

NO STRAIGHT ROAD TAKES YOU THERE

Lessons Learned From a Journey In Medicine & Advocacy

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“Where your talents and the needs of the world cross, there lies your vocation.”
- Aristotle



“Figure out what breaks your heart in the world. That’s your purpose.”
- Glennon Doyle

Impacting policy is a team sport. Find your team, but don't become isolated.



“Ideological bunkers protect us from everything except loneliness and disconnection.”

- Brene Brown



All politics is local. Start small, but think big.



“All politics is local!”
- Tip O’Neill

Learn from, and collaborate with the professionals and community members. Don't underestimate your power.



Stories matter more than statistics. But make sure your stories are backed up by facts.



Take advantage of opportunities for incremental change, but keep going. Never give up!



“That’s the purpose of joy. When we come together around a shared purpose and we have the sense that we can actually change things. I have long said, “It’s not about happiness.” These are not happy times. There’s a lot wrong. We have a lot to fix and we have an uphill battle. But they are times that can be filled with joy. And that joy is about having a real clear sense of one’s purpose, that you have a place, that you matter in the fight, and that there is a shared thing that we can do together.”

– Brittney Cooper, Professor and Author

It is a trap
to believe
that progress is
impossible.

They want you to feel powerless and
surrender and let them trample everything
and you are not going to let them. You are
not giving up, and neither am I. The fact
that we cannot save everything does not
mean we cannot save anything and
everything we can save is worth saving.

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You may need to grieve or scream or take
time off, but you have a role no matter what,
and right now good friends and good
principles are worth gathering in. Remember
what you love. Remember what loves you.
Remember in this tide of hate what love is.

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