## Dan Shipp

From:

Received: Mon 9/16/2013

To: Dan Shipp

Subject: Recovery

I just wanted to take a minute to thank you for helping to get Ainsley going in her recovery. We were reminiscing about the last year, and it certainly had it's lows; watching her spiral downward and not even be able to think or converse was painful beyond belief. And I had no idea how to help or what to do. Your guidance in getting things started for her was invaluable. I've learned a lot in the past year with Al Anon and other study. And I am so fortunate to have my energetic, intelligent daughter back in my life! She's working and gets along with her co-workers. She's getting her self-esteem back and has just applied for a position in a physical rehab office, something she's always had interest in. It's been a rough journey, but she has really learned and grown; she's accepted responsibility for her bad choices and irresponsibility and will now talk about all of it freely rather than denying all problems.

So, again, thank you for your help in guiding us forward toward her recovery. It will be good to have the Colorado Court decision behind and she can then move on with her life.

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