



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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