

Many people who feel trapped in a situation don't realize they hold the key to their own freedom. If they took the first step, to explore what would bring them joy and fulfillment, they could be on the way to a happier life. This was the case for me. It wasn't until I stepped away from the life I had chosen that I was able to gain enough perspective to see how much I sacrificed in the name of "success". What I worked so hard to create had also robbed me of so many things, special moments with my family, my health and the joy of living life on my own terms.