



daily GOOD

Those who love you are not fooled by mistakes you have made or dark images you hold about yourself. They remember your beauty when you feel ugly; your wholeness when you are broken; your innocence when you feel guilty; and your purpose when you are confused. --African saying

Far From The Tree

How do you find meaning in difficulty? This video trailer for the book, "Far From the Tree: Parents, Children, and the Search for Identity," by Andrew Solomon, shows some poignant vignettes of interviews with parents and children who were born "different." Solomon learns that although individual differences can be isolating, the fact of difference is universal. His other great discovery is joy - most of the families ended up being grateful for experiences they would have done anything to avoid.

Be The Change:

The next time you encounter someone who is different, try engaging with them through a lens of compassion rather than fear.