

Transcript

Start With Hope – Carlos

Carlos: Recovery is a journey. Sometimes in that journey, we're moving forward at the speed of a gazelle, or we're moving forward at the speed of a turtle. As long as you're going forward, you're not going backwards. Don't judge the speed of recovery, judge the quality of recovery. You just need to move forward and show up for yourself.

[End of Audio]

Duration: 0:26