



E. L says . . .

Thank you for bringing this book and workbook to us. I looked forward every Monday to come to Challenge to Change class.

My biggest take aways is the better understand of my drug addiction and why I chose it for so long. I know now it's going to take longer than 12 weeks to fix my problem but at least not I have some groundwork to get started.

Yes, I did a lot of bad, but it doesn't define who I am. Like the book said, "People will forget what you said, they will forget what you did, but they will never forget how you made them feel." But now I know it's never too late to rebuild some bridges if you want to rebuild them. I have that power and alot more now.

The other thing I liked the most was learning how to be proactive with it comes to problems in life and love. If you just take things head on it will make stuff so much easier. I think that problems can take people's power away from them.

So thank you for this.
E.L

thank you