



When I' am out here at the beach and seeing the birds soar over head I' am less stressed, more calm and relaxed. I am free when I feel like this, like I can conquer anything.

-Angela Piazza



Spirituality seeks forces between life and death. The human soul, the love, strength and wellness consumes our wellness, spirituality and recovery towards a miraculous recovery.

-The mysterious AKA Frank F.



To me health and spirituality are captured in the small moments of our day, such as the love shared between a person and their pet. Animals offer an unconditional love and regard that is healing and transformative. This image captures an unspoken sacred moment, seen on the faces of both the girl and the dog. They are each connecting on a heart level.

-Katherine Warner



Spirituality is willingness in my recovery; by putting the past behind me out of my darkness, reuniting with my family, bonding with my children. Having the strength, faith, courage, wisdom and the hope to never quit before the miracle. Reach for the stars. Recovery is a light in the darkness.

-Kathy Serra



Spirituality is essential to my recovery. Without the scriptures, my faith and staying hopeful of the future I would still be drowning myself in alcohol and misery, or worse. Spirituality helps me be me and to know my worth as a daughter of God. PTSD, depression and alcoholism, I am a survivor through spirituality.

-Teresa Renee Trujillo