

For oxygen. Mine consists of Ray, Lauren, and Danny. I breathe in and feel their support; I breathe out and feel their love. Oh, what a relief it is.
What's your oxygen?

And what are you thankful for today?

"Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one."
-Jane Howard

"That's what people do who love you. They put their arms around you and love you when you're not so lovable."
-Deb Caletti



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