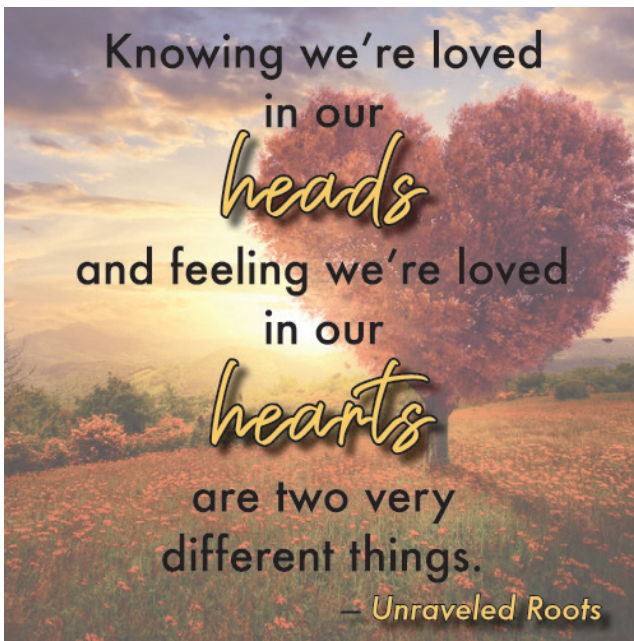


We need
self-awareness
to be able
to begin to make
different,
healthier
choices. – Unraveled Roots



Choices
that seem
so hard at first
will eventually
become a
natural
way of
living. – Unraveled Roots



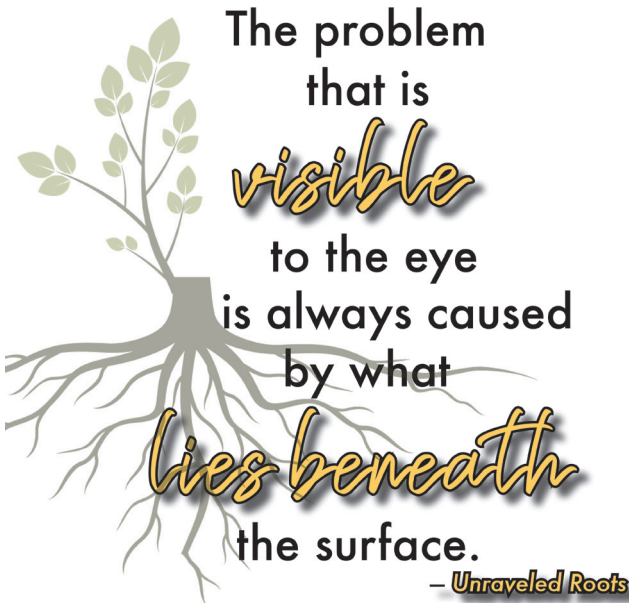
Knowing we're loved
in our
heads
and feeling we're loved
in our
hearts
are two very
different things.

– Unraveled Roots



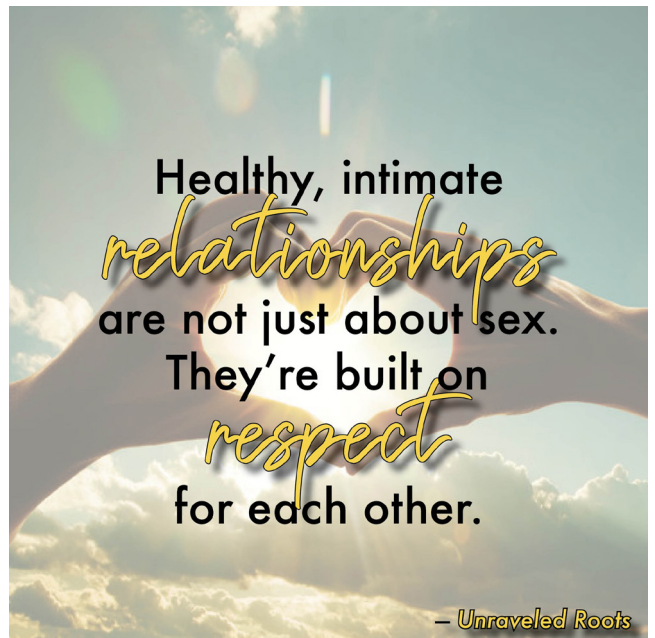
Real love doesn't
magically change our
circumstances
but it can
radically
change
our
perspective.

– Unraveled Roots



The problem
that is
visible
to the eye
is always caused
by what
lies beneath
the surface.

– Unraveled Roots



Healthy, intimate
relationships
are not just about sex.
They're built on
respect
for each other.

– Unraveled Roots