



"UNTIL YOU HEAL THE WOUNDS OF  
YOUR PAST, YOU ARE GOING TO BLEED.  
YOU CAN BANDAGE THE BLEEDING WITH  
FOOD, WITH ALCOHOL, WITH DRUGS,  
WITH WORK, WITH CIGARETTES, WITH  
SEX; BUT EVENTUALLY, IT WILL ALL  
OOZE THROUGH AND STAIN YOUR LIFE.  
YOU MUST FIND THE STRENGTH TO OPEN  
THE WOUNDS, STICK YOUR HANDS  
INSIDE, PULL OUT THE CORE OF THE  
PAIN THAT IS HOLDING YOU IN YOUR  
PAST, THE MEMORIES, AND MAKE PEACE  
WITH THEM."

-IYANLA VANZANT, OPRAH'S LIFECLASS  
WEBCAST, 1998