

Thoughts!

10-12-11

Some things are more difficult to let go of than others. The trick is to commit to the process. I do the best I can each time I get caught up in attack thoughts, and I set no time limit on my future efforts. It will take as long as it takes, and I resolve not to stop until I can think of the event or the individual in peace.

11:25 a.m.

Rechell Williams III *V-69138
P.O. Box 5242
CORCORAN, CA 93212

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What's the reflection of your thoughts?