

176 REASONS TO *Live*

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Learn to Live not Just Survive

KRISTIE RENEE' SAMS

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Our Legacy

12 Children's Lives Impacted by Abuse...176 + Reasons to Learn to Live and Not Just Survive.

I'm fortunate to have the childhood I had...There are no feelings of Hate or Betrayal but only that of Unconditional Love for Life; for the Life I was meant to Live! Inside are the voices of 176 children, teens and adults who have been silenced no more! I hope no child or person ever hears the following..."Sshhh, it's our little secret."

I am more than what little that you thought of me, I am more than what you did to me, I am more beautiful than what you thought you saw in me, I am afraid that I'll never trust again, I am ME and that is finally enough.

One's dignity may be assaulted, vandalized and cruelly mocked, but it can never be taken away unless it is surrendered.

Michael J. Fox

Of pain you could wish only one thing: that it should stop. Nothing in the world was so bad as physical pain. In the face of pain there are no heroes.

George Orwell

Forgiveness is giving up the hope that the past could have been any different.

Oprah Winfrey

Kristie Renee' Sams...the women with two ee's.