



# JOHN MELNICK

## ***RISE ABOVE***



My friend Piper and 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.

We 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*

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John Melnick  
Distinguished Toastmaster  
Phone: 204 471 8816  
email: [john@johnmelnick.ca](mailto:john@johnmelnick.ca)  
[www.johnmelnick.ca](http://www.johnmelnick.ca)



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