

"My Personal Best Rise Above"



Hope it helps you deal with whatever you need to deal with.



September 28, 2012

Handprints

My friend Piper and I send greetings to you. This message is about Handprints!

September 19, 2002 was the day I walked into the Red River with my suit on, thinking that my life wasn't worth living. Fortunately, something made me change my mind and I was able to swim back to shore and I pulled myself up against the car.

My niece recalls a phone call that day, "get to the hospital right away." It was frightening. The ride there in silence had been numbing; they knew nothing. Once she was given details, she was heartbroken that "Uncle John" had been hurting so badly that he wanted to take himself out of this world. During her visits in the next six months, she noticed a willingness to accept help and guidance from the health care professionals. She felt it was as if Uncle John had allowed himself to be a lump of clay that the doctors were reshaping into something better. He accepted his condition as a challenge instead of letting the illness or the stigma take over.

My niece later described her first view of my car in our garage with two muddy handprints streaking down the hood from the windshield to the headlights. She initially saw them as an image of desperation. She is now convinced the image is one of hope to Rise Above the depression, as Uncle John works every day to stay healthy.

Piper and I wish you all the best in your efforts to Rise Above.

Until next time,



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