



## daily GOOD

The inner work can be so much harder than the outer work and so underrated. But its so necessary. --Eliza Ramos

### **Eliza Ramos: Into the Real**

During a symposium of physicians and health care workers, Eliza Ramos was sharing part of her story... "I was under a lot of stress in NYC so I decided to go to Rwanda." Rwanda? Eliza's story is remarkable. For instance, just out of USC, she moved Mexico. Looking back she reflects, "What was I thinking? It was a little crazy at the time, because I didn't know Spanish." She found herself working in a Mexican prison with people who had addiction issues. Talking with me, she said, "Its funny, I haven't talked about this in so long." Read more in this interview.

### **Be The Change:**

Try jumping in. It doesn't have to be with big things. You could let yourself follow that impulse to say hello to a stranger or give someone a hug.