

## **Caterpillar to Butterfly Metamorphosis: Our Dysphonia Journey**

- “Just when the caterpillar thought the world was over, it became a butterfly.” (**Chuang Tzu**)
- “When a caterpillar bursts from its cocoon and discovers it has wings, it does not sit idly, hoping to one day turn back. It flies.” (**Kelseyleigh Reber**)
- “All human beings have the ability to transform like a caterpillar emerging from its cocoon and taking to the sky.” (**Jim Rohn**)
- “Butterflies are not called butterflies overnight. They have to undergo tons of changes in order to acquire that name.” (**Michael Bassey Johnson**)
- “We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.” (**Maya Angelou**)