

## An All-Time Low

I visited Louise when my life was at an all time low and I felt desolate inside. After being with her for 10 minutes I felt like walking out, it felt too painful. I did not feel strong enough to go through with it. But I knew that my life was going down the pan and I didn't have any energy to put my life back on track.

I desperately, needed help.

Boy, is that what I got. By the end of the day I felt ten feet tall, walking on air and so much lighter. With so much energy I could have gone and climbed a mountain. Instead we had knocked a mountain down.

So with my hand on my heart, if you have problems with your life no matter how big, seek out Louise, you won't regret it.

I know I won't.

With love

sheila