



# HOPE

Hope gives us peace and strength and keeps us going when all seems lost. Accepting what you cannot change doesn't mean you have given up on hope.

It just means you have to focus your hope on more humanly, tangible and attainable goals. It might even mean that you must refocus your hope onto yourself, knowing that whatever the outcome you will be alright.

Accepting what I cannot change means I can embrace the "here and now", live for the moment, and focus on what IS possible, not on what is NOT.

Endurance and perseverance happen one day at a day. There is no one stronger than one who HAS to be strong, or one who chooses to be strong.

This information is designed to assist victims and their families, but by no means should be relied on as medical advice. Victims of asbestos related diseases should consult their doctors for medical advice and also to ensure the 'above' is applicable in their specific circumstances.