

~One Day At A Time~

**In time, you will smile again and truly feel it,
and your laughter will be genuine.
But until your pain has gone away, and your sadness has disappeared, don't feel you have to be
strong.**

**What you're feeling is real.
Don't feel like you're wrong if you want to cry.**

**There are some roads in life that we must travel alone,
even though we may be surrounded by people whom we love. Some things in life, such as what
you're feeling now,
can't be felt by anyone but you.**

**But, just remember you are not alone at all;
everyone who loves you is walking with you in spirit,
and will be there with you.**

You'll find a new strength, a new peace, and a new happiness.
It just takes a little time.

<http://www.geocities.com/lorisgarden/OneDay.html>