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Dear John,

Yes - it was a lightning stroke without
the slightest warning, and therein lies the
only good part of this whole nightmare!
How the devil I do get so incapsulated!

How I must suffer the consequences of
having been too bound up in this life.
I must learn whether one can rejuvenate
a heart - a mind - a will!

How much the left undone - and
how much the said - it is still so
unbelievable!

Thank you for your warm sympathy.
As ever,
Betty