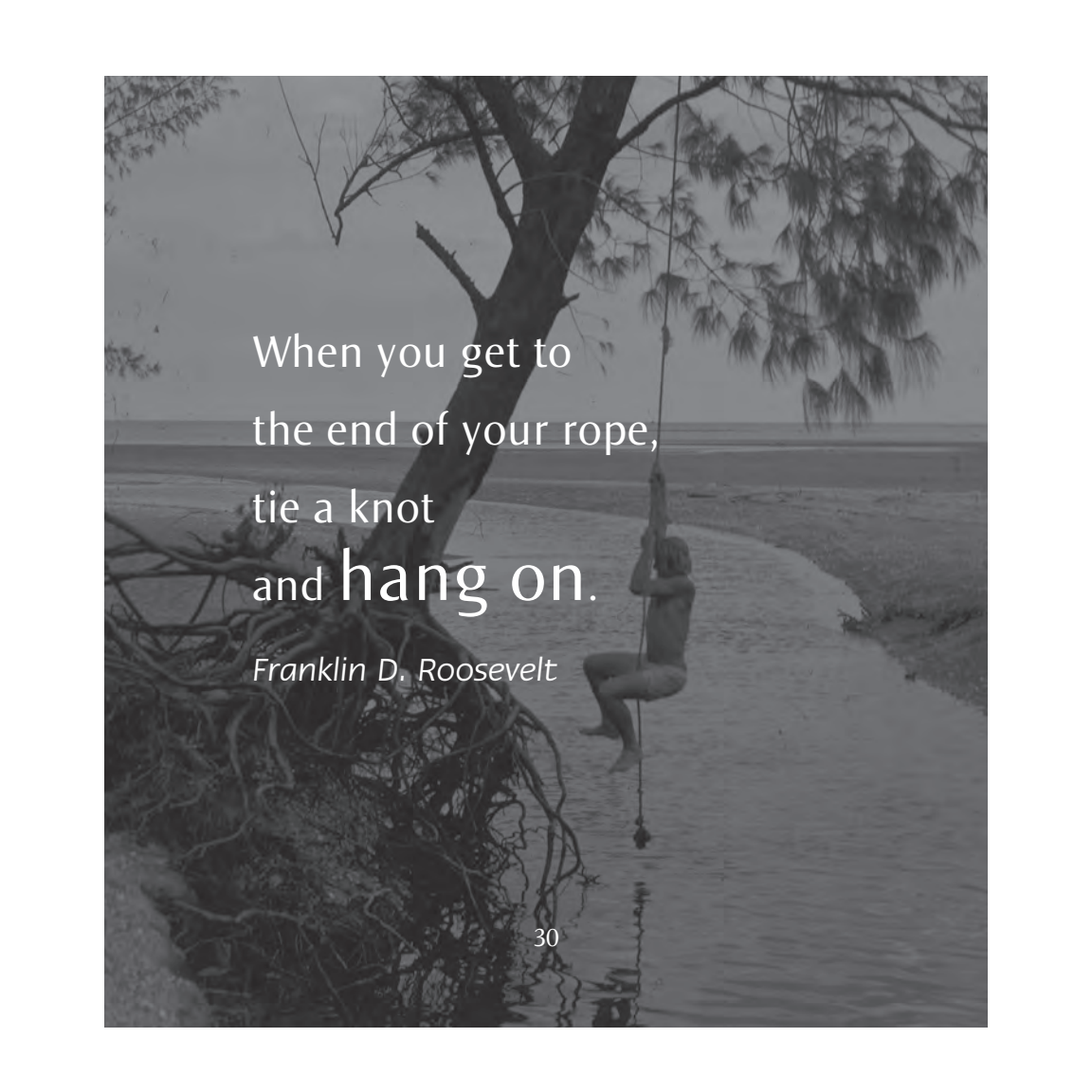
Whatever our country by birth  
or by choice,  
Now is the time to unite with  
one voice.  
As we look to the future with  
respect for the past,  
And strive in the present for  
dreams that will last,



To reach our potential as one  
and a nation,  
Giving all a fair go without  
hesitation.  
And regardless of faith, to  
keep faith...  
in our future, our planet and  
ourselves.

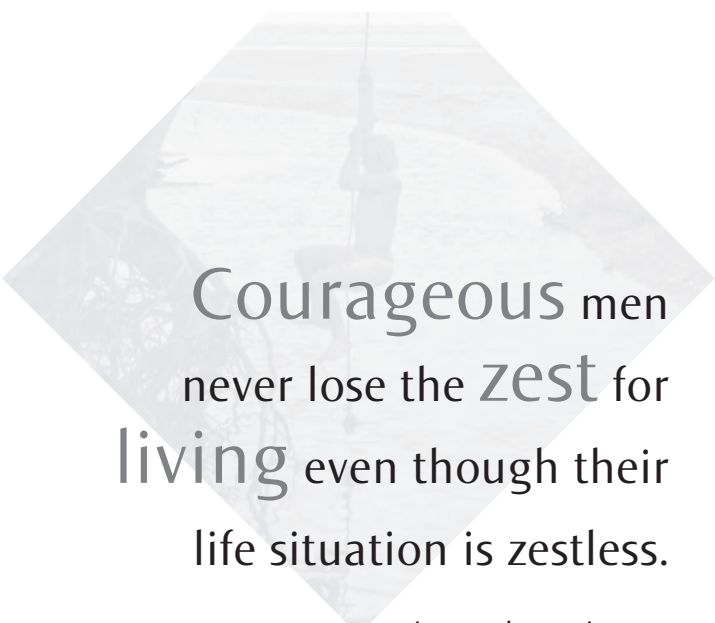
*Catherine DeVrye*

*f a i t h*

A black and white photograph of a person hanging from a rope tied to a tree over water. The person is sitting on the rope, holding it with both hands. The tree has large, exposed roots. The background shows a body of water and a distant shoreline.

When you get to  
the end of your rope,  
tie a knot  
and **hang on.**

*Franklin D. Roosevelt*

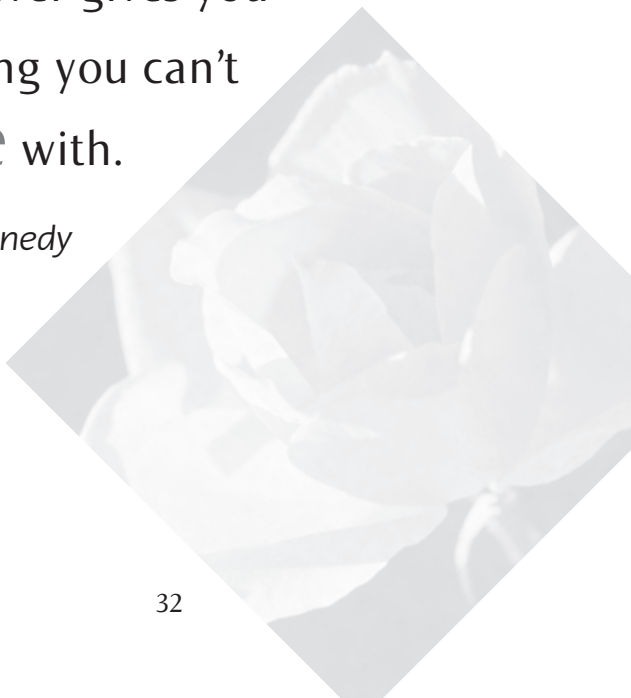



Courageous men  
never lose the zest for  
living even though their  
life situation is zestless.

*Martin Luther King Jr*

God never gives you  
anything you can't  
**cope** with.


*Rose Kennedy*





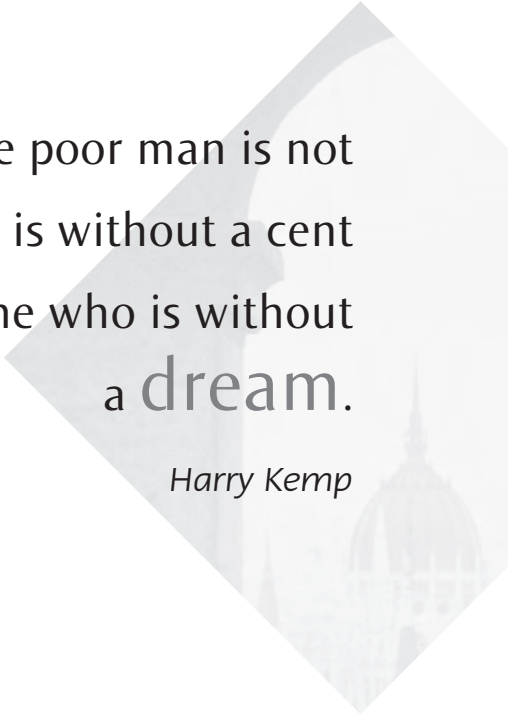
One who wants  
a **rose** must **respect**  
the thorn.

*Persian proverb*



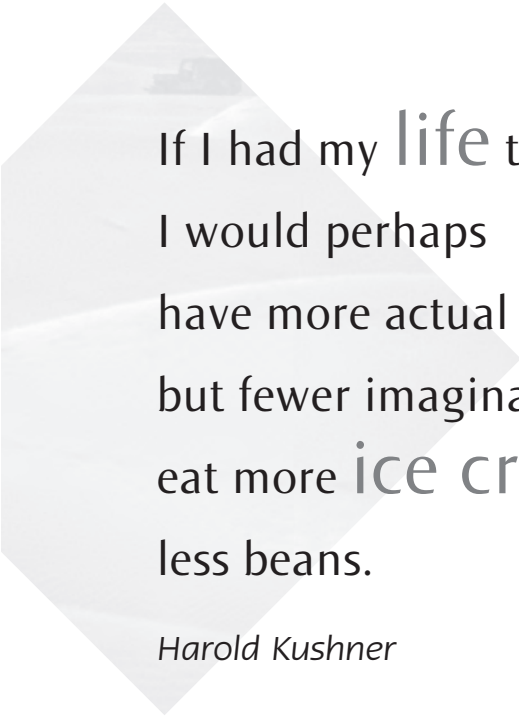
Life is what happens  
when we're making  
other plans.

*John Lennon*




The poor man is not  
he who is without a cent  
but he who is without  
a dream.

*Harry Kemp*




If I had my **life** to live over,  
I would perhaps  
have more actual troubles  
but fewer imaginary ones,  
eat more **ice cream** and  
less beans.

*Harold Kushner*

A black and white photograph of a desert landscape with rolling sand dunes. In the upper right, a vintage car is partially buried in the sand, with only its roof and rear section visible. The text is overlaid on the lower half of the image.

Only one principle  
will give you **Courage**—  
that is the principle  
that no evil lasts forever  
nor indeed for very long.

*Epicurus, 271 BC*

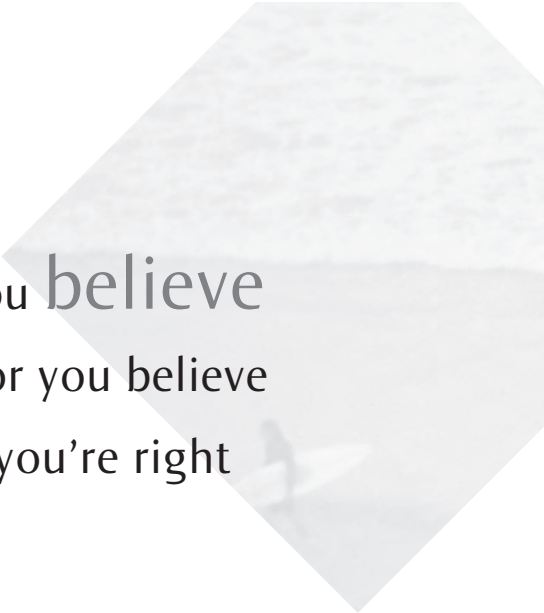
A black and white photograph of two children sitting on a large, textured rock by a body of water. The child on the left is seen from the back, wearing a light-colored, short-sleeved shirt. The child on the right is also seen from the back, wearing a light-colored t-shirt and dark shorts. They are both looking out over the water, which reflects the surrounding environment. The background shows a calm body of water and some distant, indistinct structures or trees.

Be where you are—  
otherwise you will miss  
your life.

*Buddha*

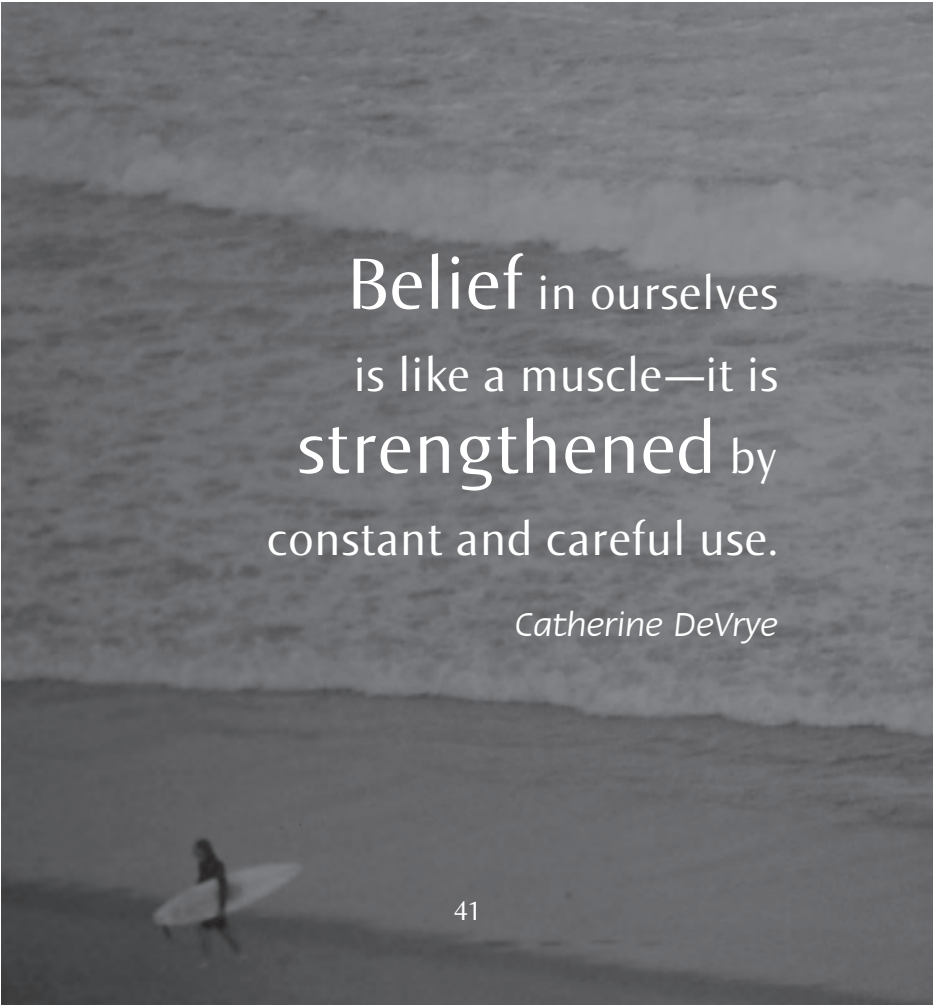
Regret for things we did  
can be tempered by **time**;  
it is regret for the things  
we did not do  
that is inconsolable.

*Sydney J. Harris*



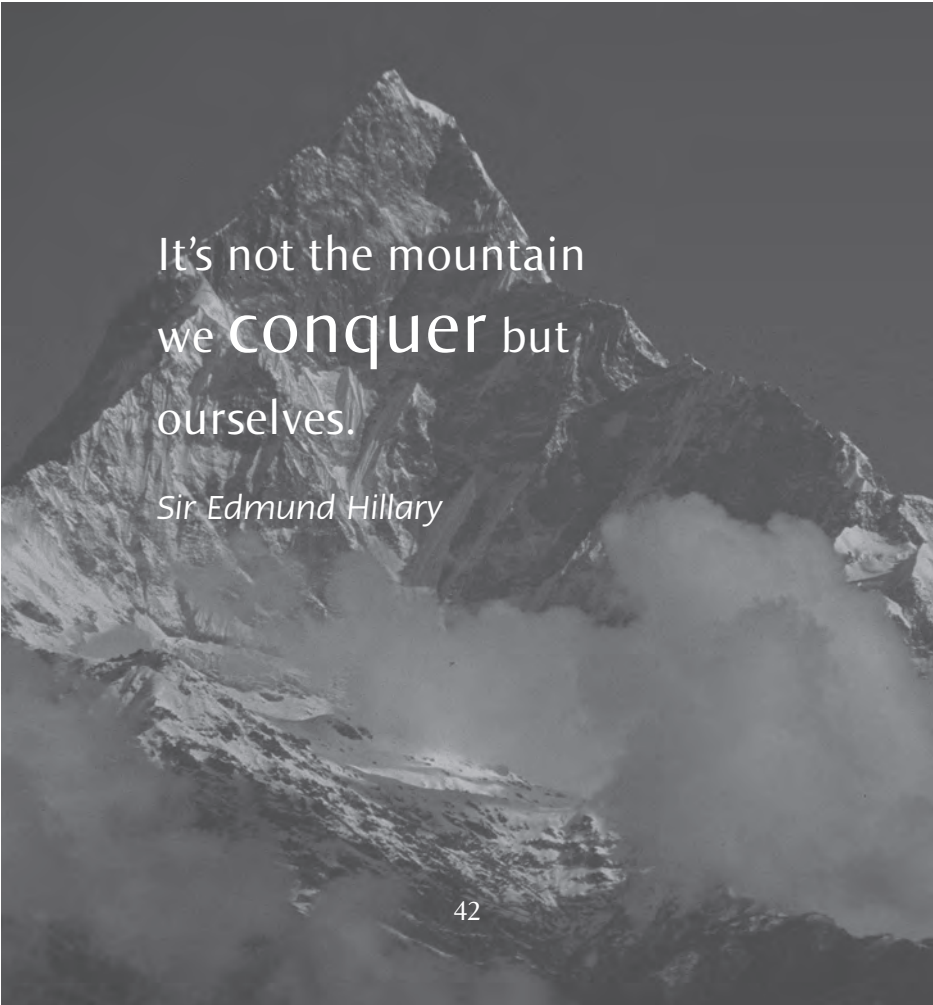
Whether you believe  
you **can** or you believe  
you can't—you're right  
either way.

*Henry Ford*



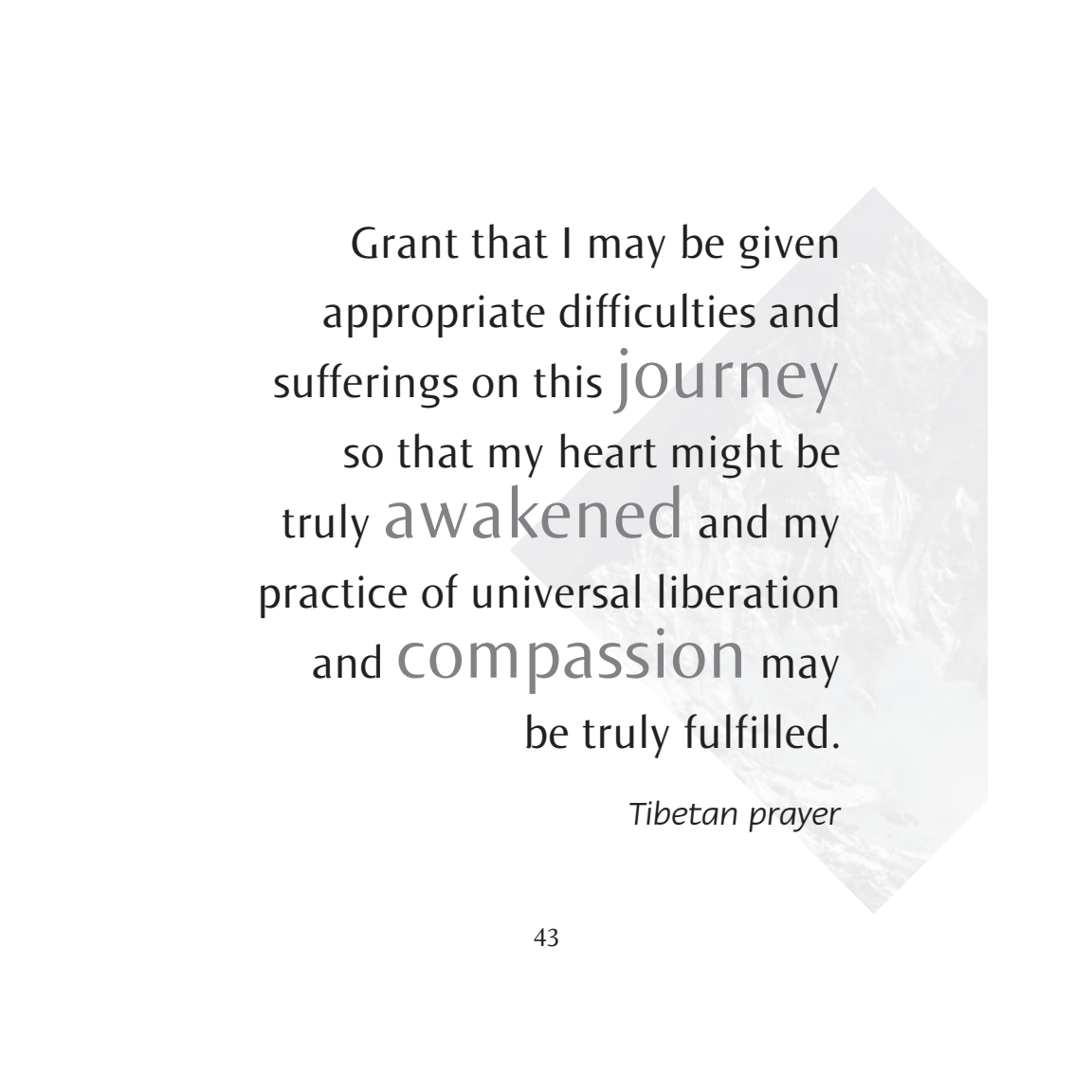
Belief in ourselves  
is like a muscle—it is  
**strengthened** by  
constant and careful use.

*Catherine DeVrye*



It's not the mountain  
we **conquer** but  
ourselves.

*Sir Edmund Hillary*



Grant that I may be given  
appropriate difficulties and  
sufferings on this **journey**  
so that my heart might be  
truly **awakened** and my  
practice of universal liberation  
and **compassion** may  
be truly fulfilled.

*Tibetan prayer*



t r u s t

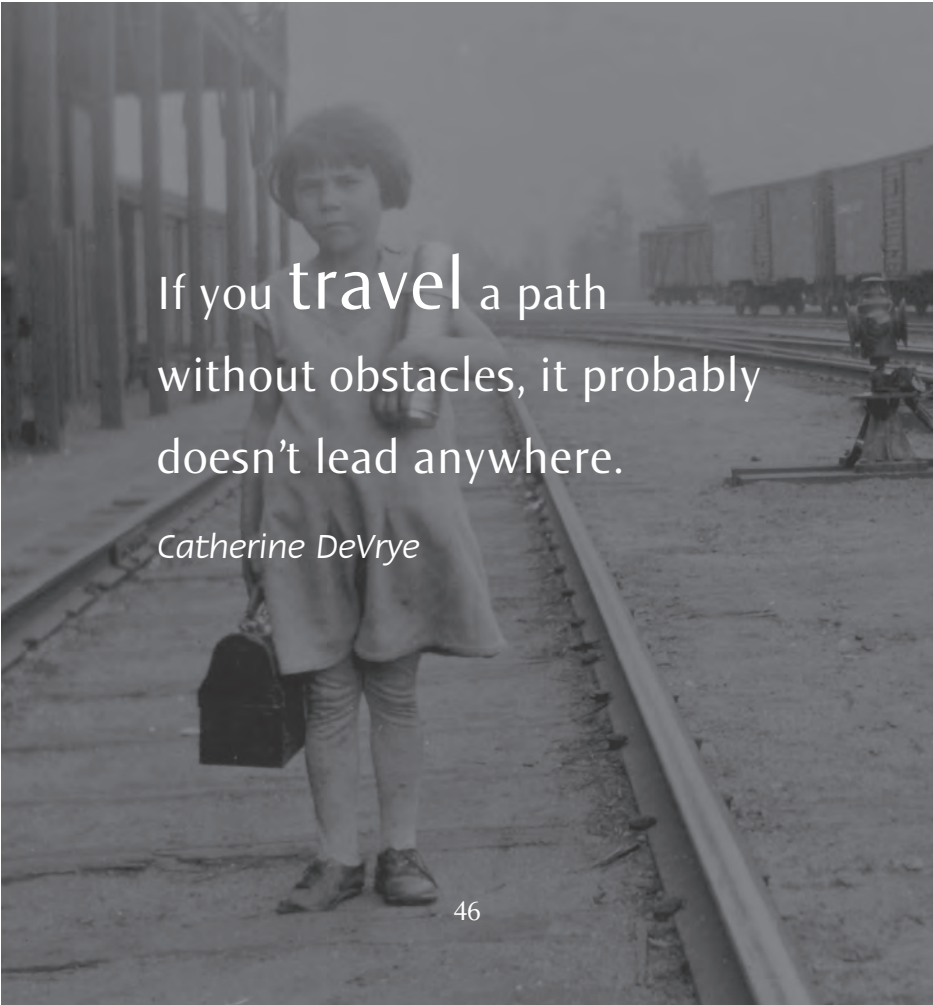
If you can keep your head  
when all about you are  
losing theirs and blaming it  
on you;

If you can trust yourself when  
all men doubt you, and  
make allowance for their  
doubting too.

If you can wait and not be  
tired of waiting, or being  
lied about, don't deal in lies,  
or being hated don't give  
way to hating and yet don't  
look too good, nor talk  
too wise...


*Rudyard Kipling*

*w a i t*



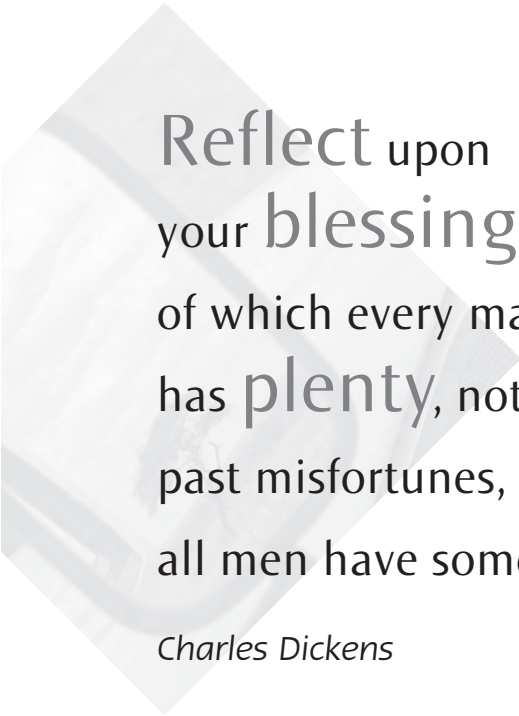
If you **travel** a path  
without obstacles, it probably  
doesn't lead anywhere.

*Catherine DeVrye*



Don't look back  
unless you plan to  
go that way.

*Anonymous*




Reflect upon  
your **blessings**,  
of which every man  
has **plenty**, not on your  
past misfortunes, of which  
all men have some.

*Charles Dickens*



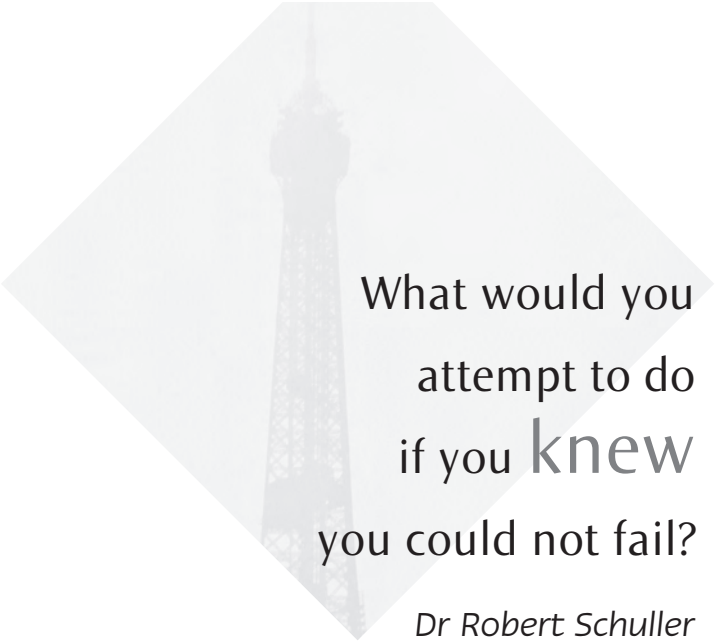
You can't drive into  
the **future** if  
you're **looking** into  
a rear vision mirror.

*Catherine DeVrye*

A grayscale photograph of the Eiffel Tower in Paris, France, with a statue in the foreground. The tower is the central focus, rising from the bottom left towards the top center. In the foreground, the back of a statue is visible, looking towards the tower. The sky is a uniform, light gray.

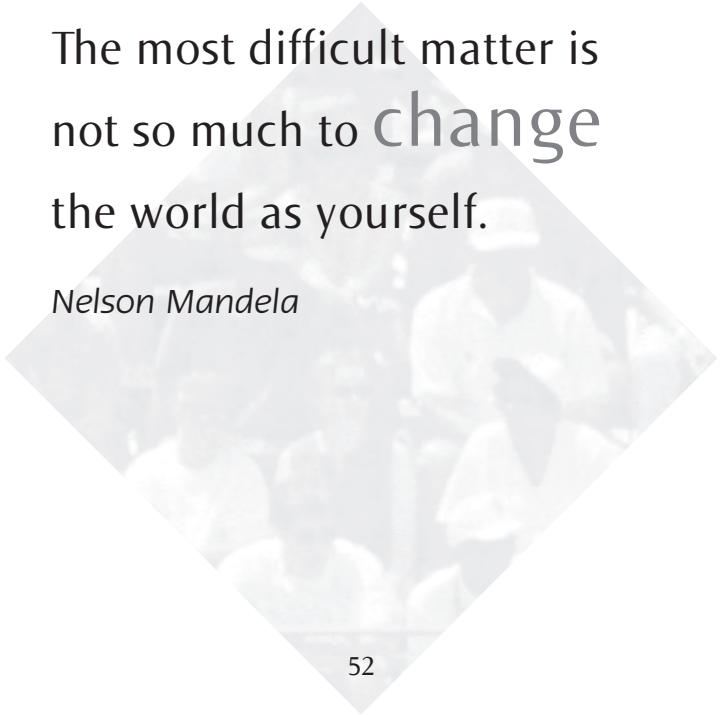
Not everything that is faced  
can be **changed** but  
nothing can be changed  
until it is **faced**.

*James Baldwin*



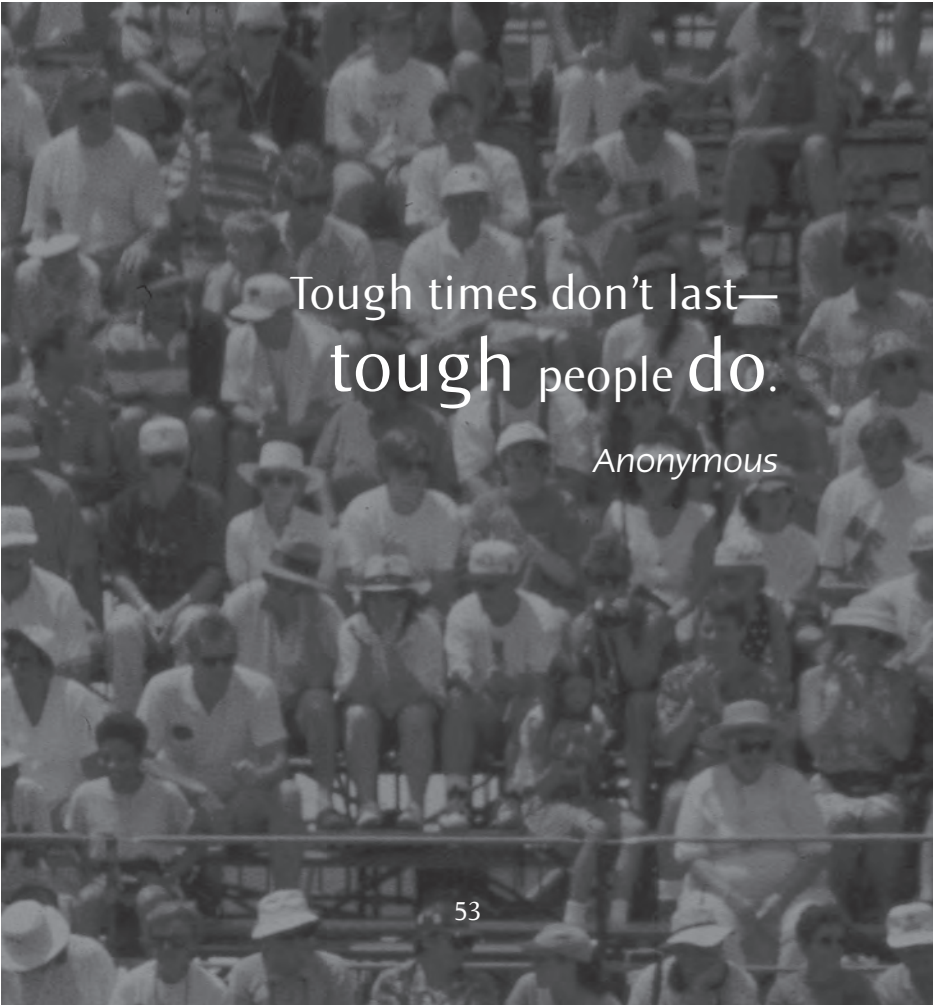
What would you  
attempt to do  
if you **knew**  
you could not fail?

*Dr Robert Schuller*




The most difficult matter is  
not so much to **change**  
the world as yourself.

*Nelson Mandela*



Tough times don't last—  
tough people do.

*Anonymous*

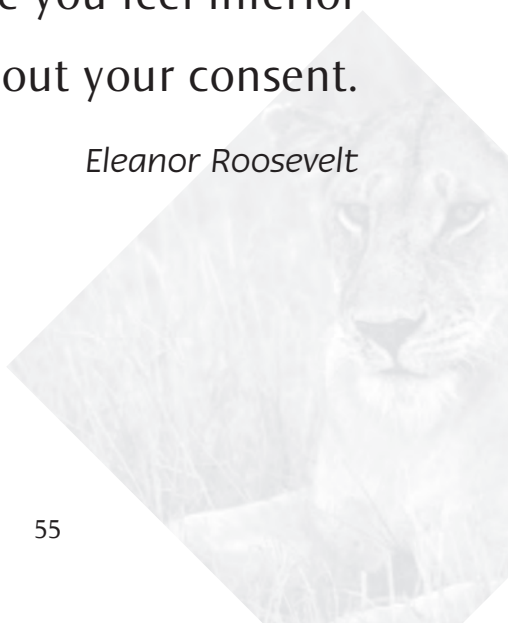


The **only** thing  
we have to fear  
is fear itself.

*Franklin D. Roosevelt*

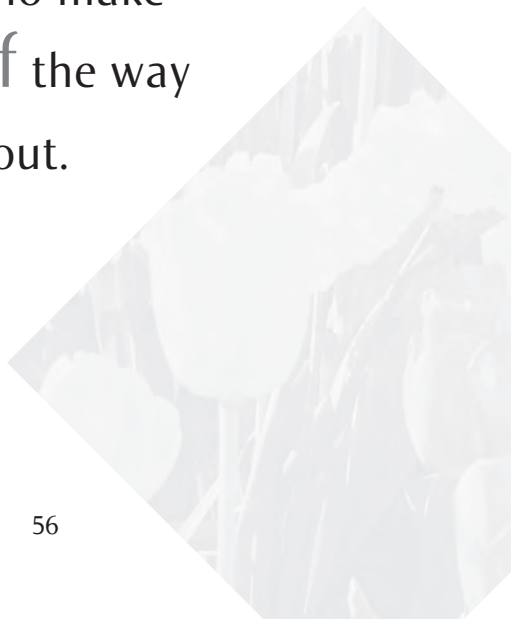
No one can  
make you feel inferior  
without your consent.

*Eleanor Roosevelt*



Things **work out** best  
for people who make  
the **best of** the way  
things work out.

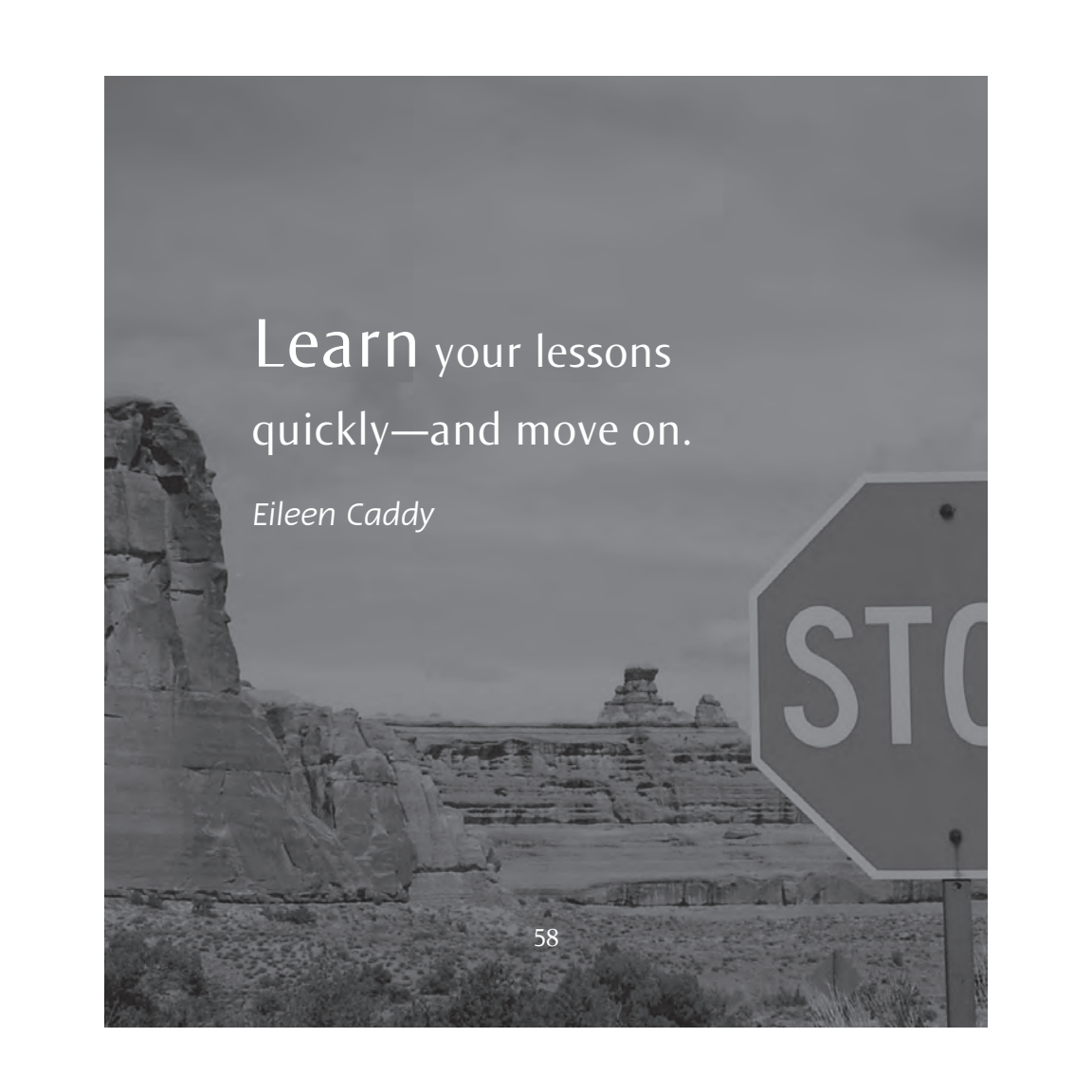
*John Wooden*





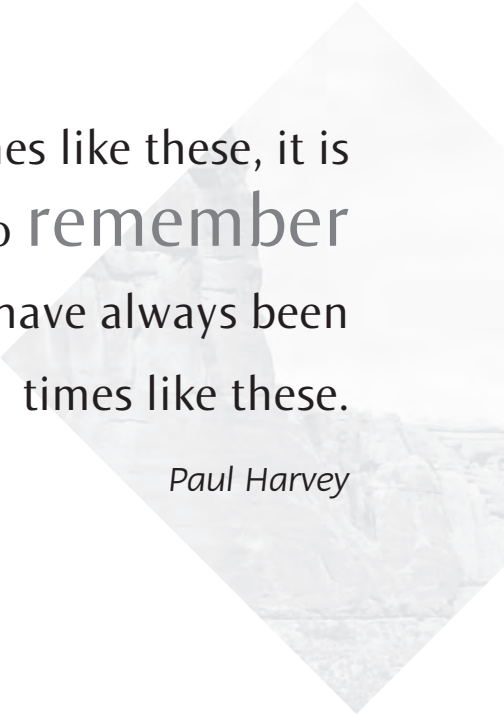
Count your blessings—  
not your troubles.

*Dad (Hendrick DeVrye)*

A black and white photograph of a desert landscape. In the foreground on the right, a large octagonal stop sign is partially visible, showing the letters 'STO'. The background features a vast, flat desert floor with scattered low-lying shrubs. In the distance, there are several prominent rock formations, including a large, layered mesa on the left and a smaller, more isolated rock spire in the center. The sky is overcast with soft, diffused light.

Learn your lessons  
quickly—and move on.

*Eileen Caddy*



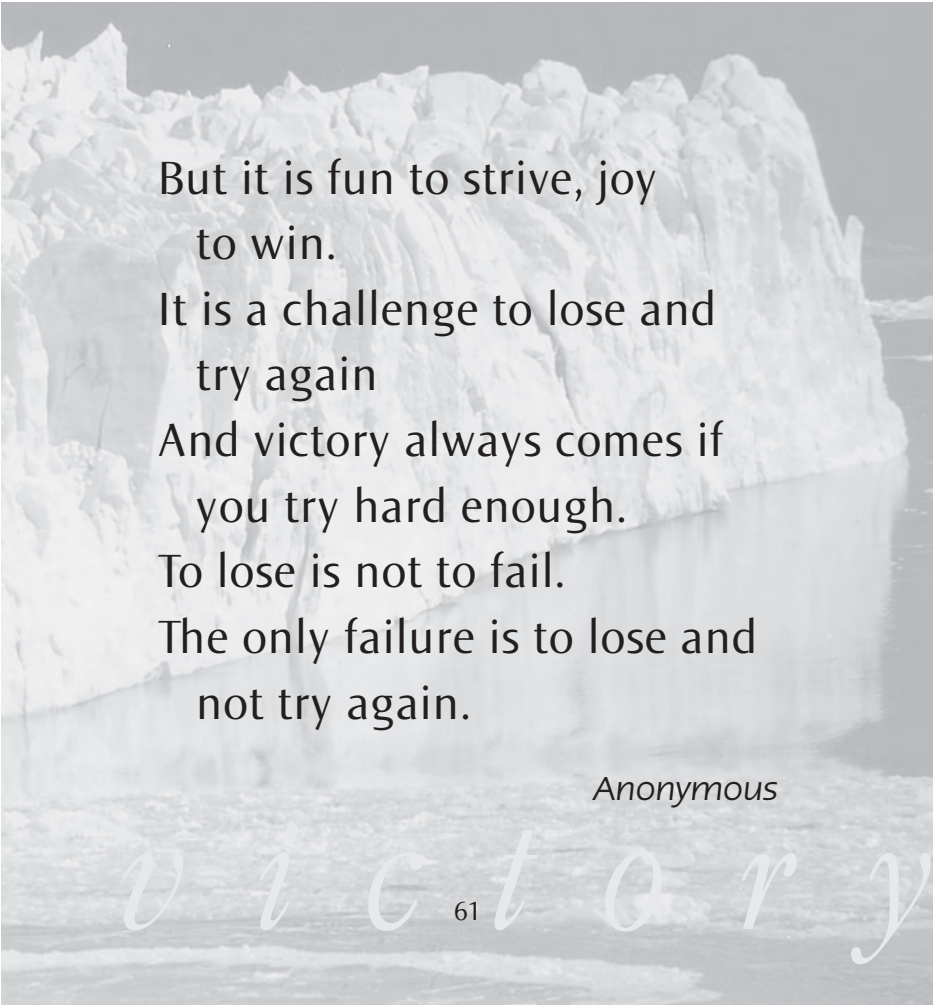
In times like these, it is  
**good to remember**  
that there have always been  
times like these.

*Paul Harvey*



l a u g h

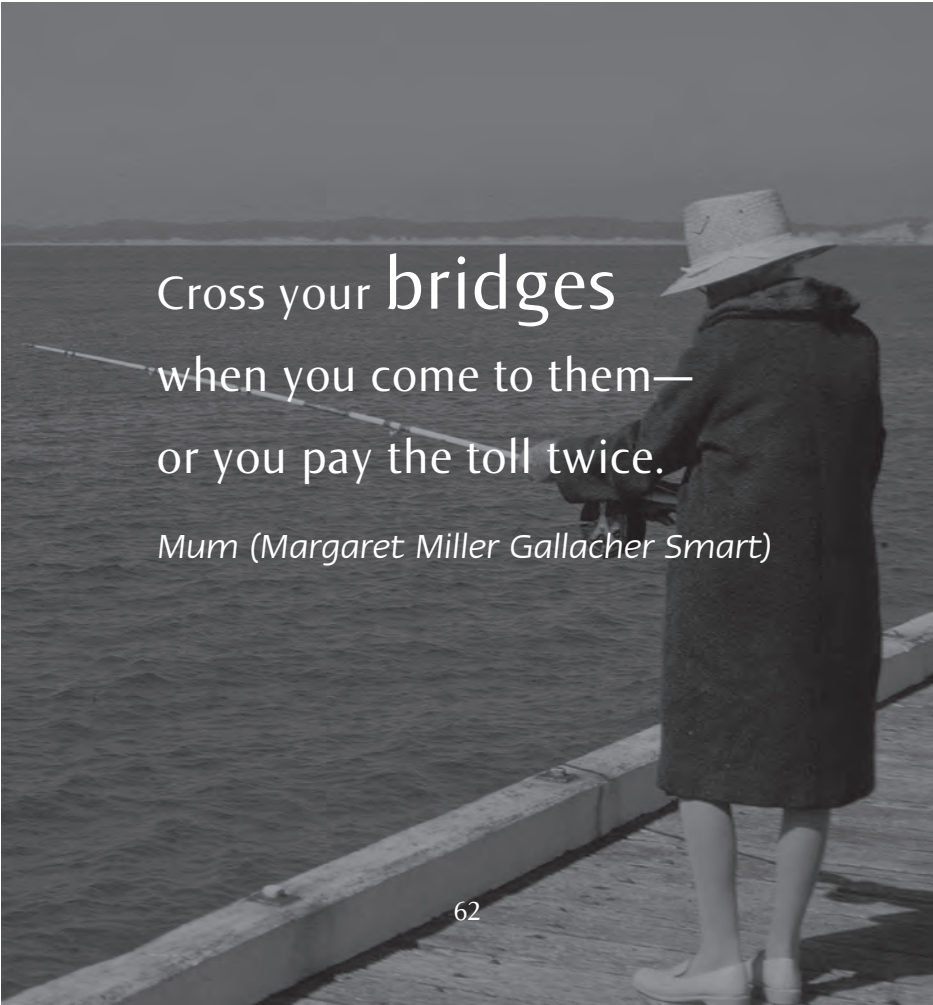
Nothing endures forever.  
Everything perishes in time.  
So laugh and love while  
you may,  
Help who you can—work  
while you must  
And when the end comes  
so be it.  
All fame ends in oblivion and  
is soon forgotten



But it is fun to strive, joy  
to win.  
It is a challenge to lose and  
try again  
And victory always comes if  
you try hard enough.  
To lose is not to fail.  
The only failure is to lose and  
not try again.

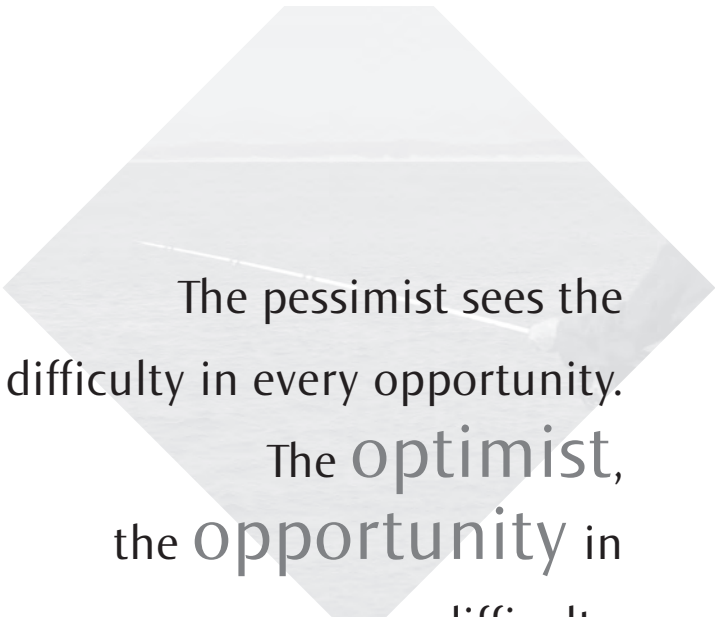
*Anonymous*

*v i c t o r y*

A black and white photograph of a woman standing on a wooden pier, fishing. She is wearing a long, dark coat and a wide-brimmed hat. She holds a fishing rod that extends over the water. The background shows a calm body of water and distant hills under a clear sky.

Cross your **bridges**  
when you come to them—  
or you pay the toll twice.

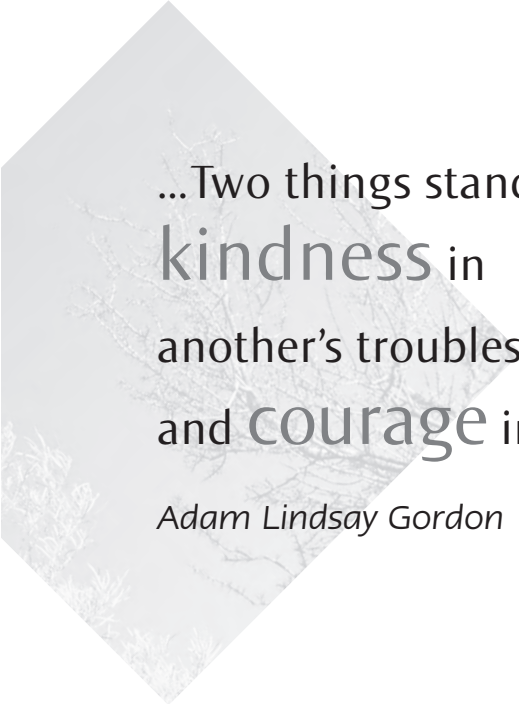
*Mum (Margaret Miller Gallacher Smart)*



The pessimist sees the  
difficulty in every opportunity.

The **optimist**,  
the **opportunity** in  
every difficulty.

*L. P. Jacks*



...Two things stand like stone,  
kindness in  
another's troubles,  
and **courage** in one's own.

*Adam Lindsay Gordon*



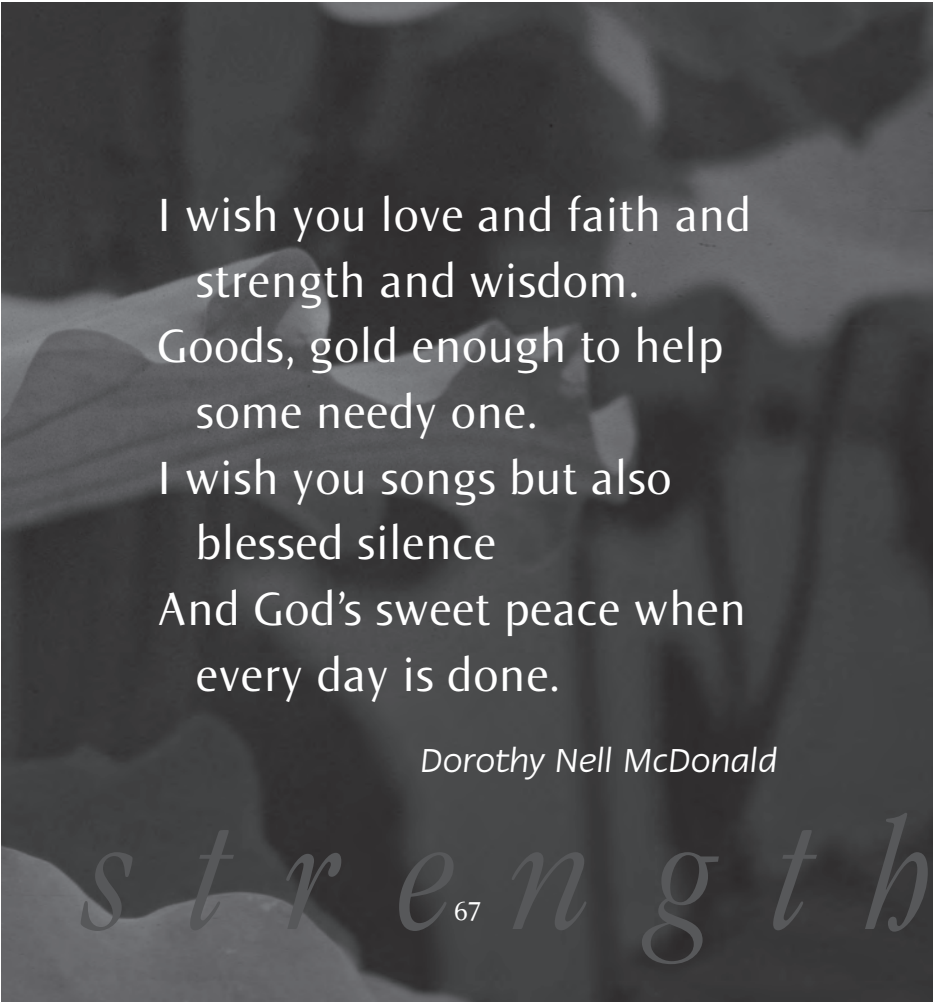
Find **Courage**  
in dis-courage-ment.

*Catherine DeVrye*



h e a l i n g

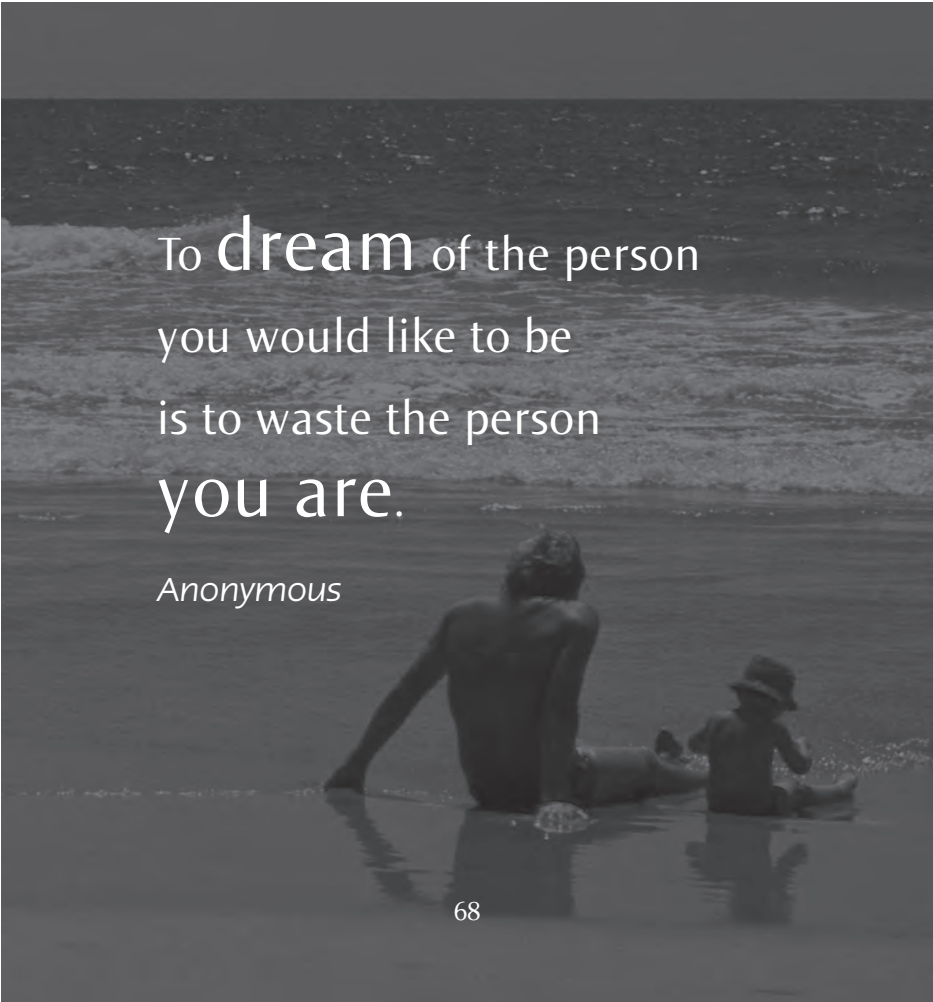
I do not wish you joy without  
a sorrow,  
Nor endless day without the  
healing dark,  
Nor brilliant sun without the  
restful shadows,  
Nor tides that never turn  
against your barque.



I wish you love and faith and  
strength and wisdom.  
Goods, gold enough to help  
some needy one.  
I wish you songs but also  
blessed silence  
And God's sweet peace when  
every day is done.

*Dorothy Nell McDonald*

*s t r e n g t h*

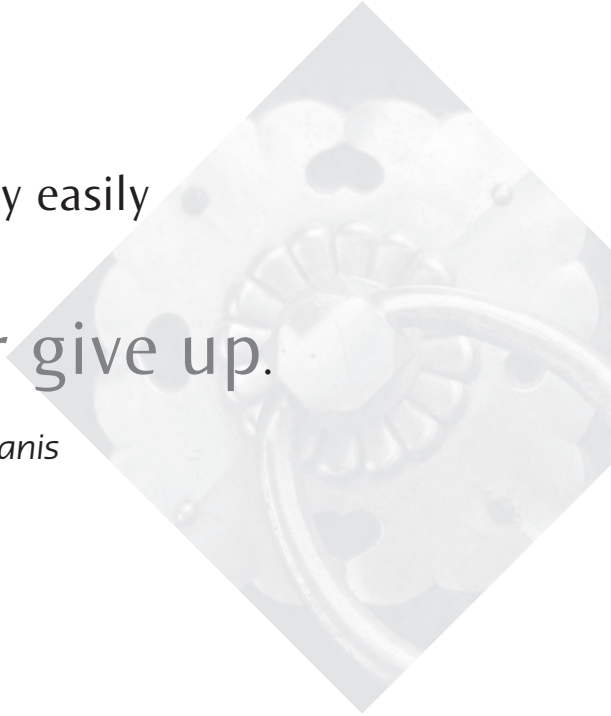


To **dream** of the person  
you would like to be  
is to waste the person  
**you are.**

*Anonymous*

God grant me the  
**serenity** to accept the  
things I cannot change;  
the **COURAGE** to change  
the things I can and  
the **wisdom** to know  
the difference.

*Anonymous*



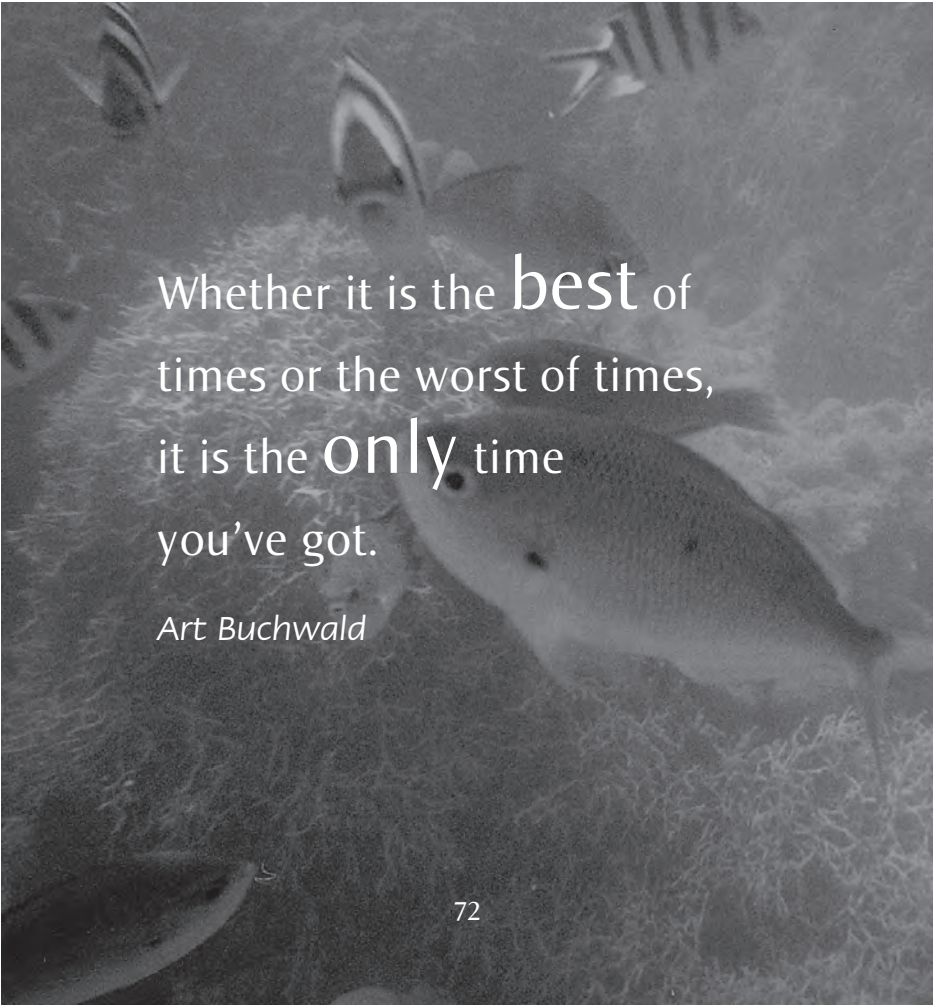
I may cry easily  
but I  
never give up.

*Greg Louganis*



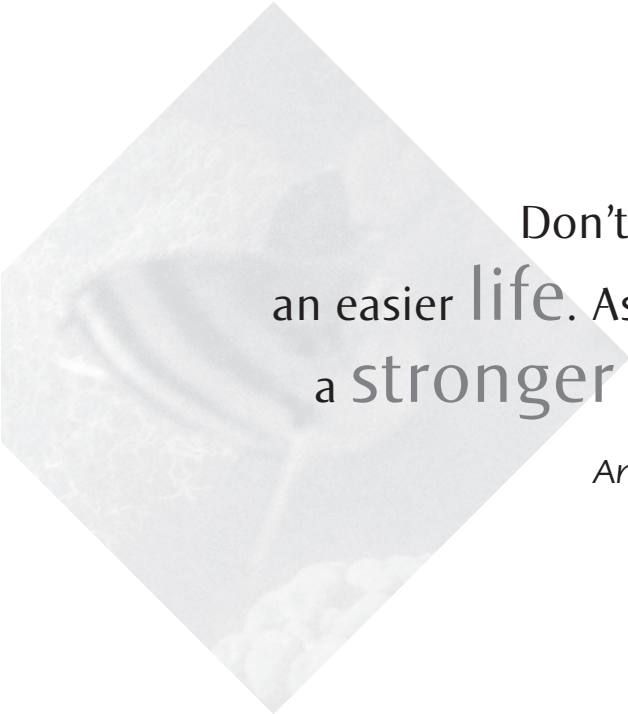
Never give in.  
Never. Never. Never.  
Never.

*Winston Churchill*

A black and white photograph of an underwater scene. Several fish are visible, including a large, light-colored fish in the foreground and several smaller, striped fish in the background. The water is slightly murky, and the overall tone is somber.

Whether it is the **best** of  
times or the worst of times,  
it is the **only** time  
you've got.

*Art Buchwald*

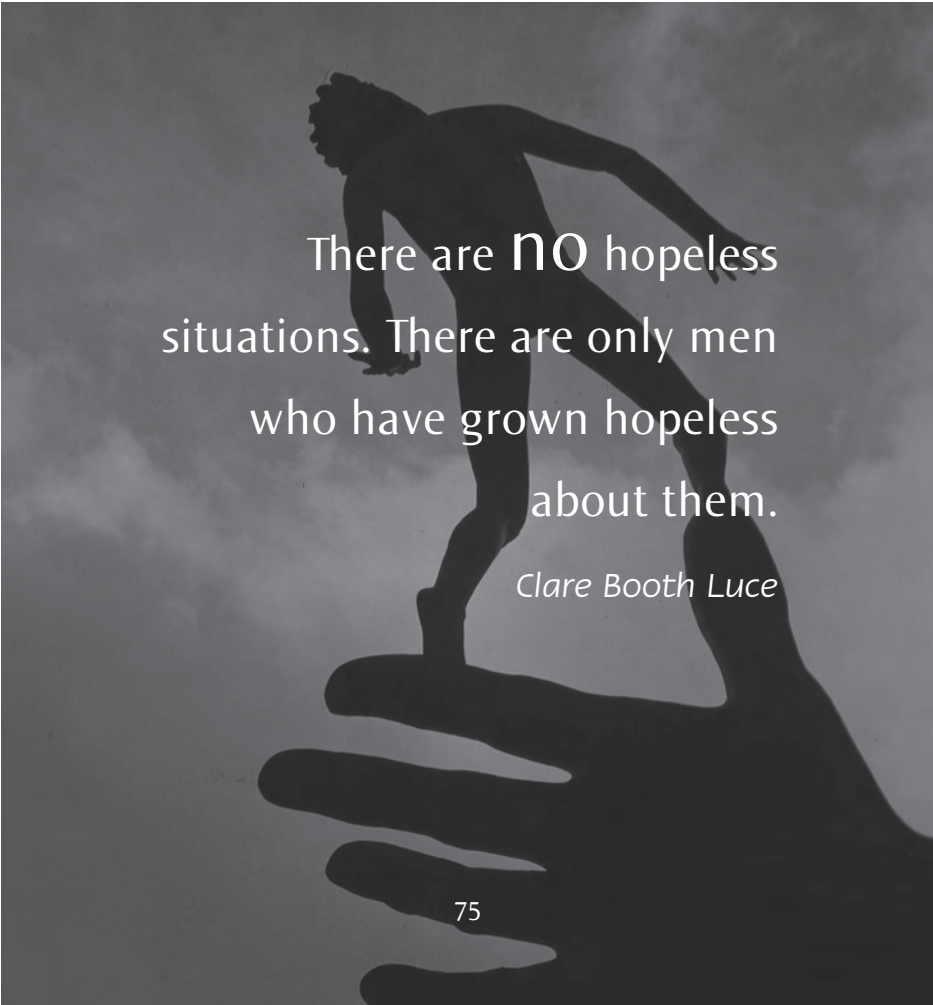


Don't ask for  
an easier **life**. Ask to be  
a **stronger** person.

*Anonymous*

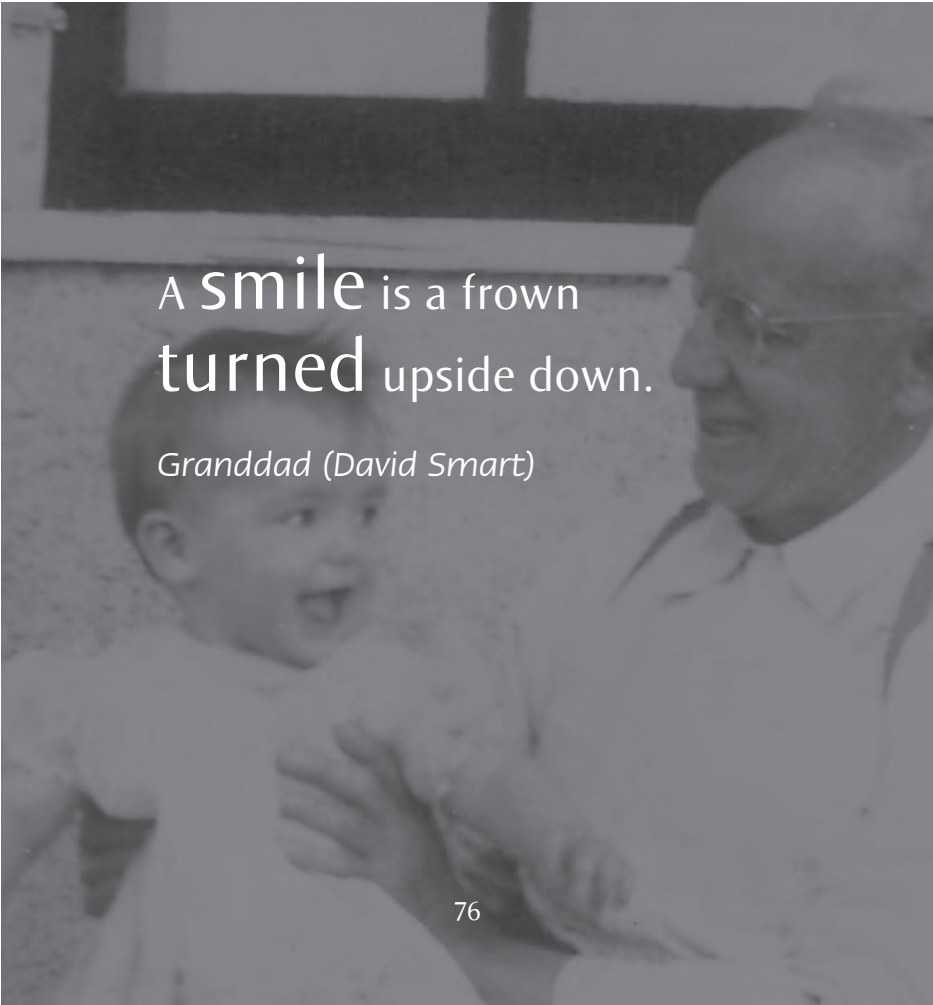
If all people were to bring  
their miseries **together**  
in one place, most would be  
**glad** to take, each, their own  
home again—rather than  
take a portion out of the  
common stock.

*Solon, 559 BC*



There are **no** hopeless  
situations. There are only men  
who have grown hopeless  
about them.

*Clare Booth Luce*




A smile is a frown  
turned upside down.

*Granddad (David Smart)*


It's OK to be down in  
the dumps—just don't stay  
there too long.

*Catherine DeVrye*



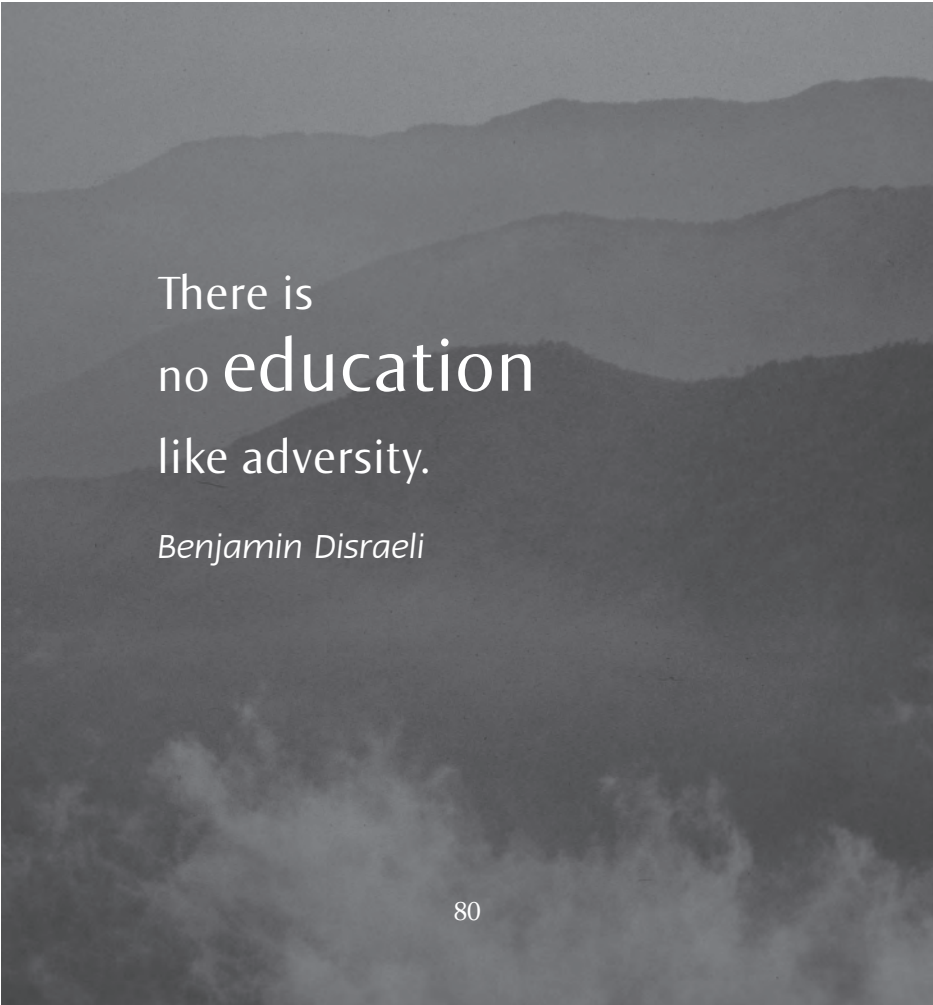
We may encounter  
many defeats  
but we must not  
be defeated.

*Maya Angelou*



No man fails  
who **does** his **best**.

*Orison Swett Marden*




There is  
no **education**  
like adversity.

*Benjamin Disraeli*

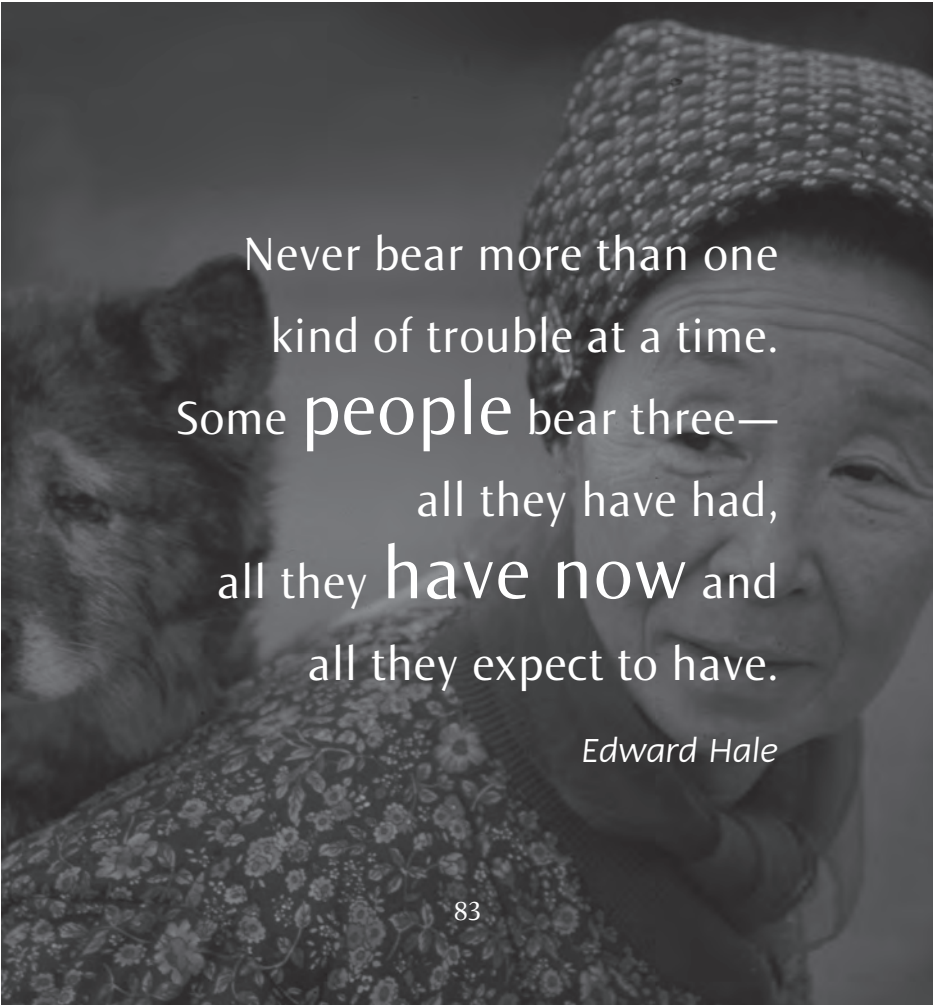
We are all in the gutter  
but some of us are  
looking at the stars.

*Oscar Wilde*



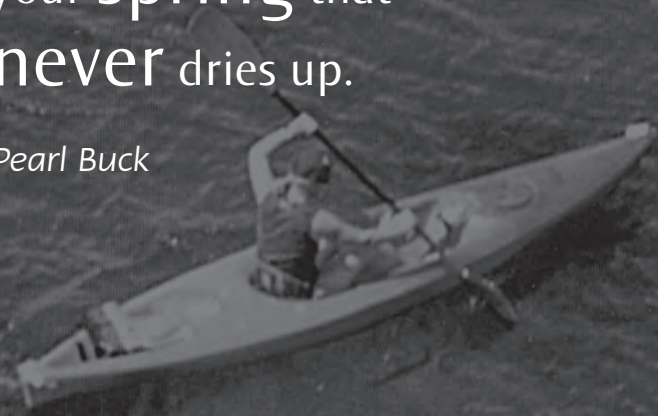
The **hero** is no braver  
than an ordinary man—  
but he is **brave**  
five minutes longer.

*Ralph Waldo Emerson*



Never bear more than one  
kind of trouble at a time.  
Some **people** bear three—  
all they have had,  
all they **have now** and  
all they expect to have.

*Edward Hale*

A black and white photograph of a person in a kayak on a body of water. The person is wearing a life vest and is using a double-bladed paddle. The water has a textured, wavy surface. The kayak is a sleek, narrow boat with a pointed bow and stern.

Inside myself is a place  
where I live alone and  
that's where you **renew**  
your **spring** that  
**never** dries up.

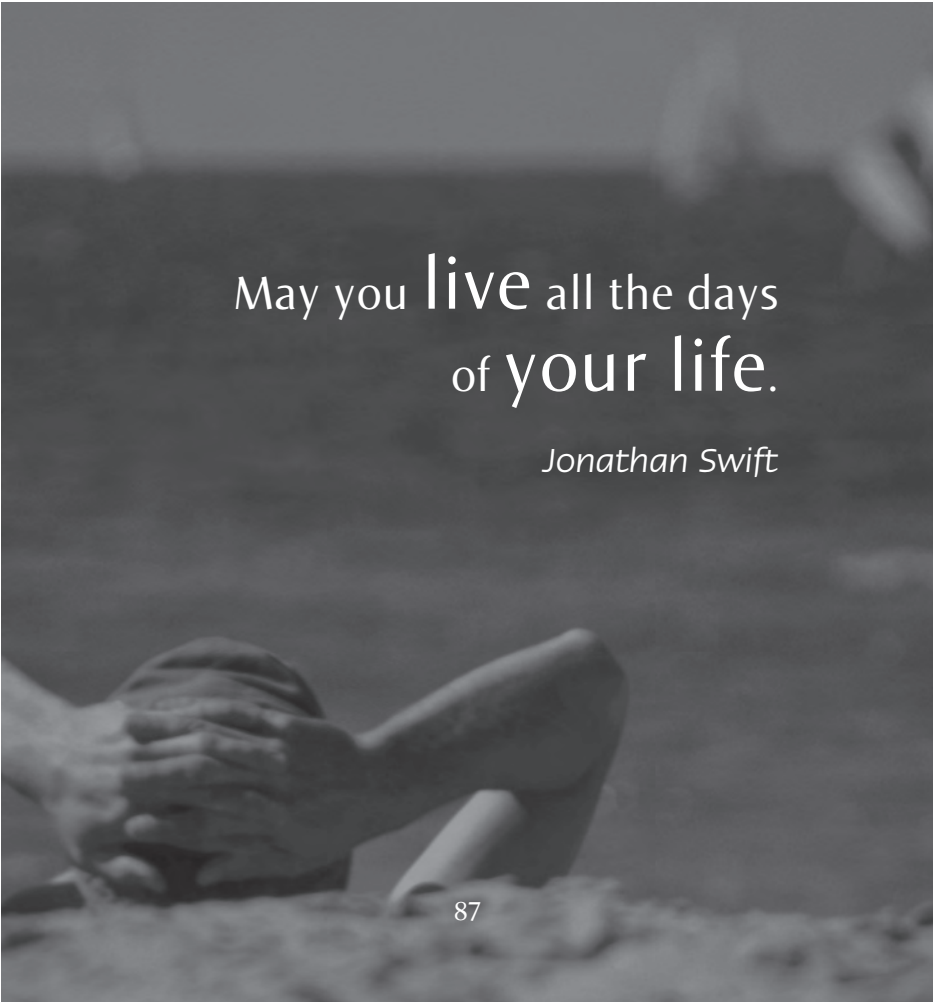
*Pearl Buck*

Men are born  
to **succeed** not to fail.

*Henry David Thoreau*


Our fears are more  
numerous than our dangers  
and we suffer more in  
our **imagination**  
than reality.

*Seneca*



May you **live** all the days  
of **your** life.

*Jonathan Swift*



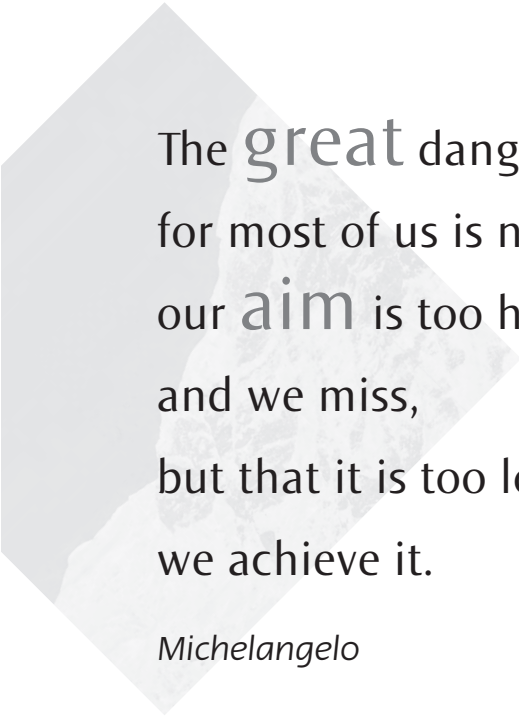
Create your tomorrows  
with your thoughts  
and actions today.

*Catherine DeVrye*

Find purpose—  
the means will follow.


*A billboard somewhere in India*






The **great** danger  
for most of us is not that  
our **aim** is too high  
and we miss,  
but that it is too low and  
we achieve it.

*Michelangelo*



Every day **above** the  
ground is a **good** one!

*Frank Jansen*

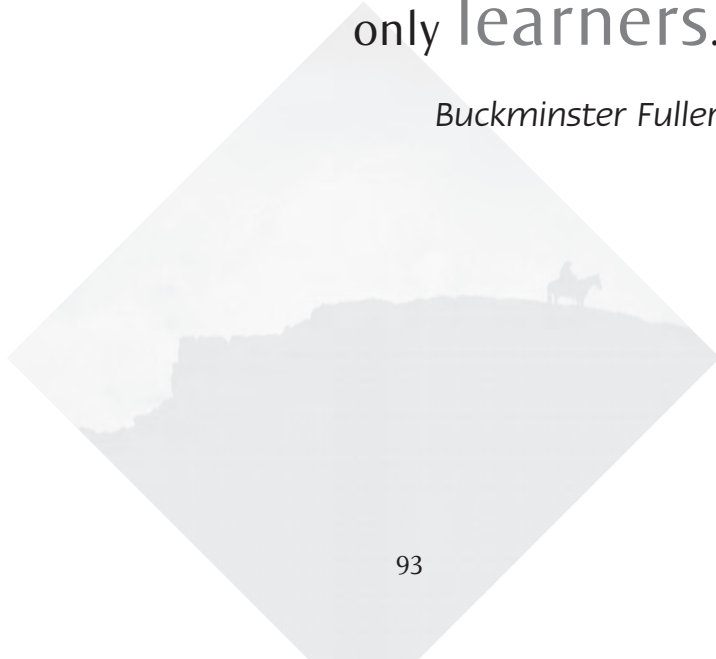


‘I tried and it didn’t work’  
is a lot better than  
‘I wish I’d tried’.

*Anonymous*

There are no failures—  
only learners.

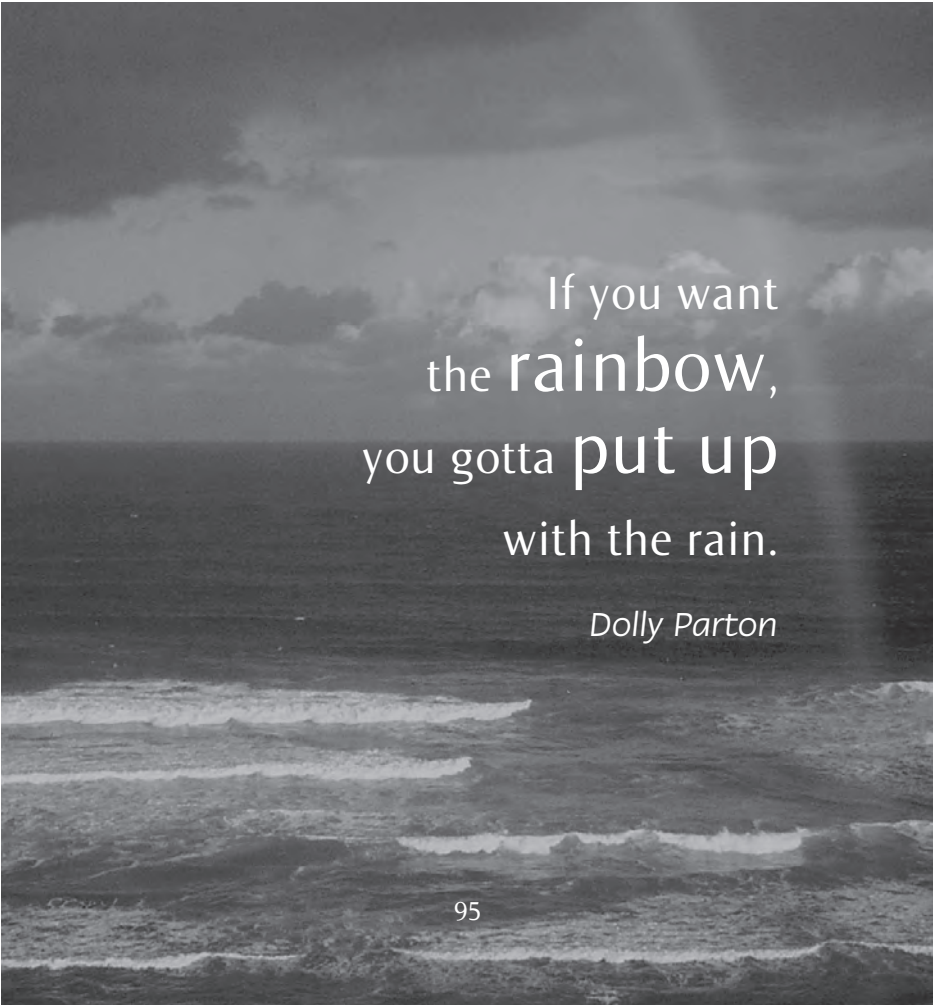
*Buckminster Fuller*



If there were **no** clouds  
we should not  
**enjoy** the **sun**.


*Proverb*





If you want  
the **rainbow**,  
you gotta **put up**  
with the rain.

*Dolly Parton*

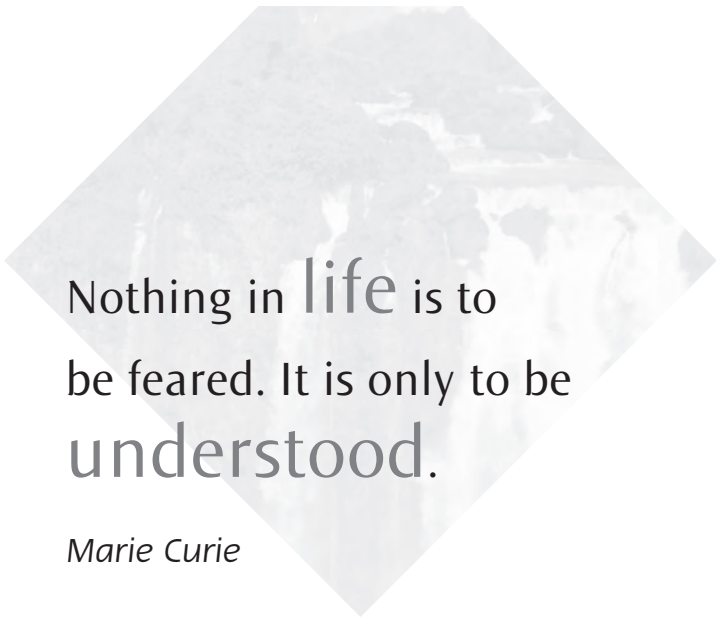


Fall seven times.  
**Stand up** eight.

*Japanese proverb*


Pick yourself up when  
you're feeling down.  
No one else is likely to.

*Catherine DeVrye*



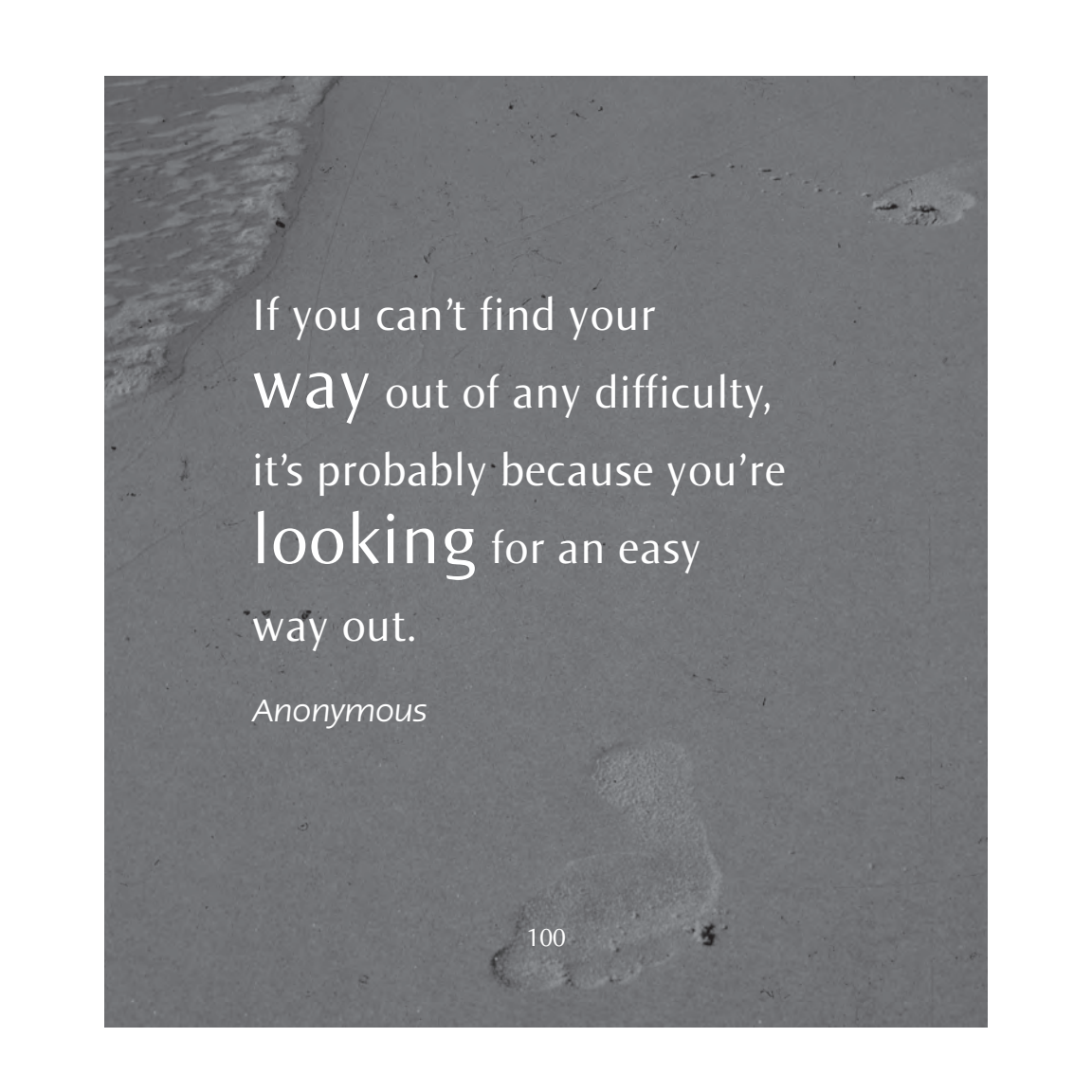
Nothing in **life** is to  
be feared. It is only to be  
**understood.**

*Marie Curie*




Fear is **never** a reason  
for quitting.  
It is **only** an excuse.

*Norman Vincent Peale*



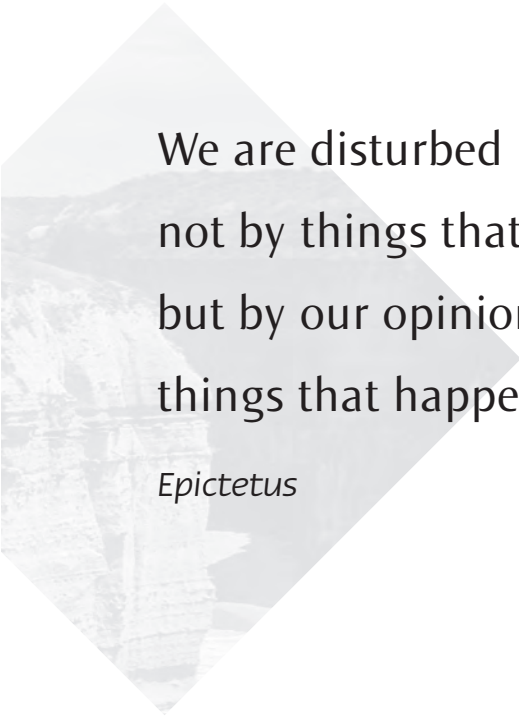
If you can't find your  
**way** out of any difficulty,  
it's probably because you're  
**looking** for an easy  
way out.

*Anonymous*



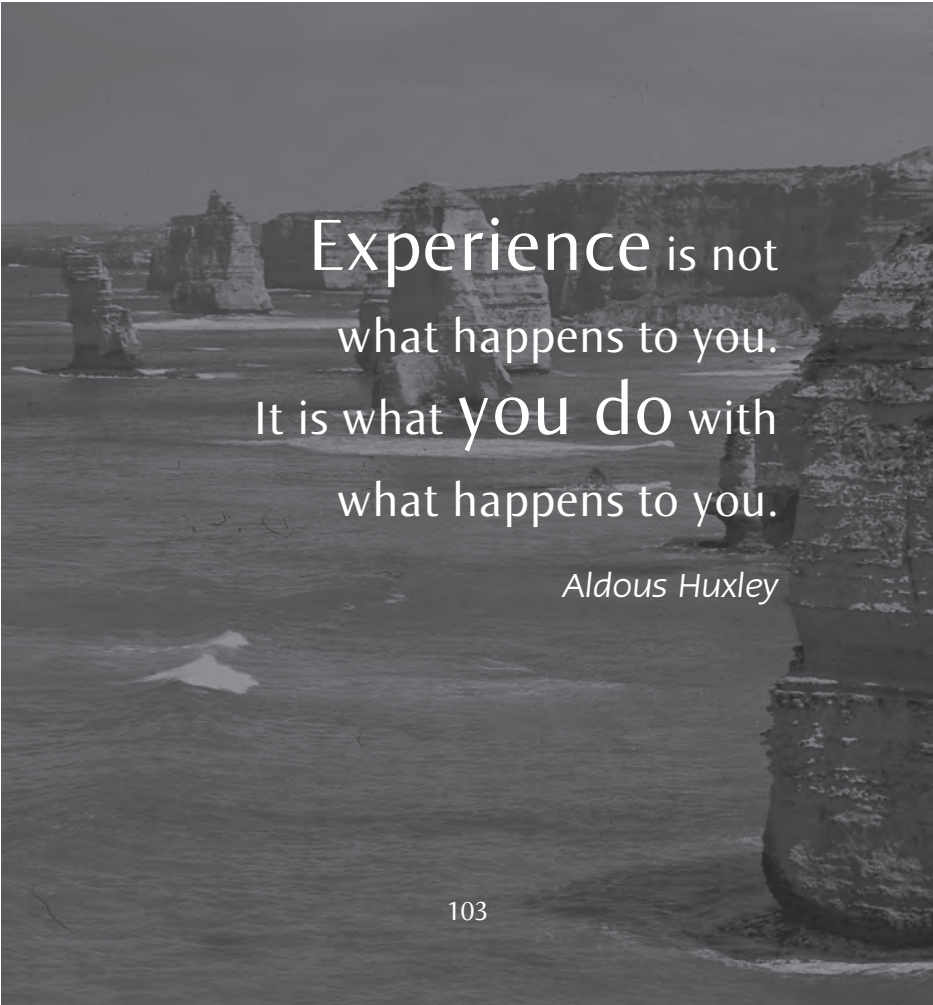
Everything that is  
**done** in the world  
is done by **hope**.

*Martin Luther King*



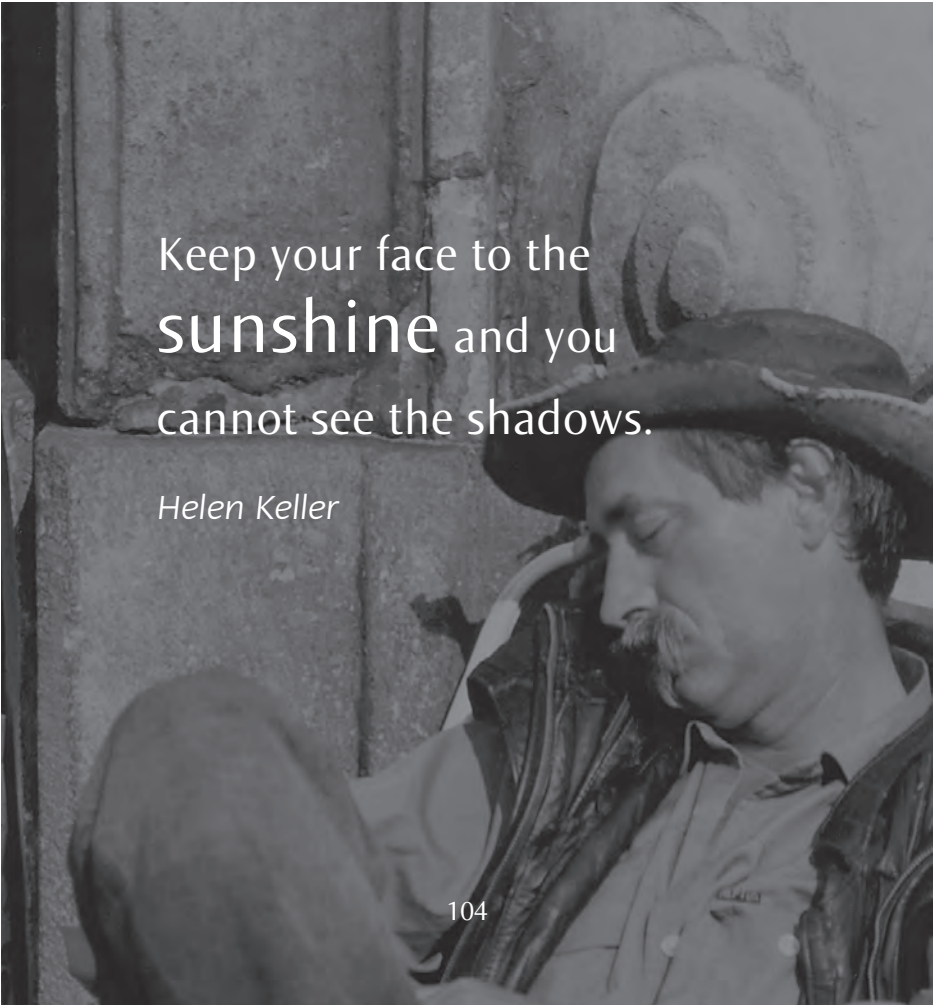
We are disturbed  
not by things that happen  
but by our opinion of the  
things that happen.

*Epictetus*

A black and white photograph of a rugged coastline. In the foreground, the ocean is dark with some white foam from waves. In the middle ground, several large, weathered rock formations (sea stacks) stand in the water. In the background, a high, layered cliff face rises from the shore. The sky is a uniform, dark grey.

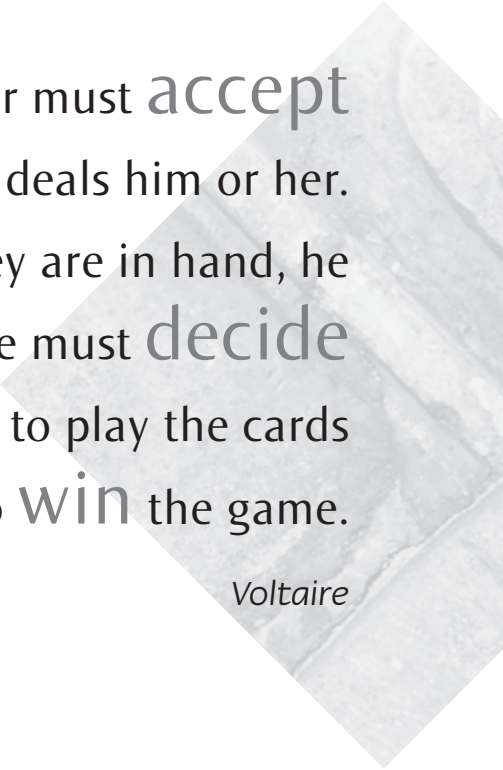
Experience is not  
what happens to you.  
It is what **you do** with  
what happens to you.

*Aldous Huxley*



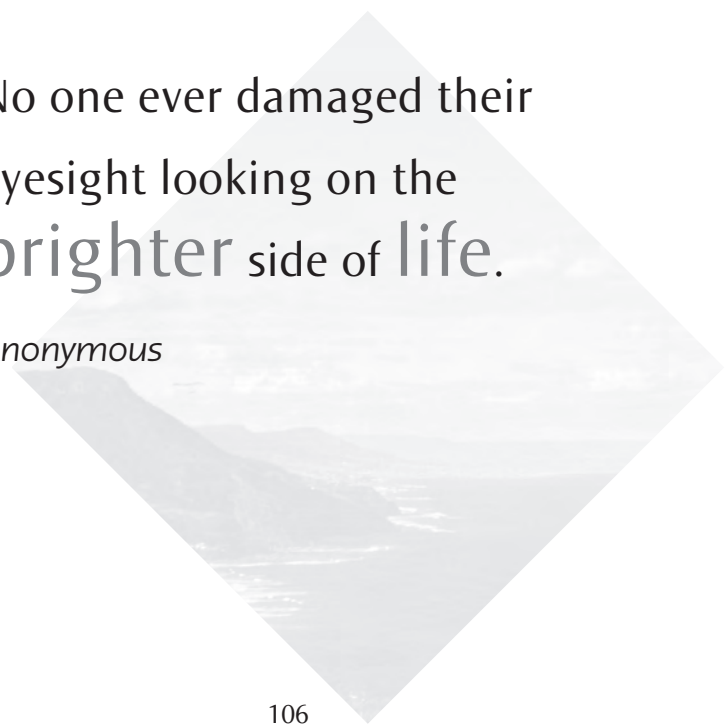
Keep your face to the  
**sunshine** and you  
cannot see the shadows.

*Helen Keller*



Each player must **accept**  
the cards life deals him or her.  
But once they are in hand, he  
or she alone must **decide**  
how to play the cards  
in order to **win** the game.

*Voltaire*



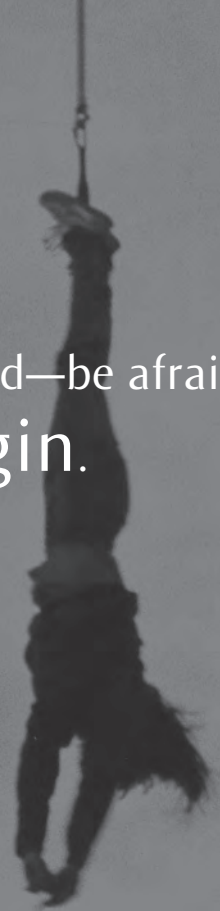
No one ever damaged their  
eyesight looking on the  
**brighter** side of life.

*Anonymous*



It is not because things  
are difficult that we  
do not **dare**; it is because  
we do not dare  
that they are difficult.

*Seneca*

A black and white photograph of a person hanging upside down by a rope. The person is silhouetted against a light grey background. Their arms are outstretched, and their legs are also outstretched. The rope is attached to a small metal hook at the top.

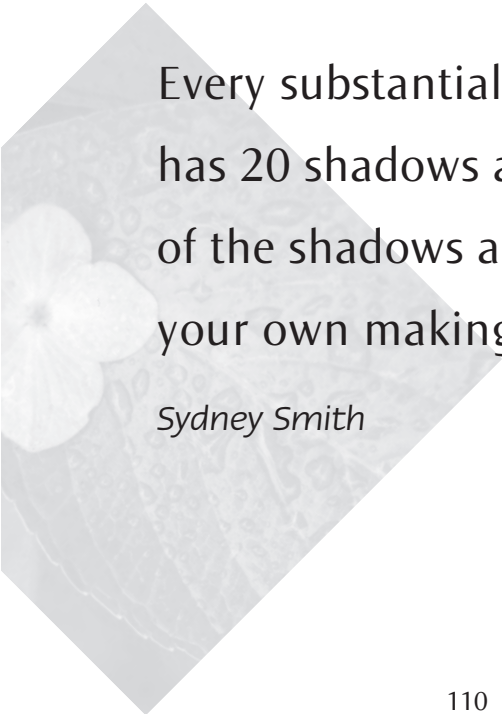
Don't be afraid  
your **life** will end—be afraid  
it will never **begin**.

*Grace Hansen*

Fear is the  
thief of dreams.

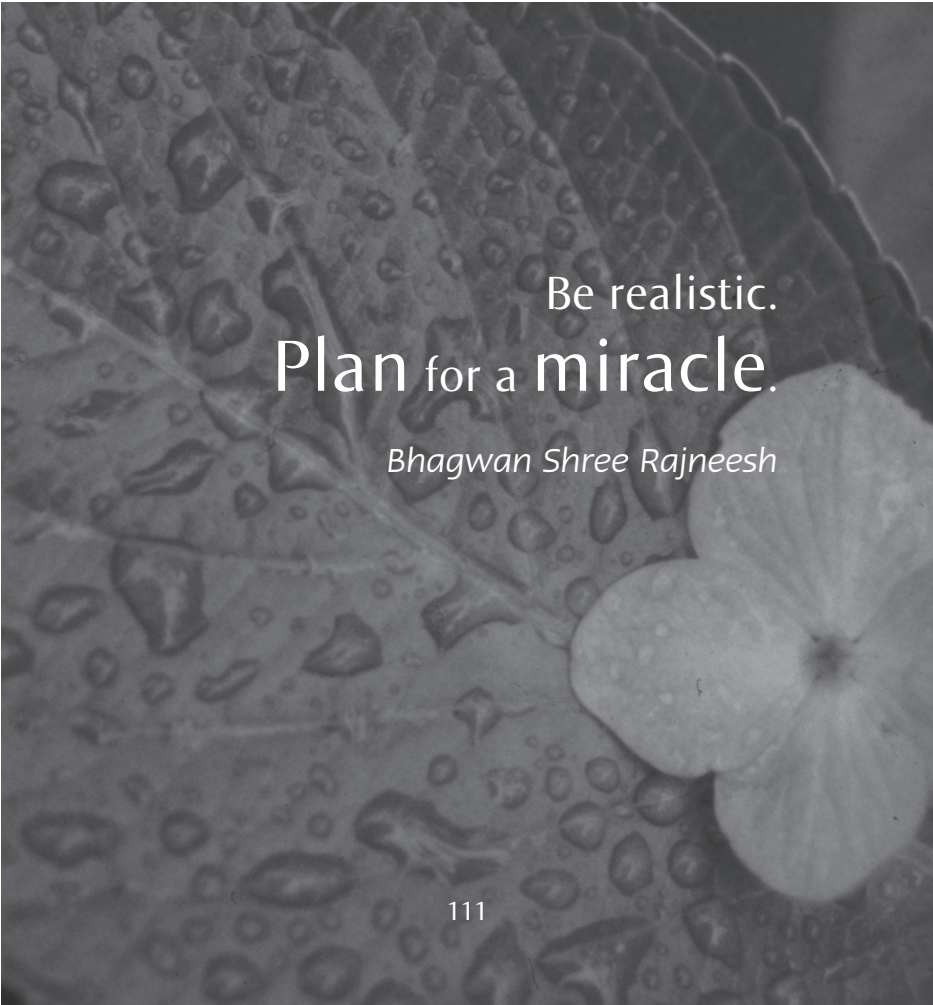
*Anonymous*





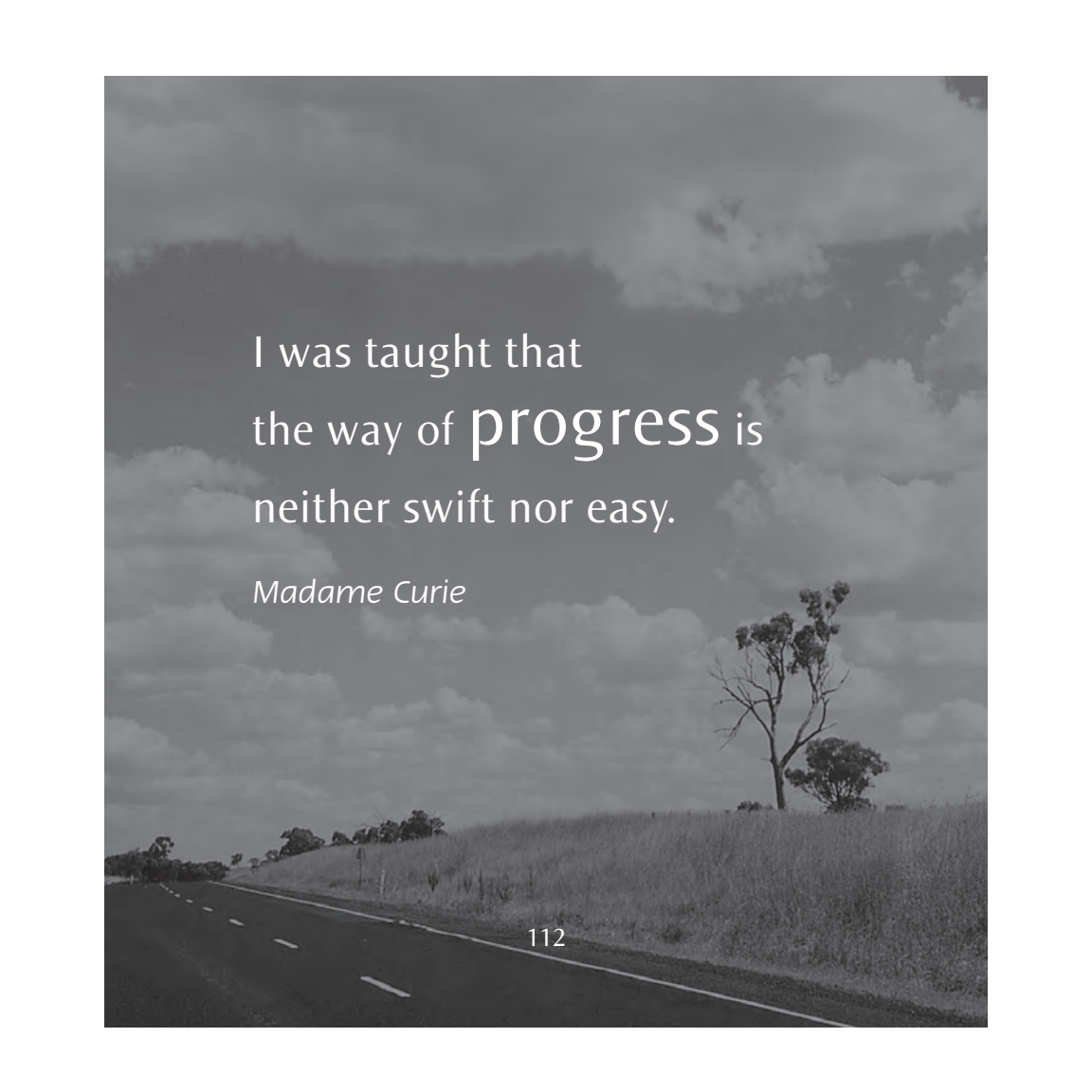
Every substantial grief  
has 20 shadows and **most**  
of the shadows are of  
your own making.

*Sydney Smith*



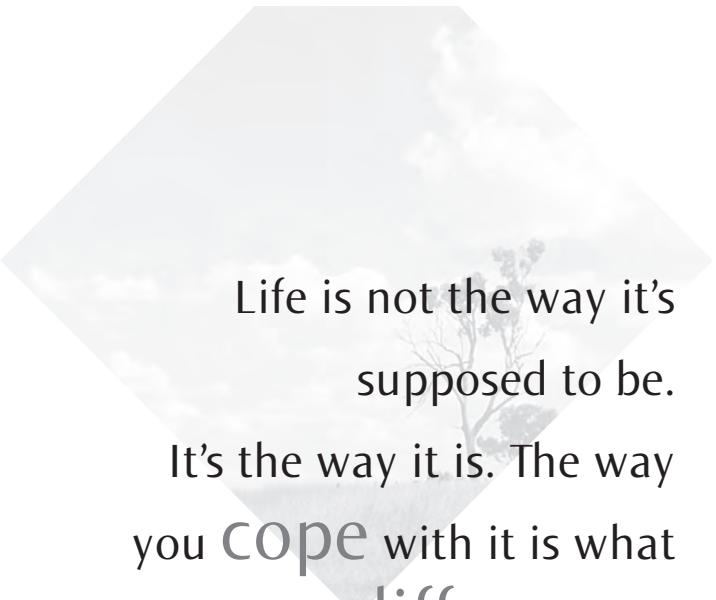
Be realistic.  
**Plan for a miracle.**

*Bhagwan Shree Rajneesh*



I was taught that  
the way of **progress** is  
neither swift nor easy.

*Madame Curie*



Life is not the way it's  
supposed to be.  
It's the way it is. The way  
you **cope** with it is what  
makes the **difference**.

*Virginia Satir*

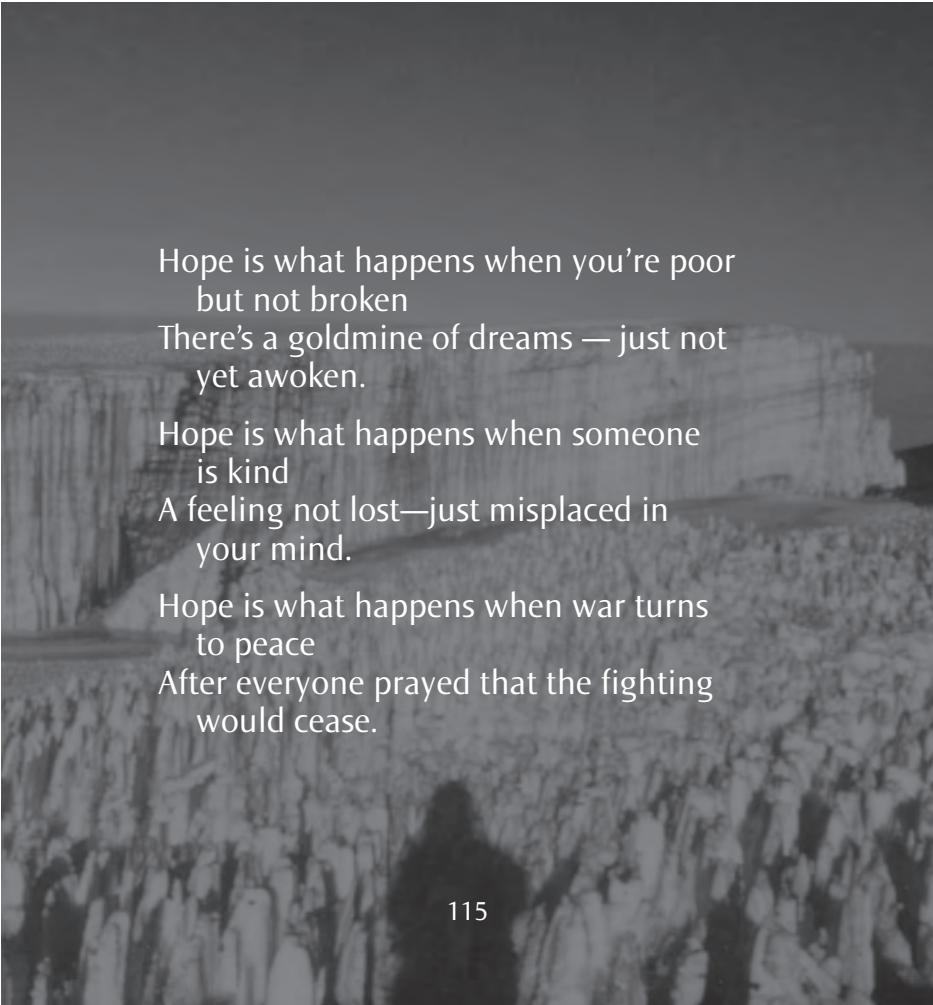
goldmine of dreams

## Hope Happens!

Hope is what happens when you first  
see a light  
Just a distant, small star in the darkest  
of night.

Hope is what happens with the first buds  
of spring  
When dawn touches the sky or a bird  
spreads it's wings.

Hope is what happens when a wound  
starts to heal  
Whether skin deep or soul deep, you begin  
to feel real.

A black and white photograph of a rugged, rocky coastline. In the foreground, a person stands on a dark, rocky outcrop, looking out over the sea. The middle ground shows a steep, light-colored cliff face with vertical rock formations. The background is a calm sea under a clear sky.

Hope is what happens when you're poor  
but not broken  
There's a goldmine of dreams — just not  
yet awoken.

Hope is what happens when someone  
is kind  
A feeling not lost—just misplaced in  
your mind.

Hope is what happens when war turns  
to peace  
After everyone prayed that the fighting  
would cease.

# c o u r a g e o u s

Hope is what happens with the smell of  
fresh rain

When your long drought of dreams is  
renewed yet again.

Hope is what happens when clouds  
finally clear

Troubled thunder falls silent—courageous  
whispers you hear.

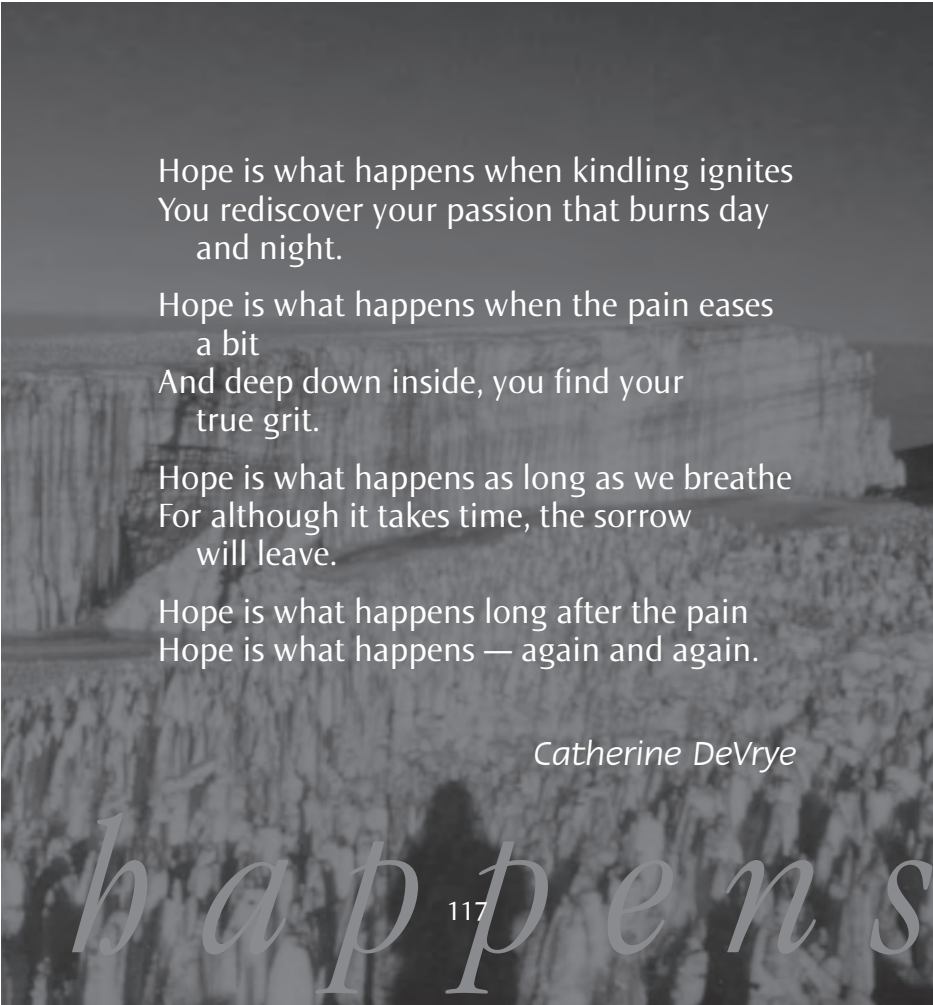
Hope is what happens when your heart  
skips a beat

And, so least expected, a soul mate  
you meet.

Hope is what happens when fresh bread  
is baking

And what hungers your heart, will one day  
stop aching.

*h o p e*



Hope is what happens when kindling ignites  
You rediscover your passion that burns day  
and night.

Hope is what happens when the pain eases  
a bit  
And deep down inside, you find your  
true grit.

Hope is what happens as long as we breathe  
For although it takes time, the sorrow  
will leave.

Hope is what happens long after the pain  
Hope is what happens — again and again.

*Catherine DeVrye*

*h a p p e n s*



Yes...Hope happens!

If you need some hope happening in your life at the moment, or in the future, open any page at random and you'll be surprised that whatever message you read may be most pertinent at the time.

It's no coincidence that this book is in your hands. I hope it helps because your life is also in your hands and...hope can truly happen, if you let it!

*Catherine DeVrye*

## Photographic credits

**Hope Happens!** contains an image from every continent on Earth, symbolic of the universal human spirit, regardless of race, religion or geographic location. All but three were taken by the author. Her original color negatives have been transposed into monotone. The images on pages 46 and 76 were taken by the author's father, Hendrick DeVrye and the one on page 3 by Justin Thomas.

Cover	Rajasthan, India	pp. 28-29	Plane over Midwest, USA
p. 3	Sydney, Australia (author carrying Olympic torch)	pp. 30-31	Outside Weipa, Australia
pp. 10-11	Japanese Alps	pp. 32-33	London, United Kingdom
pp. 12-13	China	pp. 34-35	Budapest, Hungary
pp. 14-15	Hiroshima Peace Park, Japan	pp. 36-37	Thar desert, India
pp. 16-17	Perito Moreno Glacier, Argentina	pp. 38-39	Shanghai, China
pp. 18-19	Tanzania	pp. 40-41	Queenscliff, Australia
pp. 20-21	Kruger National Park, South Africa	pp. 42-43	Mt Machhapuchhre, Nepal
pp. 22-23	North Head, Manly, Australia	pp. 44-45	Melbourne, Australia
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pp. 26-27	Bern, Switzerland	pp. 48-49	Serengeti National Park, Tanzania.
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pp. 52-53	Johannesburg, South Africa	pp. 84-85	Fairlight, Australia
pp. 54-55	Serengeti, Tanzania	pp. 86-87	Manly, Australia
pp. 56-57	The Netherlands	pp. 88-89	Phuket, Thailand
pp. 58-59	Archlands National Park, USA	pp. 90-91	Annapurna Base Camp, Nepal
pp. 60-61	The Antarctic	pp. 92-93	Near Merrijig, Australia.
pp. 62-63	Victoria Australia.	pp. 94-95	Manly, Australia
pp. 64-65	Near Broken Hill, Australia	pp. 96-97	Mt Fuji, Japan
pp. 66-67	Shanghai, China	pp. 98-99	Iguazu Falls, Brazil
pp. 68-69	Yamba, Australia	pp. 100-101	Manly, Australia
pp. 70-71	Japan	pp. 102-103	Great Ocean Road, Victoria
pp. 72-73	Great Barrier Reef, Australia.	pp. 104-105	Roadside, Hungary
pp. 74-75	Hakone, Japan	pp. 106-107	Stanwell Tops, Australia
pp. 76-77	Calgary, Canada (author with grandfather)	pp. 108-109	Sydney, Australia
pp. 78-79	Lethbridge, Canada	pp. 110-111	Singapore
pp. 80-81	Japanese Alps	pp. 112-113	South Australia
pp. 82-83	Yokohama, Japan	pp. 114-117	Summit of Mt Kilimanjaro, Africa

## Other titles by Catherine DeVrye

*Good Service is Good Business*

*Hot Lemon & Honey: Reflections for Success in Times of Change*

*Who Says I Can't? / Serendipity Road / Hope as my Compass*  
(A memoir)

*50 Shades of Customer Service*

*The Customer Service Zoo*

*Japan: An A-Z:*  
A guide to living and working in Japan

*Paperclips Don't Grow on Trees*

Catherine's books are available on Amazon.com and via her website:

[www.greatmotivation.com](http://www.greatmotivation.com)

email: [books@greatmotivation.com](mailto:books@greatmotivation.com).