

“If there is no
struggle, there is
no progress.”

–Frederick Douglass (Author and Abolitionist Leader)

“Once you do away with the idea of people as fixed, static entities, then you can see that people can change, and there is hope.”

– bell hooks (Author and Activist)

“If you want to change attitudes, start with a change in behavior.”

–William Glasser (Psychiatrist)

“Change is a continuous process. You cannot assess it with a yardstick of a limited time frame. When a seed is sown into the ground, you cannot immediately see the plant. You have to be patient. With time, it grows into a large tree. And then the flowers bloom, and only then can the fruits be plucked.”

–Mamata Banerjee (Indian Politician)