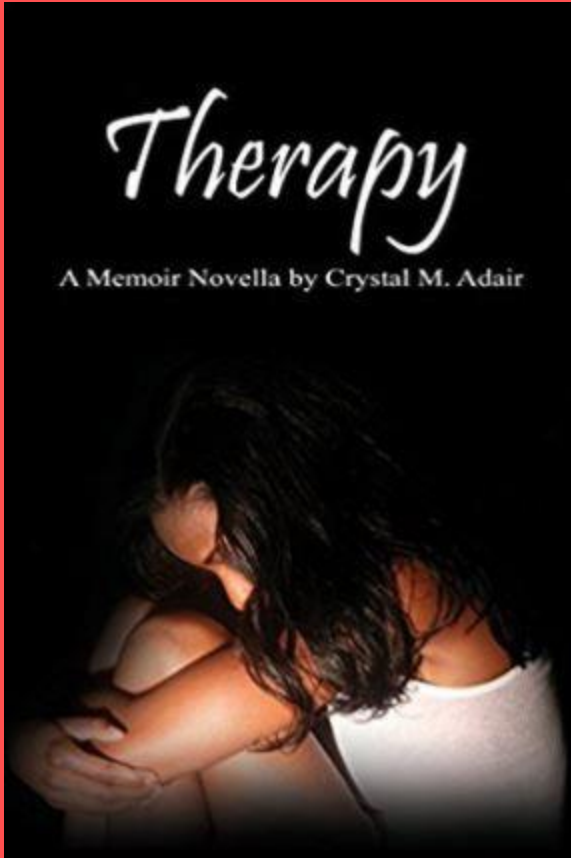


Therapy: A Memoir Novella by Crystal M. Adair is a most unusual book. Some may even find it difficult to read, not so much for the graphic, often heartbreaking content, but because it occasionally borders on poetry in reflective prose. It's very introspective, and yet, as the book draws to a close,



some of the profound observations on life that Crystal M. Adair makes apply to everyone everywhere.

"I've always lived my life thinking that where I wanted to be was somehow better than where I was right now, when in truth, there is perfection in this very moment. We are constantly being perfected by our experiences—made bolder, stronger, wiser, and more authentic," writes Crystal, and who of us cannot identify with the truth of her words: "We are constantly being perfected by our experiences"! Yes, and by looking at life this way, the messages delivered by the author in what is really a personal journal, *Therapy* can and does provide hope for all who have suffered along the way to finding themselves and self-fulfillment.

After her very rough beginnings, Crystal M. Adair is today a teacher and a dynamic motivational speaker. You can Google her and it will bring up her impressive bio. When you read *Therapy*, you'll be even more impressed by who this woman has become. But if there's one person who stands out in this novella, and to whom Crystal pays the greatest homage, it's Bernie, the woman who adopted her and her siblings when they had been abandoned. Thankfully, Bernie, along with God, was Crystal's voice in the dark hours.