It is so easy to exist instead of living. I learned to live many years ago. Something really, really bad happened to me, something that changed my life in ways that, if I had my option, it would never have been changed at all. And what I learned from it is what, today seems to be the hardest lesson of all. I learned to love the journey, not the destination. I learned that it is not a dress rehearsal, and that today is the only guarantee you get.

存在与生存相比，更容易的是存在而不是生存。多年以前，我就开始学习生存了。曾经有一些非常非常糟糕的事情发生在我身上，有些事情改变了我的生存方式。如果我有得选择，我根本不会让改变发生。但是从中我也学到了当下才是需要学习的最为艰难的课程。我学会了享受过程，而不是享受结果。我认识到了人生不是一次彩排，当下是你能得到的唯一的保证。