



# Learning To Live Again.: Out of the darkness and into the light.

*Heidi R. Hanson*

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Life is not meant to be simple. We are challenged, we fall, we struggle, we get up, and with perseverance, we succeed! I am sharing my journey of life and living with a alcoholic and how it tore me down, physically, mentally, and emotionally and how I was able to dig deep inside of myself and start living again! Inspiring others to do the same is such a reward.

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