



People of the Way

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Is life unfair? It may seem so. One day everything is fine, we sail along happy and content and then out of nowhere, we are thrown into a tragedy, a broken relationship, or a life event that knocks the wind out of our sails. Then there are some who, for no rhyme or reason, slip into the dark abyss of depression, leaving them feeling lost or confused. So of course, we may arrive at the only logical conclusion that life is unfair. Trying to navigate through pain is a difficult but legitimate process which most of us wish to avoid at any cost, but if we ignore it, we are faced with more pain and the inability to grow or learn from our experiences. So how do we find the path to lead us safely home to a healthy mentality and spiritual peace? In *A Legitimate Journey*, the author recognizes that grief and trials without helpful insight or a light to lead us home can emotionally topple us into dangerous potholes, deep ravines, or into sharp rocks. The author has shared her personal story and valuable insight about the purpose for every life and the understanding that we are all capable of making it over our individual mountains.

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