

# REBOUND STRONG

A showerhead is shown spraying water against a clear blue sky. The water droplets are captured in mid-air, creating a dynamic, energetic feel. In the lower right foreground, a single bright yellow daisy flower with a dark center stands on a thin stem, partially illuminated by the water spray. The bottom of the image shows a blurred green field of grass.

Daily  
Inspirational  
Quotes

Hope and Strength  
for Life's Toughest  
Challenges

DAVID YOUNG

# REBOUND STRONG

*Hope and Strength for Life's  
Toughest Challenges*

DAVID YOUNG

Wind Runner Press  
Round Rock, Texas

# Welcome

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*Rebound Strong*

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# Dedication

To the memory of my father and mother, Dayton and Mina, who taught me the value of hard work. And to my wife, Christina, who showed me the power of love.

## Introduction

Does your situation seem hopeless? Does it look like there's no way out? Perhaps your doctor gave you bad news. Maybe a family situation is out of control. Or perhaps you're struggling to buy groceries and pay your bills. If so, don't give up. Former Senate chaplain Peter Marshall reminds us that "God will not permit any troubles to come upon us, unless He has a specific plan by which great blessing can come out of the difficulty."

Others have triumphed over adversity, and you can too. How did they do it? They'll share their secrets in *Rebound Strong*. For each day of the year, this book provides four great quotes that will help you overcome life's toughest challenges. You'll learn how to conquer difficulties, and you'll gain hope and strength for the journey. You can triumph over adversity and live a happy and fulfilled life.

January 1 ❧

### **God Will Provide**

When we call on God, He bends down His ear to listen, as a father bends down to listen to his little child.

— *Elizabeth Charles*

God's hand is not so short that He cannot save, nor is His ear so heavy that He cannot hear. Whether you see Him or not, He is at work in your life this very moment.

— *Charles Swindoll*

Never be afraid to trust an unknown future to a known God.

— *Corrie ten Boom*

We can depend on God to fulfill His promise, even when all the roads leading to it are closed.

— *Matthew Henry*

## ❧ *January 2*

### **The Adversity Advantage**

I am grateful for all my problems. I became stronger and more able to meet those that were still to come.

— *J.C. Penney*

After crosses and losses men grow humbler and wiser.

— *Benjamin Franklin*

People striving, being knocked down and coming back, that's what builds character in a man.

— *Tom Landry*

Life is not about waiting for the storm to pass; it's about learning to dance in the rain.

— *Anonymous*



### **The Power of Humility**

Those who first accept the silence of obscurity are best qualified to handle the applause of popularity.

— *Charles Swindoll*

When God wants to do His great works He trains somebody to be quiet enough and little enough, then He uses that person.

— *J. Hudson Taylor*

The humble man feels no jealousy or envy. He can praise God when others are preferred and blessed before him. He can bear to hear others praised while he is forgotten.

— *Andrew Murray*

When someone asked Saint Francis of Assisi why and how he could accomplish so much, he replied: “The Lord looked down from heaven upon the earth and said, ‘Where can I find the weakest, the littlest, the poorest man on the face of the earth?’ Then He saw me and said, ‘I will work through him. He won’t be proud of it. He’ll see that I am only using him because of his littleness and insignificance.’”

— *C. Reuben Anderson*

## ❧ *January 4*

### **The Power of Commitment**

Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere; and you will find joy in overcoming obstacles. Remember, no effort that we make to attain something beautiful is ever lost.

— *Helen Keller*

The moment you commit and quit holding back, all sorts of unforeseen incidents, meetings and material assistance will rise up to help you. The simple act of commitment is a powerful magnet for help.

— *Napoleon Hill*

Building your foundation even when you aren't winning is a powerful form of commitment. You improve your chances of becoming a winner when you take this long view.

— *Joe Torre*

Don't get caught up with always needing to see instant results from your work. Instead, have faith that there will always be a reaction, because that faith is what allows you to make a lifelong commitment toward goodness instead of always looking for the shortcuts.

— *Russell Simmons*

### **The Power of Laughter**

We don't laugh because we're happy – we're happy because we laugh.

— *William James*

There is healing power in laughter. It makes us forget, makes us relax and makes us feel like life is worth living again.

— *Art Berg*

Humor is the great thing, the saving thing, after all. The minute it crops up, all our hardnesses yield, all our irritations and resentments slip away, and a sunny spirit takes their place.

— *Mark Twain*

Remember that laughter can brighten a cloudy day, lighten a heavy load and release the tension in a tight moment. Besides, laughter is attractive. Try it and see how much prettier you look. Laughter is appealing.

— *Patsy Clairmont*

## ❧ *January 6*

### **Benefit from Failure**

Strong people make as many mistakes as weak people. The difference is that strong people admit them, laugh at them and learn from them. That is how they became strong.

— *Richard Needham*

I ended up learning much more about life by not winning the gold. Don't get me wrong – I'm disappointed I didn't win, and I still struggle at times with anger at God for the way it happened. But the message from Him continues to come through that His loving purpose is being worked out in my life.

— *Dave Johnson*

It's impossible to fail without having been partially successful. You did succeed at overcoming the fear of getting started.

— *Robert Schuller*

No disappointment, setback, trauma or tragedy becomes so devastating that you cannot glean something of value to take with you to the next experience. Successful people learn from everything that happens to them. They become victorious in situations where others see themselves only as victims.

— *Cherie Carter-Scott*

**Faith**

Take the first step in faith. You don't have to see the whole staircase, just take the first step.

— *Martin Luther King, Jr.*

Faith like Job's cannot be shaken because it is the result of having been shaken.

— *Abraham Heschel*

Your seed of greatness will not grow without you using your faith to stretch yourself beyond your past limitations.

— *T.D. Jakes*

By faith Abraham, even though he was past age – and Sarah herself was barren – was enabled to become a father because he considered him faithful who had made the promise.

— *Hebrews 11:11*

## ❧ January 8

### **Overcome Difficulties**

The way you react to adversity is the key to success. People who succeed are the ones who respond the right way in adverse circumstances.

— *Tom Landry, to his players after he was fired as head coach of the Cowboys*

I make the most of all that comes and the least of all that goes.

— *Sara Teasdale*

Most of the significant things done in the world were done by people who were either too busy or too sick. There are few ideal and leisurely settings for the disciplines of growth.

— *Robert Henderson*

The men whom I have seen succeed best in life have always been cheerful and hopeful men, who went about their business with a smile on their faces, and took the changes and the chances of this mortal life like men, facing rough and smooth alike as it came.

— *Charles Kettering*

### **Overcome Fear**

The most drastic and usually the most effective remedy for fear is direct action.

— *William Burnham*

When you face your fear, most of the time you will discover that it was not really such a big threat after all.

— *Les Brown*

Anyone can conquer fear by doing the things he fears to do, provided he keeps doing them until he gets a record of successful experiences behind him.

— *Eleanor Roosevelt*

Fear is an illusion. You think something is standing in your way, but nothing is really there. What is there is an opportunity to do your best and gain some success. If it turns out my best isn't good enough, then at least I'll never be able to look back and say I was too afraid to try.

— *Michael Jordan*

## ❧ *January 10*

### **Prayer**

Heaven is full of answers to prayers for which no one ever bothered to ask.

— *Billy Graham*

We shall come one day to a heaven where we shall gratefully know that God's great refusals were sometimes the true answers to our truest prayer.

— *Peter Forsyth*

Prayer is not designed for the furnishing of God with the knowledge of what we need, but it is designed as a confession to Him of our sense of need.

— *A.W. Pink*

I have been driven to my knees many times by the overwhelming conviction that I had nowhere else to go. My own wisdom and that of all those about me seemed insufficient for that day.

— *Abraham Lincoln*



### **The Power of Positive Thinking**

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

— *Helen Keller*

Mount Everest, you have defeated me. But I will return. And I will defeat you. Because you can't get any bigger and I can.

— *Sir Edmund Hillary*

You've got to believe in yourself and have a persistent mindset of never giving up, never quitting. If you get any inclination of "You're not good enough," it kills you.

— *Keenan McCardell*

Don't stop believing in yourself because you haven't yet been rewarded with that brass ring. If I had stopped believing in myself, I never would have realized my lifelong dream of making it to the World Series. It took me 4,272 games as a player and a manager to finally get there, the longest wait for anyone in the history of the game.

— *Joe Torre*

## ❧ *January 12*

### **Overcome Weaknesses**

Many a humble soul will be amazed to find that the seed it sowed in weakness, in the dust of daily life, has blossomed into immortal flowers under the eye of the Lord.

— *Harriet Beecher Stowe*

I seldom think about my limitations, and they never make me sad. Perhaps there is just a touch of yearning at times, but it is vague.

— *Helen Keller*

It is always upon human weakness and humiliation, not human strength and confidence, that God chooses to build His Kingdom; and that He can use us not merely in spite of our ordinariness and helplessness and disqualifying infirmities, but precisely because of them.

— *James Stewart*

When we come to the end of ourselves, we come to the beginning of God..

— *Billy Graham*

### **God Gives Us Power**

The same God who empowered Samson, Gideon and Paul seeks to empower my life and your life, because God hasn't changed.

— *Bill Hybels*

God doesn't give us the jobs we're fit for, He fits us for the jobs He gives us.

— *Anonymous*

Because God is all-powerful, you do not have to doubt your ability, strength or resources to complete His assignments for you. He will enable you to accomplish all that He calls you to do.

— *Henry Blackaby*

[God] gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

— *Isaiah 40:29-31*

❧ *January 14*

### **When Bad Things Happen**

For every single thing that goes wrong in our lives, we have fifty to one hundred blessings.

— *Barbara Johnson*

Life is like the wrong side of a carpet. We see many different colored threads running every which way. They seem to make no sense at all. But one day in this life or thereafter, we will see the right side of the carpet and then we will realize that everything has made a perfect pattern.

— *Hans Wilhelm*

We should not permit our grievances to overshadow our opportunities.

— *Booker T. Washington*

Your reaction to a problem as much as the problem itself will determine the outcome. I have seen people face the most catastrophic problems with a positive mental attitude, turning their problems into creative experience. They turned their scars into stars.

— *Robert Schuller*

### **Receiving Criticism**

There is a kernel of truth in every criticism. Look for it, and when you find it, rejoice in its value.

— *Dawson Trotman*

Throughout my career, the things I've done best are the things people told me couldn't be done.

— *Ross Perot*

Your strength as an individual depends on how you respond to both criticism and praise. If you let either one have any special effect on you, it's going to hurt.

— *John Wooden*

A great sign of immaturity is to become very angry or hurt at the slightest criticism from others. A mature person profits from criticism.

— *Vince Lombardi*

## ❧ *January 16*

### **Worry**

The best cure for worry, depression, melancholy, brooding, is to go deliberately forth and try to lift with one's sympathy the gloom of somebody else.

— *Arnold Bennett*

It is not work that kills me; it is worry. Worry is rust upon the blade.

— *Henry Ward Beecher*

Worry – a god, invisible but omnipotent. It steals the bloom from the cheek and lightness from the pulse; it takes away the appetite, and turns the hair grey.

— *Benjamin Disraeli*

O Father, save me from the depression that comes from accepting every gloomy prediction and every bad news story as though they were the whole truth. May your grace help me not to be anxious about tomorrow, but to live with the trust that enables me to cope with today.

— *Reginald Hollis*

### **The Power of Commitment**

I always laugh when people praised me as an overnight success. Overnight plus nine years of training, sacrifice, hard work and discipline was more like it.

— *Mary Lou Retton*

My strongest point is my persistence. I never give up in a match. However down I am, I fight until the last ball. My list of matches shows that I have turned a great many so-called irretrievable defeats into victories.

— *Bjorn Borg*

I wrote for twelve years and collected 250 rejection slips before getting any fiction published, so I guess outside reinforcement isn't all that important to me.

— *Lisa Allen*

Doers are willing to break through the barriers of pain that stand between themselves and a goal. The pain barriers might be emotional or physical – or both. Doers realize that any goal of substance is not meant to be achieved easily and they will face severe tests of their patience and determination along the path to fulfillment.

— *Gary Player*

## ❧ *January 18*

### **Overcome Failure**

The most important attribute of successful people is not that they always succeed, but that they respond to failure by coming back and redoubling their efforts.

— *Mary Farrell*

In the many years before we won a championship I overcame disappointment by not living in the past. To do better in the future you have to work on the *right now*. Dwelling in the past prevents doing something in the present.

— *John Wooden*

I don't fear failure because I've got the most important ingredients in life at hand – my family and my faith.

— *George W. Bush*

Losing the Super Bowl was a great disappointment. But I learned from my dad to put things in their proper perspective. It's only natural to have setbacks in life. But you deal with them and you move on. If losing the Super Bowl is the greatest disappointment I have in my life, then I will have lived a very blessed life.

— *Drew Bledsoe*



**Renewal**

To acquire the habit of reading is to construct for yourself a refuge from almost all the miseries of life.

— *W. Somerset Maugham*

There must be quite a few things a hot bath won't cure, but I don't know many of them.

— *Sylvia Plath*

When we rest at night we relax our muscles, but we also restore energy and balance to our nervous and immune systems. This recharging helps us to feel sharp and responsive, and allows us to problem-solve and retain our critical thinking and decision-making power. It also allows us to ward off illness and disease.

— *Dr. Paul Donahue*

The colors in the sky at sunset, the delicate tints of the early spring foliage, the brilliant autumn leaves, the softly colored grasses and lovely flowers – what painter ever equaled their beauties with paint and brush?

— *Laura Ingalls Wilder*

## ❧ *January 20*

### **Adversity**

The great moments, when the world cheers, are not the moments that count. The ones that count are when it's just you, and people have stopped believing in you. Those are the moments that define you.

— *Bob Greene*

I always tried to turn every disaster into an opportunity.

— *John D. Rockefeller*

Conditions are never just right. People who delay action until all factors are favorable do nothing.

— *William Feather*

When starting out, don't worry about not having enough money. Limited funds are a blessing, not a curse. Nothing encourages creative thinking in quite the same way.

— *H. Jackson Brown, Jr.*

January 21 ❧

### **The Power of Confidence**

What you think of yourself is much more important than what others think of you.

— *Seneca*

Strike a balance between confidence and humility – enough confidence to know that you can make a real difference, enough humility to ask for help.

— *Carley Fiorina*

You may succeed when others do not believe in you, but never when you do not believe in yourself.

— *Anonymous*

I have to really believe that I can medal, and then I'll do whatever it takes every day to prepare myself for when that time comes. If I don't think I can, then I'm not going to give it that hundred percent or more that I need to give, to suffer. You have to find that line and go just beyond it.

— *Tinker Juarez*

## ❧ January 22

### **Giving**

Those who bring sunshine to the lives of others cannot keep it from themselves.

— *Sir James Arrie*

If you share your money, you'll always have enough. And if you don't, you'll never have enough.

— *Chi Chi Rodriguez*

He who gives to the poor will lack nothing.

— *Proverbs 28:27*

No matter how little you have in the way of material things, you always have inner bounty to share. You have encouraging words, creative ideas, a sense of humor and the power of prayer. So, even when you feel your luck is running thin, give something away from your bounty within.

— *Dr. Suzanne Zoglio*

### **The Power of Change**

Progress is impossible without change; and those who cannot change their minds cannot change anything.

— *George Bernard Shaw*

You must adapt to change, and condition yourself to see it as an opportunity to improve yourself, not as a window to failure.

— *Rick Pitino*

Today, loving change, tumult, even chaos is a prerequisite for survival, let alone success.

— *Tom Peters*

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

— *King Whitney, Jr.*

❧ *January 24*

### **The Power of Faith**

Hope is hearing the melody of the future. Faith is to dance to it.

— *Rubem Alves*

Faith clamps down the teeth of God's Word on the seat of the enemy's pants and hangs on until Satan quits.

— *Marilyn Hickey*

By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going.

— *Hebrews 11:8*

At a complete disadvantage – because of his smaller size and his substandard equipment – David was still able to achieve what he was able to believe. David was the only man who could defeat Goliath because he was the only one who had the faith for it.

— *T.D. Jakes*

### **Financial Freedom**

Save a part of your income and begin now, for the man with a surplus controls circumstances, and the man without a surplus is controlled by circumstances.

— *Henry Buckley*

If a person gets his attitude toward money straight, it will help straighten out almost every other area in his life.

— *Billy Graham*

Every family should work for an emergency fund equal to six months' living expenses, and this should be held in safe investments and regarded as a protection and not as a means to make money.

— *Samuel Crowther*

You need to set aside money for savings each month. Not only does it give you a reserve to draw on in emergency situations, it's a key element in smart financial planning and eventual financial freedom. What's more, having a stash of cash at your disposal can give you peace of mind about your finances.

— *Larry Burkett*

❧ *January 26*

### **The Adversity Advantage**

I would never have amounted to anything were it not for adversity. I was forced to come up the hard way.

— *J.C. Penney*

When you are in the dark, listen, and God will give you a very precious message for someone else when you get into the light.

— *Oswald Chambers*

If I wasn't dyslexic, I probably wouldn't have won the Games. If I had been a better reader, then that would have come easily, sports would have come easily and I never would have realized that the way you get ahead in life is hard work.

— *Bruce Jenner*

The real irony is this: some of the happiest, most joy-filled people I know are people who have been through some of the worst pain in the world. I don't know exactly why that happens, but this is my guess: once we're no longer afraid to feel any feeling that comes our way, we really do become happy, joyous and free.

— *Melody Beattie*



January 27 ❧

## **Forgiveness**

We forgive to the extent that we love.

— *François de La Rochefoucauld*

You will never be asked to forgive someone else more than God has already forgiven you.

— *Rick Warren*

He who has not forgiven an enemy has never yet tasted one of the most sublime enjoyments of life.

— *Johann Lavater*

I think that if God forgives us, we must forgive ourselves.

— *C.S. Lewis*

❧ *January 28*

### **God's Guidance**

God will always give you enough specific directions to do now what He wants you to do. When you need more directions, He gives you more in His timing.

— *Henry Blackaby*

When we put our lives into God's hands and ask Him to direct us, amazing results will follow.

— *Catherine Marshall*

No man, who acts honestly up to the light he has, will be left in the dark.

— *Charles Haddon Spurgeon*

The steps of good men are directed by the Lord. He delights in each step they take. If they fall it isn't fatal, for the Lord holds them with his hand.

— *Psalms 37:23-24 (TLB)*

**Character Required for Success**

The essence of God's teaching is that true greatness lies in character, not in ability or position.

— *A.W. Tozer*

Character is not made on the mountain tops of life; it is made in the valleys.

— *Kathryn Kuhlman*

Character is formed by doing the thing we are supposed to do, when it should be done, whether we feel like doing it or not.

— *Father Flanagan*

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved.

— *Helen Keller*

❧ *January 30*

### **The Power of Commitment**

Genius is perseverance in disguise.

— *Mike Newlin*

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

— *Margaret Thatcher*

We fight until they take the last breath out of us.

— *Darryl Talley, former Buffalo Bills linebacker,  
on coming back from 35-3 to beat the Houston  
Oilers in a playoff game*

Somehow over the years folks have gotten the impression that Wal-Mart was just this great idea that turned into an over-night success. But our first Wal-Mart store was totally an outgrowth of everything we'd been doing since 1945 – another case of me being unable to leave well enough alone, another experiment. And like most over-night successes, it was about twenty years in the making.

— *Sam Walton*

### **Benefit from Failure**

The wisest person is not the one who has the fewest failures, but the one who turns failures to best account.

— *Richard Grant*

I failed my way to success.

— *Thomas Edison*

In God's economy, nothing is wasted. Through failure, we learn a lesson in humility which is probably needed, painful though it is.

— *Bill Wilson*

I think you learn a lot more in failures and defeats, many times, than you do in victories. God has those difficult times to teach us and to help us grow. I didn't look at those 27 years as *failure years*. There were things I learned that helped create that Super Bowl win.

— *Tony Dungy*

Dear Friend,

I hope you enjoyed the first 31 days of *Rebound Strong*. If you'd like to read all 366 days, you can order either the paperback, the Kindle or the Nook edition at [ReboundStrong.com](http://ReboundStrong.com).

— David Young

P.S. If you like the free mini ebook, please share it with others by giving them this link: [ReboundStrong.com](http://ReboundStrong.com).

P.P.S. [ReboundStrong.com](http://ReboundStrong.com) provides daily quotes that will give you hope and strength for life's toughest challenges. You can also get these quotes by email, and it's free. Simply fill out the form at [ReboundStrong.com](http://ReboundStrong.com).

## About the Author



**D**avid Young is a policy advisor to the governor of Texas. He received his Bachelor of Science in Business Administration degree, Summa Cum Laude, from the University of Arkansas and his Master of Business Administration degree from The University of Texas at Austin.

David grew up in Fort Smith, Arkansas. Both of his grandfathers were born before the Civil War. He and his wife, Christina, live in Round Rock, Texas. David has traveled extensively throughout the United States, Canada and Europe, and has visited South America, Asia and the Middle East.

## Also by David Young

*Breakthrough Power*

*Breakthrough Power for Mothers*

*Breakthrough Power for Fathers*

*Breakthrough Power for Christians*

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*Breakthrough Power for Athletes*

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Does your situation seem hopeless? Does it look like there's no way out? Perhaps your doctor gave you bad news. Maybe a family situation is out of control. Or perhaps you're struggling to buy groceries and pay your bills. If so, don't give up. Former Senate chaplain Peter Marshall reminds us that "God will not permit any troubles to come upon us, unless He has a specific plan by which great blessing can come out of the difficulty."

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You can triumph over adversity and live a happy and fulfilled life.

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