



My Poetry My Therapy (Paperback)

By Gerry O Lundell

Xulon Press, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Poetry is therapy for the one who writes it, and also for the one who reads it. Who would ever think it - a numbers guy writing poetry. How it all began is unclear, the motivation and inspiration seemed to come out of nowhere, but I enjoyed it. It was my therapy in a troublesome and uncertain world. My Christian faith was ignited and uplifted as I would ponder topics and words for another poem. God's love and grace became a central theme, and trials, blessings, silence, hope, kindness, patience, peace and Joy - is like dancing daffodils, in your garden or window sills. Silent with glee, jubilant and free, sharing with all intimate thrills. Real joy you have deep inside you can't contain, you cannot hide. What's there internal shows up external like a secret - reverent - pride. It glows like sunshine in your eye, seen by those who walk nearby. If you have some today - give it away. It will spread like a summer sky.

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