



JOHN MELNICK



RISE ABOVE

Recovery in 5 Paragraphs

Dear John,

I have found something which describes a Step by Step process to recovery. This process can be specific to many things, including recovery from poor to positive Mental Health.

I hope it will benefit you.

Recovery in Five Paragraphs:

1. I walked down the street on the street on a sidewalk. There was a big hole. I fell in.
2. I walked down the street on the sidewalk. There was a big hole. I closed my eyes and kept on walking. I fell in.
3. I walked down a street on the sidewalk. There was a big hole. I pretended it wasn't there and kept on walking. I fell in.
4. I walked down a street on the sidewalk. There was a big hole. I walked around it.
5. I walked down another street on a different side walk. **I had recovered.**

*Thank you to the contributor of this article Paul Hunter, author unknown
Posted in The Outlook for the Mood Disorders Association of Manitoba in the Winter of 2008*



John Melnick

Distinguished Toastmaster

Phone: 204 471 8816

email: john@johnmelnick.ca

www.johnmelnick.ca



If you are interested in purchasing one of John's DVD's please [click here](#).

Join Our Mailing List!