



It's not what I have been through in my life that defines who I am, it's how I got through it that has made me the person I am Today.





Life is better when you're laughing.



What's in it for you?

- Self Care
- Creative Care with Dignity









"There are four kinds of people in the world:

Those who have been caregivers; those who currently are caregivers; those who will be caregivers; and those who will need caregivers."

Rosalynn Carter Former First Lady







God gives us only what we can handle. Apparently God thinks I'm a bad-ass.

It's Perfect. Until it's Not.

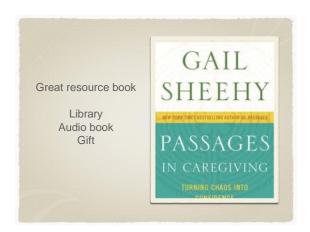


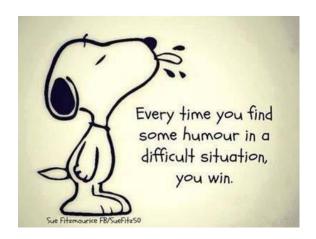




























We cannot all do great things.
But we can all do small things with great love.

Never Again Will I Neglect
Myself
While I Care For Others
With Love and Grace.

I will Always Remember That Without The Filling There Is No Sandwich.

Breeda Miller

Do you know a group that would love to hear Breeda speak?

Check out BreedaMiller.com

