



# The Emotional Struggle

Brandon Ryan

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This book is my honest attempt at confession-a huge confession, requiring everything that had been lodged in the chambers of my soul to aid in expression. Drawing them out, I have broken the locks that kept my deepest thoughts stored away. This book means so much to me, but I know my stories. I feel them, just as you must living with yours. Yet this is just as much for you as it is for me. I typed this entire book with my left hand, solely the first finger of my left hand; it was for you. The Emotional Struggle has been a dream of mine, and it has been nearly three years in the making. It started with a year of writing everyday trying to perfect what was going to be a chance to inspire people; to understand that no matter how bad life can be at times, there is always a way out. And life can get better. But in order to get better, in order to leave the past behind, you have to fight. You have to hold your head high and know that there is a purpose for breathing at this very moment. There is always an open invitation of grace waiting for you in the pierced hands of a man who gave himself up for all humanity.



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