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IT'S HARD...

When someone says it's hard...

To stay in school, to do the extra work, to take a big risk,
To confront something scary or uncomfortable,
To express a feeling, to challenge authority,
To stop drinking, or drugs, or other self-destructive behavior,
To do something new or different or unfamiliar,

Be sure to remind him or her that, it's also hard...

To be poor, to be stuck,
To live with fear, or shame, or anxiety, or pain,
To live without hope or self-respect in your life!

Dare to have a hard... and a good life.