CONCLUDING REMARKS

AND THANK YOU !!!

1

OPTIMAL STRESS

STRONGER AT THE BROKEN PLACES

IS THERE NOT A CERTAIN BEAUTY IN BROKENNESS,
A BEAUTY NEVER ACHIEVED BY THINGS UNBROKEN?

IF A BONE IS FRACTURED AND THEN HEALS,
THE AREA OF THE BREAK WILL BE STRONGER
THAN THE SURROUNDING BONE
AND WILL NOT AGAIN EASILY FRACTURE

ARE WE TOO NOT STRONGER AT OUR BROKEN PLACES?

IS THERE NOT A CERTAIN BEAUTY IN BROKENNESS,
A QUIET STRENGTH WE ACQUIRE
FROM SURVIVING ADVERSITY AND HARDSHIP
AND MASTERING THE EXPERIENCE OF
DISAPPOINTMENT, HEARTBREAK, AND DEVASTATION?

AND, THEN, WHEN WE FINALLY RISE ABOVE IT,
DON'T WE RISE UP IN QUIET TRIUMPH,
EVEN IF ONLY WE NOTICE ...

2

What if I fall?
Oh, but my darling,
what if you fly?
-e.h.

4

she took
THE LEAP
and built
HER WINGS
on the way down

5

thank you!

6