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Chicken Soup for the Soul

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Abstrak

We know everything we need to know to end the needless emotional suffering that many people currently experience. High self-esteem and personal effectiveness are available to anyone willing to take the time to pursue them. It is difficult to translate the spirit of a live presentation into the written word. Stories we tell every day have had to be rewritten five times to work as well in print as they do live. When you are reading these stories, please forget everything you ever learned in your speed-reading classes. Slow down. Listen to the words in your heart as well as in your mind. Savor each story. Let it touch you. Ask yourself, what does it awaken in me? What does it suggest for my life? What feeling or action does it call forth from my inner being? Let yourself have a personal relationship with each story. Some stories will speak louder to you than others. Some will have deeper meaning. Some will make you cry. Some will make you laugh. Some will give you a warm feeling all over. Some may hit you right between the eyes. There is no right reaction. There is only your reaction. Let it happen and let it be