

ONE DAY AT A TIME

CALMNESS IN OUR LIVES

I AM PASSING THIS ON TO YOU BECAUSE IT DEFINITELY WORKS AND WE COULD ALL USE A LITTLE MORE CALMNESS IN OUR LIVES. BY FOLLOWING SIMPLE ADVICE YOU TOO CAN FIND INNER PEACE.

THE WAY TO ACHIEVE INNER PEACE IS TO FINISH ALL THE THINGS YOU HAVE STARTED AND NEVER FINISHED. I LOOKED AROUND MY APARTMENT TO SEE ALL THE THINGS I STARTED AND HAD NOT FINISHED, AND BEFORE LEAVING THIS MORNING I FINISHED OFF A BOTTLE OF WHITE ZINFANDEL, A BOTTLE OF TEQUILA, A PACKAGE OF OREOS, THE REMAINDER OF MY OLD PROZAC PRESCRIPTION, THE REST OF THE CHEESECAKE, SOME DORITOS, & A BOX OF CHOCOLATES. **YOU HAVE NO IDEA HOW GOOD I FEEL RIGHT NOW!**

PASS THIS ON IF U KNOW ANYONE YOU THINK MIGHT BE IN NEED OF INNER PEACE.

THOUGH NO ONE CAN GO BACK AND MAKE A **BRAND - NEW START** ANYONE CAN START FROM NOW AND MAKE A **BRAND - NEW ENDING**

***JACK***