

## Inspirational TR Quotes

### TR Professional Practice

*While therapeutic recreation seems to be striving for more recognition within the medical model, most (if not all) other therapeutic modalities are trying to understand how they can become more closely allied with a holistic approach to treatment. Therapeutic recreation has the inherent connection that can bridge the gap between clinical services and community inclusion while providing an exemplary model for holistic medicine.*

**M.W . Stewart**

*An occupational therapist works with a patient from the waist up, a physical therapist works with a patient from the waist down, and a recreational therapist works with a patient from the inside out.*

**Ed Kesgen**

*The word recreation is really a very beautiful word. It is defined in the dictionary as "the process of giving new life to something, of refreshing something, of restoring something." This something, of course, is the whole person.*

**Bruno Hans Geba**

### Recreation, Leisure & Play

*We are beginning to discover that the meaning of leisure is really the meaning of life, leisure is freedom and freedom is living.*

**Douglas H. Sessoms**

*People with the greatest life satisfaction have been able to maintain a sense of playfulness.*

**Anonymous**

*Recreation's purpose is not to pass time, but to make time live; not to keep a person occupied, but to keep him or her refreshed; not to offer an escape from life, but to provide a discovery of life.*

**Author unknown**

*Life is best enjoyed when time periods are evenly divided between labour, sleep, and recreation...all people should spend one-third of their time in recreation which is rebuilding, voluntary activity, never idleness.*

**Brigham Young**

*What we do during our working hours determines what we have; what we do in our leisure hours determines what we are.*

**George Eastman**

*You can learn more about a man in an hour of play than you can in a lifetime of conversation.*

**PLATO**

*Leisure/recreation is a state of mind. It is an inner place of peace and a bridge, which connects to others in a meaningful way.*

**Kathy O'Keef**

*Those who decide to use leisure as a means of mental development, who love good music, good books, good pictures, good plays, good company, good conversation – What are they? They are the happiest people in the world.*

**William Lyon Philips**

*Not all Leisure Experiences in the community settings need to be successful, but the privilege to achieve or fail is a part of a learning process that far too long has been denied individuals with disabilities.*

**Stuart Schleien & M. Tipton Raye**

## Inspirational Quotes

*The greatest pleasure in life is doing what people say you cannot do.*

**Walter Bagehot**

*Tell me and I forget, teach me and I remember, involve me and learn.*

**Benjamin Franklin**

*You can't hit a homerun unless you step up to the plate. You can't catch fish unless you put your line in the water. You can't reach your goals if you don't try.*

**Kathy Sligman**

*Happiness is not the absence of conflict, but the ability to cope with it.*

**Author Unknown**

*I'd rather be failing at something I enjoy than be a success at something I hate.*

**George Burns**

*Do not let what you cannot do interfere with what you can do.*

**John Wooden**

*Strength and courage aren't always measured in medals and victories. They are measured in the struggles they overcome. The strongest people aren't always the people who win, but the people who don't give up when they lose.*

**Ashley Hodgeson**

*A candle loses nothing of its light when lighting another.*

**Kahil Gibran**

*A wise person will make more opportunities than they find.*

**Francis Bacon**

*The only people who never fail are those who never try.*

**Ilka Chase**

*Progress involves Risk. You can't steal second base and keep your foot on first.*

**Frederick Wilcox**

*Don't let what you cannot do interfere with what you can do*

**John Wooden**

*Therapeutic Recreation is Serious fun*

**Cindy S. Austin, C.T.**