

Message to the Reader

Welcome. I commend you for having the courage and strength to embark on this journey with me. Our time is so precious. You do me a great honour. I will repay your kindness with a commitment to making your time here fulfilling and perhaps even transformative. Although the routes we take may differ, you will find many similarities. And it is often easier and more enriching to travel with a companion.

This book has been a long time coming, but what I have learned is that everything happens when the time is right. I wanted to share my story to highlight the struggles and trials I have faced, as well as the resources and solutions I discovered along the way. Instead of telling my story in a chronological and true memoir style, to guide the narrative, I decided on descriptive words for chapter. Each speaks to a part of my journey, the varied aspects of my learning and growth, followed by a summary of insights and questions to hopefully enlighten your path. I realize that our experiences will not be identical, however, I feel there are so many parallels in people's lives that we can all learn from one another as long as we are open to different perspectives and possibilities for growth and healing.

Wearing my heart on my sleeve as I usually do, I want you to know it's likely that many emotions will be unleashed throughout this book. I encourage you to allow yourself to feel deeply. This can be a tough yet therapeutic process. Although

it can be a bit gentler on us to experience through someone else's story, if you find yourself relating, give yourself permission to feel without judgement.

Always remember, you know what's best for your life. I am here to support you and to help lighten your burdens where I can. I know it can be frightening at times, but you are not alone.

Please think of this book as a roadmap, a GPS to guide you through adversity. At the same time, know that there are never any cookie-cutter solutions. You need to find the right fit for your personal situation. Get comfy, buckle up, and let's take off on an adventure together.

A thought to ponder as you prepare to read on: when unpredictable factors or situations occurred when we were kids, we adapted quickly and rolled with the punches so-to-speak. So why is it that as we get older, when unforeseen change happens in our lives, we are not as readily resilient? Let's explore.

Sincerely Yours,
Melanie