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- STAY ON THE MEDS. Do not take your sense of self for granted. Do not be lazy. Make the trivial amount of effort it may take to re-establish with the VA. You do not want the ugly youth of you without the medications to rear its head and destroy the stability that you have enjoyed the past few years. It will not be worth it. The road back from what will surely be a ginormous fall will not be enjoyable. Do not be STUPID

- McCandless needed a break in his routine. He obviously had an itch to scratch and the monotony of what would have been the expected path was not desirable. Whereas I should have stayed the course at that point where I stepped off the wagon. He gave away all of his possessions so that he wouldn't have anything to lose. I almost lost everything as a result of the lack of respect I showed myself.