

“Loss of a loved person is one of the most intensely painful experiences any human being can suffer. And not only is it painful to experience but it also painful to witness, if only because we are so impotent to help”

- **John Bowlby**

November 21st 2015 is the most broken heart day ever. Ayah, I worked so hard, really hard for this, to show you that I'm good, and I'm okay. I miss you every single day. I love you.

**Your Girl,
Madiah Salwa**