

# Sadness Quotes

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Edited by Des McCabe

Don't cry because it's over, smile because it happened.

**Dr. Seuss**

Sadness is almost never anything but a form of fatigue.

**Andre Gide**

For all sad words of tongue and pen, the saddest are these, 'It might have been'.

**John Greenleaf Whittier**

Every man has his secret sorrows which the world knows not; and often times we call a man cold  
when he is only sad.

**Henry Wadsworth Longfellow**

Give sorrow words; the grief that does not speak knits up the o-er wrought heart and bids it break.

**William Shakespeare, Macbeth**

They say such nice things about people at their funerals that it makes me sad that I'm going to miss  
mine by just a few days.

**Garrison Keillor**

I can't think of any sorrow in the world that a hot bath wouldn't help, just a little bit

**Susan Glaspell**

Dying is only one thing to be sad over... Living unhappily is something else.

**Morrie Schwartz**

Do not make best friends with a melancholy sad soul. They always are heavily loaded, and you must  
bear half.

**Francois Fenelon**

I am an optimist, unrepentant and militant. After all, in order not to be a fool an optimist must know  
how sad a place the world can be. It is only the pessimist who finds this out anew every day.

**Peter Ustinov**

You can't keep the birds of sadness from flying over your head, but you can keep them from nesting  
in your hair.

**Sharon Creech, *Walk Two Moons***

Most people live dejectedly in wordly joys or sorrows. They sit on the sidelines and do not join in the  
dance.

**Soren Kierkegaard**

Sad people dislike the happy, and the happy the sad; the quick thinking the sedate, and the careless  
the busy and industrious.

**Horace**

I do not believe anyone can be perfectly well, who has a brain and a heart

**Henry Wadsworth Longfellow**

There are few sorrows, however poignant, in which a good income is of no avail  
**Logan Pearsall Smith**

Nobody understands another's sorrow, and nobody another's joy.  
**Franz Schubert**

It is sad to grow old but nice to ripen.  
**Brigitte Bardot**

There is no beauty in sadness. No honor in suffering. No growth in fear. No relief in hate. It's just a waste of perfectly good happiness.  
**Katerina Stoykova Klemer**

The sadness will last forever.  
**Vincent van Gogh**

Sorrow is so easy to express and yet so hard to tell.  
**Joni Mitchell**

Sorrow happens, hardship happens, the hell with it who never knew the price of happiness, will not be happy.  
**Yevgeny Yevtushenko**

She was becoming sad. There is no joy involved in following others' expectations of yourself  
**Miriam Toews, Swing Low**

it is foolish to tear ones hair in grief, as though sorrow could be made less with baldness.  
**Cicero**

Grief is an agony of an instant; the indulgence of grief the blunder of a lifetime.  
**Benjamin Disraeli**

It is sad not to love, but it is much sadder not to be able to love.  
**Miguel de Unamuno**

It's sad when someone you know becomes someone you knew.  
**Henry Rollins**

The source of one's joy is also often the source of one's sorrow.  
**Jessamyn West**

There's no such thing as old age, there is only sorrow.  
**Fay Weldon**

Truly, it is in darkness that one finds the light, so when we are in sorrow, then this light is nearest of all to us.  
**Meister Eckhart**

Sorrow is a fruit. God does not make it grow on limbs too weak to bear it.  
**Victor Hugo**

A propensity to hope and joy is real riches; one to fear and sorrow real poverty.

**David Hume**

I have lived eighty years of life and know nothing for it, but to be resigned and tell myself that flies are born to be eaten by spiders and man to be devoured by sorrow.

**Voltaire**

What else does anxiety about the future bring you but sorrow upon sorrow?

**Thomas Kempis**

If we wait until our lives are free from sorrow or difficulty, then we wait forever. And miss the entire point.

**Dirk Benedict**

I know I can feel bad, when I get in a bad mood, and the world can look so sad, only you make me feel good.

**Madonna**

I too have known joy and sadness, and, on the whole, I prefer joy.

**Ashleigh Brilliant**

If it doesn't work out there will never be any doubt that the pleasure was worth all the pain.

**Jimmy Buffett**

If you see a friend without a smile; give him one of yours.

**Proverb**

In this world of sin and sorrow there is always something to be thankful for; as for me, I rejoice that I am not a Republican.

**Henry Louis Mencken**

It is very sad for a man to make himself servant to a single thing; his manhood all taken out of him by the hydraulic pressure of excessive business.

**Theodore Parker**

It's easy to cry when you realize that everyone you love will reject you or die.

**Chuck Palahniuk**

Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

**St. Francis Of Assisi**

Melancholy is sadness that has taken on lightness.

**Italo Calvino**

Nobody deserves your tears, but whoever deserves them will not make you cry.

**Gabriel Garcia Marque**

Oh the gladness of their gladness when they're glad, And the sadness of their sadness when they're sad; But the gladness of their gladness, and the sadness of their sadness, Are as nothing to their badness when they're bad.

James Matthew Barrie

One cannot be deeply responsive to the world without being saddened very often.

**Erich Fromm**

Onions make me sad, a lot of people don't realize that.  
When I'm cutting onions, I'm sad. Because the plight of onions, it's sad.  
But people don't realize I'm actually crying - they think I'm just reacting.

**Mitch Hedberg**

Sad are only those who understand.

**Arab Proverb**

Sadder than destitution, sadder than a beggar is the man who eats alone in public. Nothing more contradicts the laws of man or beast, for animals always do each other the honor of sharing or disputing each other's food.

**Jean Baudrillard**

Sadness and gladness succeed each other.

**Proverb**

Sadness dulls the heart more than the grossest sin.

**Unknown**

Sadness flies away on the wings of time.

**Jean De La Fontaine**

Sadness is always the legacy of the past; regrets are pains of the memory.

**Unknown**

Sadness is but a wall between two gardens.

**Kahlil Gibran**

Sadness usually results from one of the following causes either when a man does not succeed, or is ashamed of his success.

**Seneca**

Smile, even if it's a sad smile, because sadder than a sad smile is the sadness of not knowing how to smile.

**Unknown**

So much sadness exists in the world that we are all under obligation to contribute as much joy as lies within our powers.

**John Sutherland Bonnell**

So raise your hands to Heaven and pray that we'll be back together someday. Tonight I need your sweet caress, hold me in the darkness.

Tonight you calm my restlessness, you relieve my sadness.

**Unknown**

Sometimes I feel like a Stepping Stone... I am that kind, young lady that offers a wanderer food 'n drink off to the side of the road -- in the middle of nowhere as they journey into the next phase of their life. I am that kind, young lady that will change a stranger's life forever, and be a burned out memory in the back of their mind... I was that lady with the sad green eyes, the kind smile... The one that offered you a helping hand and good conversation while you ate your food.

**Idalyze Nasiha Rose**

Sorrow is the child of too much joy.

**Chinese Proverb**

The essential sadness is to go through life without loving. But it would be almost equally sad to leave this world without ever telling those you loved that you love them.

**Unknown**

The great sadness of my life is that I never achieved the hour newscast, which would not have been twice as good as the half-hour newscast, but many times as good.

**Walter Cronkite**

The sad truth is that most evil is done by people who never make up their minds to be good or evil.

**Hannah Arendt**

The walls we build around us to keep sadness out also keeps out the joy.

**Jim Rohn**

The word 'happiness' would lose its meaning if it were not balanced by sadness.

**Carl Gustav Jung**

There's no excuse to be bored. Sad, yes. Angry, yes.  
Depressed, yes. Crazy, yes. But there's no excuse for boredom, ever.

**Viggo Mortensen**

What is the source of sadness, but feebleness of the mind?  
What giveth it power but the want of reason? Rouse thyself to the combat, and she quitteth the field  
before thou strikest.

**Akhenaton**

When the sparrow sings its final refrain, the hush is felt nowhere more deeply than in the heart of man.

**Don Williams, Jr**

You cannot prevent the birds of sadness from passing over your head, but you can prevent their making a nest in your hair.

**Chinese Proverb**

To ease another's heartache is to forget one's own.

**Abraham Lincoln**

They praise my rustling show, and never see my heart is breaking for a little love.

**Christina G. Rossetti**

'Tis impious in a good man to be sad.

**Edward Young**

Our sadness is not sad, but our cheap joys.

**Henry David Thoreau**

A feeling of sadness and longing, That is not akin to pain, And resembles sorrow only; As the mist resembles the rain.

**Henry Wadsworth Longfellow**

Dim sadness did not spare that time celestial visages; yet, mixed with pity, violated not their bliss.

**John Milton**

Of all tales 'tis the saddest--and more sad, Because it makes us smile.

**Lord Byron**

The ground of all great thoughts is sadness.

**Philip James Bailey**

A man cannot be cheerful and good-natured unless he is also honest; which is not to be said of sadness.

**Richard Steele, Sr.**

A plague of sighing and grief! It blows a man up like a bladder.

**William Shakespeare**

Be sad, good brothers, for, by my faith, it very well becomes you: sorrow so royally in you appears, that I will deeply put the fashion on.

**William Shakespeare**

Too much sadness hath congealed your blood.

**William Shakespeare**

Yet be sad, good brothers, For, by my faith, it very well becomes you. Sorrow so royally in you appears; That I will deeply put the fashion on; And wear it in my heart.

**William Shakespeare**

All good things must come to an end, but all bad things can continue forever.

**Unknown**

An ounce of cheerfulness is worth a pound of sadness to serve God with.

**Thomas Fuller**

Anger is just a cowardly extension of sadness. It's a lot easier to be angry at someone than it is to tell them you're hurt.

**Tom Gates**

Anger, tears and sadness are only for those who have given up.

**Katie Gill**

Be happy. Talk happiness. Happiness calls out responsive gladness in others. There is enough sadness in the world without yours...never doubt the excellence and permanence of what is yet to be. Join the great company of those who make the barren plac.

**Helen Keller**

Beauty and sadness always go together. Nature thought beauty too rich to go forth Upon the earth without a meet alloy.

**George Macdonald**

Change is certain. Peace is followed by disturbances; departure of evil men by their return. Such recurrences should not constitute occasions for sadness but realities for awareness, so that one may be happy in the interim.

**Percy Byshe Shelley**

Don't criticize something you know nothing about. It only brings people down and makes everyone miserable.

**Laura Hall**

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity.

**Carl Gustav Jung**

Good humor is the health of the soul, sadness its poison.

**Lord Chesterfield**

If you see a friend without a smile; give him one of yours.

**Proverb**

It's easy to cry when you realize that everyone you love will reject you or die.

**Chuck Palahniuk**

Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

**St. Francis Of Assisi**

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