Breaking Free from Hepatitis C

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A man should look for what is, and not for what he thinks should be. ~ Albert Einstein

Some people tell me that hepatitis C is the worst thing that ever happened to them. I think that non-acceptance is worse. Railing against having hepatitis C is like living in a private hell. Actually it is worse, because it is self-induced. It may feel like hepatitis C is keeping one imprisoned, but it is the resistance to it that keeps one locked up.

It is easier to wear hepatitis C like a loose garment than a straightjacket or handcuffs. We can move more comfortably in the world if we know that some day we may be able to shed these restraints and perhaps live freely without hepatitis C. It is painful and difficult to move in the world with shackles. Freedom is here now.

(This post first appeared at LucindaPorterRN.com)

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