

April 11, 2014

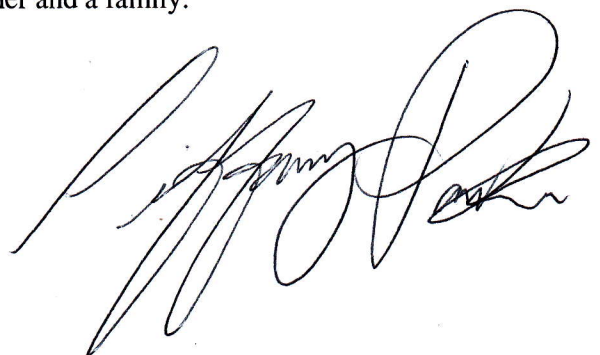
To whom it may concern:

I am honored to write this recommendation for Spirits Landing and Tabbatha Mays.

I am Tiffany Parker and I have been apart of Spirits Landing for almost 2 years now, which is the best thing I have ever done in my life. I came in as a very broken girl and a very broken person with not many values and not many people to look up to for inspiration. I was looking for guidance and help.... And boy did I get it. She became more than help and guidance but she became a mother. In the beginning, I would try to make her and others feel sorry for me. When I did that, I believed I wouldn't have to work as hard because if people felt sorry for me, then they would just give me something. I honestly didn't believe the concept of working to earn something in the world, but that belief did not survive in Spirits Landing. She made me work and she was tough. If I was performing any less than what was expected, there were consequences. She did not allow me to perform any less than my capability. I felt like she saw the best in me that I didn't see in myself.

I have a mental disorder called Tricotilomania, which I would go around and make people feel sorry for me. I was dealing with psychiatrists, doctors, and teachers who would down me and make me feel like some special kid that needed to be on medication. She stopped me from being a victim and said "Tiffany, you are no less than. You are more than your Tricotilomania. You are more than what you have become. I need you to rise from this." And that gave me the upmost confidence from this woman who believed in me. She gave me self-discovery homework for me to find who I truly am and for me to become better. I believed her and it worked. She believed in me and my talents. I talked to her many times about becoming a singer and she took it and made me work hard for it. She pressured me to do the work, which I loved.

She has just been so helpful. All the I don't(s) and didn't(s) became I do's and I knows. I know how to eat healthy now and I know how to work out. Most importantly to me now is knowing the concept of working to earn something. She taught me consistency and perseverance. Mostly, she taught me how to believe. I learned to believe in myself. I would sing and always have a doubt in my mind that my dream of being a singer wouldn't work because I felt I wasn't good in the moment. But I've learned from Spirits Landing that even if I'm not the best in what I do now... I am not going to focus on sight but the vision. Now, I know that with consistency and commitment to my dreams.. it'll come in time. I learned patience. I now understand the concept of praying and the transformations received from it. Coming from a person of limiting beliefs, mediocrity, and lost dreams, I say this program is phenomenal and it has changed me within 8 months of time! It took 8 months just to transform me into the person I need to be. I am now striving to be a woman of character and truth. I'm now going into a 4 year university and majoring in music, which is my passion. I'm going towards pursuing my dream of being best entertainer in the world. There is no more but's in my dreams. And this concludes why I love her and Spirits Landing so much because not only did I gain a sense of self but I gained a mother and a family.

A handwritten signature in black ink, appearing to read 'Tiffany Parker', written in a cursive style.