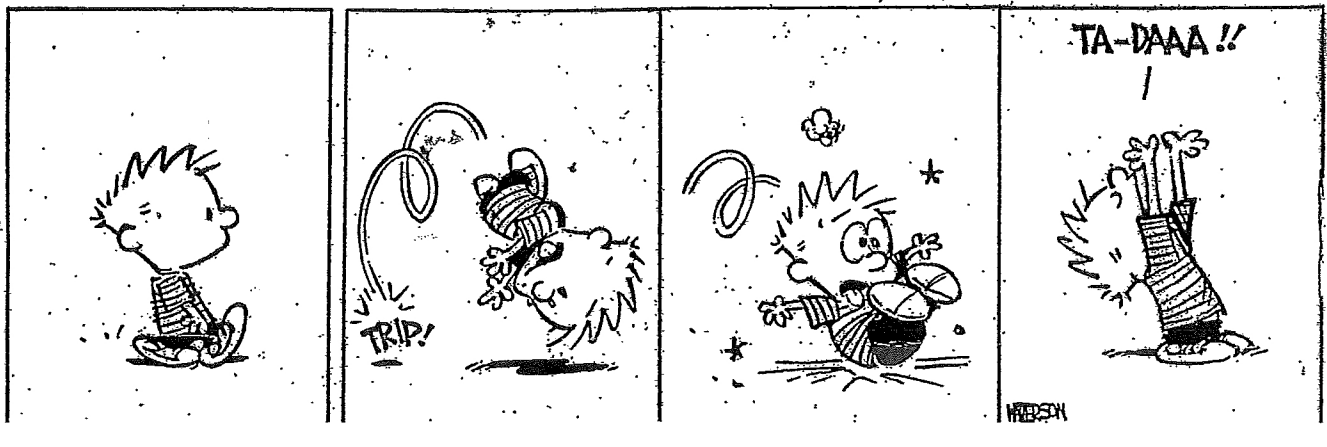


Inner Strength

If you can start the day without caffeine or pep pills,
If you can be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food everyday and be grateful for it,
If you can understand when family members are too busy to give you time,
If you can overlook when people take things out on you when, through no fault of your, something goes wrong,
If you can take criticism and blame without resentment,
If you can face the world without lies and deceit,
If you can relax without liquor,
If you can sleep without the aid of drugs,
If you can do all these things,
Then you are probably the family
cat or dog!



**When life hurts: in those moments
when we are going deep inside to find the courage and patience
to bounce back and create a life worth living,
it helps to be able to hold life lightly, and find a smile or have a good laugh.**