

How do you transform the suffering and pain in your life into well-being?

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Break Out! Transform the illusory --*seeming*-- solid WALL of despair and self disgust into self-honoring and respect.

Shine the light of self-care to break down your inner prison of self-hate and despair.

Step-by-step the bricks of the inner prison will come tumbling down!



Break out of the prison of inner despair and self-hatred.

Self-care is the medicine for your depleted, overwhelmed, undernourished core!

An addiction is when we try to fill a hunger at our core with something that is harmful to us.