

LAUGH *often*

Chuckle, giggle, laugh out loud,
find the humorous in humility,
the hilarious in the nefarious.
Let laughter transform the serious
and lighten feelings of heaviness.
Laugh often - a cheerful heart will
turn fear into frolic
and anger to ashes.

THRIVE • NINA HEYEN

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ENJOY YOUR FREE POETRY CALENDAR!

PRINT AS MANY TIMES AS YOU WANT, BOTH FOR YOURSELF AND AS A GIFT
FOR FAMILY AND FRIENDS .

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