



# Toolkit for Living Life Fully



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There is no real guide on how to “live life fully.” In the endless struggle for self-perfection, many people rely on the thousands of self-help books, dieting fads, and spiritual guides that they believe will finally bring them true happiness. The purpose of this “toolkit” is not to serve as a hard rule or guide. Instead, we have compiled a short list of books and movies that may inspire you to find what matters most in your life and to live life to the fullest.

## Books to Inspire You

“  
Enjoy the little things in life, for  
one day you may look back and  
realize they were the  
big things.

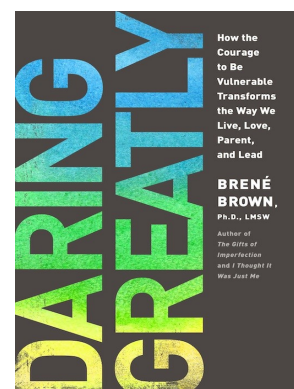
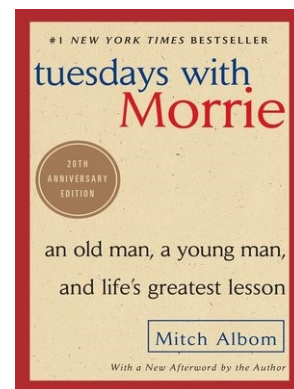
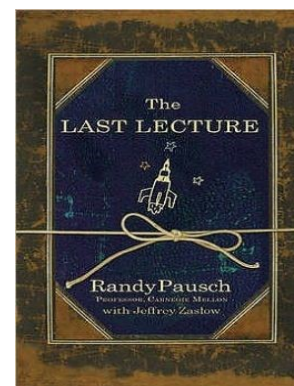
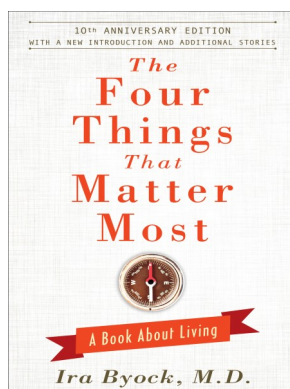
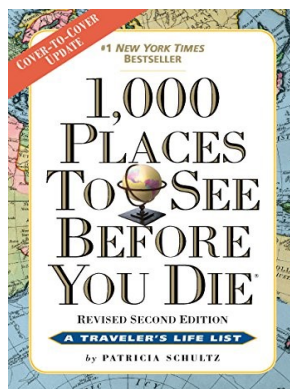
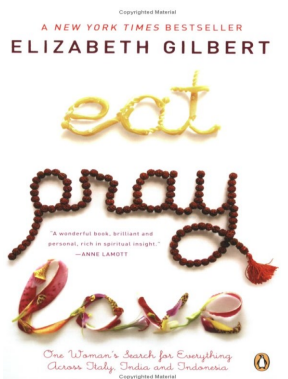
ROBERT BREAUULT

THE PURPOSE OF LIFE, AFTER ALL,  
IS TO LIVE IT, TO TASTE  
EXPERIENCE TO THE UTMOST, TO  
REACH OUT EAGERLY AND  
WITHOUT FEAR FOR NEWER AND  
RICHER EXPERIENCE.

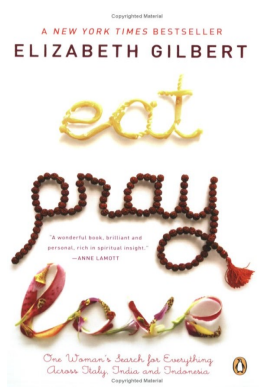
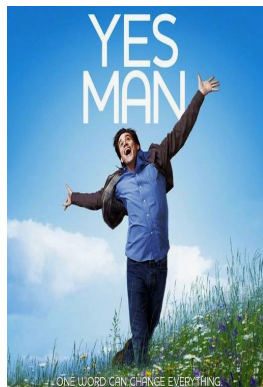
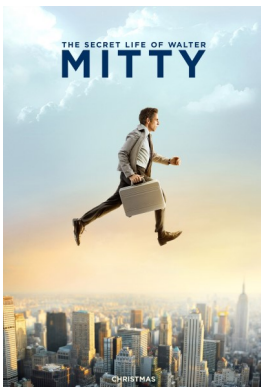
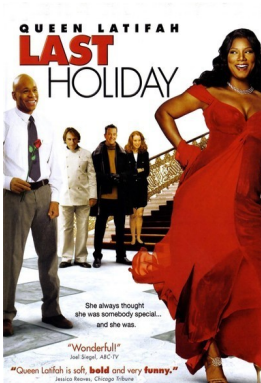
ELEANOR ROOSEVELT

“  
Twenty years from now you will be  
more disappointed by the things that  
you didn't do than by the ones you  
did do. So throw off the bowlines.  
Sail away from the safe harbor.  
Catch the trade winds in your sails.  
Explore. Dream. Discover.

MARK TWAIN



# Movies That Can Inspire



If you find books or resources that you would like to suggest be added to our toolkit, please contact us at [sarah@bridgesSC.org](mailto:sarah@bridgesSC.org). Interested in coming to camp? Visit [bridgesSC.org](http://bridgesSC.org) for more information.