



EVER HAVE ONE OF THOSE DAYS
WHEN NOTHING GOES RIGHT?



Learning to reclaim your life and begin living again is a choice. It starts by forcing smiles through tears, and in time you'll find smiles aren't force. With even more time smiles will come without the tears. You'll begin to feel pieces of the 'old you' coming back to life again, and one day you'll realize that you're going to be OK finally. You have survived it!! It takes time, but that day really will come, no matter how impossible it may sound to you right now. Please be kind to you!

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(Artist unknown)