**Resilience, quotation #1:** It’s never too late to start over, reconnect with the fellowship, work steps, have a spiritual awakening, and find a new way to live. As long as we are willing to stay clean and keep coming back, our recovery continues to unfold in ways we couldn’t imagine (*Living Clean*, preface).

**Resilience, quotation #2:** As we progress, we learn that we can always begin a new journey in recovery, and we can start over whenever we need to. We don’t need to blow up our lives to get a fresh start (*Living Clean*, Chapter 3, “Spirituality in Action”).

**Resilience, quotation #5:** Our hope is renewed throughout our recovery. Each time something new is revealed to us about our disease, the pain of that realization is accompanied by a surge of hope (*NA Step Working Guides*, Step 2, “Hope”).

**Resilience, quotation #4:** It can be surprising when an emotional conflict leads to a renewal of faith, but when a storm passes, the resilience of our Fellowship and the love we feel within it can bring us to a new level of surrender (*Guiding Principles*, Tradition Two, “In Service”).