

First Reader - December 28, 2025

"As you heal, you see yourself more realistically. You accept that you are a person with strengths and weaknesses. You make the changes you can in your life and let go of the things that aren't in your power to change. You learn that every part of you is valuable. And you realize that all of your thoughts and feelings are important, even when they're painful or difficult."

- **Ellen Bass, Beginning to Heal**