Hopeful words for you

Christmas is a time of hope and wishes. There is a way out! You can do it. I wish you that!

Franzi, @the.mindbody.way

@ICH.WERDE.GESUND

You are stronger than you think and you can do this! There is hope!

Anna, @_blooming_health

@ICH.WERDE.GESUND

There is a way out. Are you ready to take it? Even if it challenges you? I have walked this path. If I can do it, you can do it too!

Martina

@ICH.WERDE.GESUND

I would like to send you lots of strength, hope and energy from the bottom of my heart. Please remember: even if it feels dark for you at the moment, you will make your way out!

Kathi, @wiederaufladen_fatigue

@ICH.WERDE.GESUND

Your paths are unique! Take your strength and power from them!

Nadine, @eine.mecfs.genesung

@ICH.WERDE.GESUND

Don't forget: you are a superhero without a cape!

Caroline, @superheldenohnecape

@ICH.WERDE.GESUND