

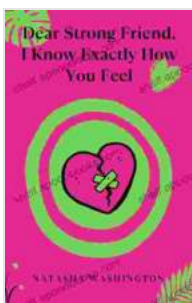
Dear Strong Friend, I Know Exactly How You Feel

A Letter of Encouragement and Hope

By Sarah J. Robbins

Dear Strong Friend,

I know you. I know your pain. I know your struggles. I know your fears. I know your doubts. I know your weaknesses. And I know your strengths.



Dear Strong Friend, I Know Exactly How You Feel

by DM Woods

★★★★☆ 4.7 out of 5

Language : English
File size : 211 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 73 pages



I know you because I am you. I have been where you are. I have felt what you are feeling. I have thought the thoughts you are thinking. And I have made the mistakes you are making.

But I also know that you are strong. You are stronger than you think you are. You are braver than you believe you are. And you are more capable than you give yourself credit for.

I know this because I have seen you at your worst. I have seen you when you were broken. I have seen you when you were lost. And I have seen you when you were hurting.

But I have also seen you at your best. I have seen you when you were strong. I have seen you when you were brave. And I have seen you when you were capable.

You are a survivor. You are a fighter. You are a warrior. And you are not alone.

I am here for you. I am always here for you. I will never give up on you. And I will always believe in you.

So please, don't give up on yourself. Don't give up on your dreams. And don't give up on your life.

You are worth it. You are important. And you are loved.

Love,

Sarah

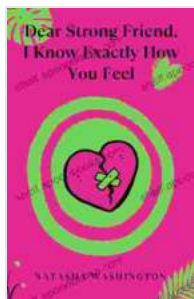
****About the Author****

Sarah J. Robbins is a writer, speaker, and mental health advocate. She is the author of the book *Dear Strong Friend, I Know Exactly How You Feel*, which has been praised for its honesty, vulnerability, and hope. Sarah's work has been featured in *The New York Times*, *The Washington Post*, and

NPR. She is a sought-after speaker on mental health and self-care, and she has spoken at events across the country.

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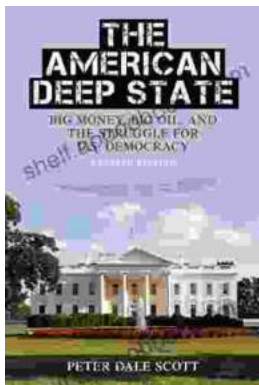


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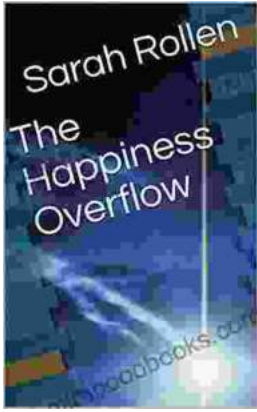
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