



Coffee No Sugar No Cream Just Black

Kelli D Mitchell

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Abuse, denial, betrayal and the repeat cycle of making unhealthy life choices. They are all "Masks" we pull out of our "Secret Places" and wear to camouflage the reality of what we've endured at the hands of others... and sometimes even ourselves. Love however, is the key which eventually exposes those mask for what they really are. The long, hard and sometimes lonely internment journey between the mask and the revelation of unconditional love for self can sometimes lead one down paths so scary and frightening, so void and superficial, we doubt our inner ability to rise above and succeed. That is until... enough is enough...

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