



Sitting in the quiet that has become her new surroundings,  
comes an awareness of all the inside noises.

The thoughts she has wrestled with and those that  
bring a smile to her face. She digs deep & reaches  
beyond each noise to lift out and raise HER voice.

A voice she has rediscovered  
and found trust in again.

~ Alanna Knobben  
art by Katie m. Berggren

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