



# Wounded for Life, Healed Forever: My Resolve to Evolve

*Munmi Sarma*

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# Wounded for Life, Healed Forever: My Resolve to Evolve

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## **Wounded for Life, Healed Forever: My Resolve to Evolve** Munmi Sarma

A self-help book with real life instances of a girl (ME!). I believe the capacity of men and women to rise above adversity is one of the biggest accomplishments of the human race. It reminds us never to give up because having the spirit to fight is what truly matters. This spirit is very powerful because it speaks to the potential that is inside all of us. I am fortunate to have survived my fatal addictions. Only a couple of years ago I was a distraught addict on the fast track to self-destruction. I was busy living life from the outside instead of living it from the inside out. But, I successfully endured a very long recovery and now I live everyday like it's my last. I live to make the world a little brighter and people a little happier (I know it's cliché). I choose to use all my strength today because I may not have the same strength tomorrow. I also strongly believe that as you heal yourself you aid in the healing of the world. A world with no guarantees requires us to live everyday like our last. All my experiences have pushed me to clean up my act and remove all my weaknesses. All our misfortunes are nothing but blessings in disguise. They are our opportunities for growth and transformation. So, embrace them for the gifts they are. Remember, you are the king or the queen of your life. If you choose to play your biggest game as a human being, and I know you will, then this is a path that you too must walk.

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