



A Letter from Your Heart

How are you?

It's been a long run for me so far...and I am truly up for more in the coming years ahead.

But at same time, I'd really like to get more help from you from time to time.

Not wanting to put you on a guilt trip, but sometimes it gets pretty rough for me in here.

When those difficulties come from the choices you make, when you take me to places where you get nervous and anxious.

That's when you lead me into thinking that something terrible is going to happen...and that just keeps me on a "never-ending roller coaster" of stress!

There are so many times, I'd like to get you moving more, so I can get some regular exercise, to help strengthen all my muscles.

You don't seem to be up for that, though, most of the time.

And all those foods you're eating, create so much garbage, that's building up in all of your arteries and veins, that send "not so perfect" blood for me to handle.

That's really hard on me too!

I hope you will listen to me today and gain a greater appreciation for me, and all that I do for you.

Trust me, I will be there for you.... but you need to be there for me, too.

Remember this one thing . . . you're the only one I'll ever have and, I am the only one you're ever going to have.

Let's do this... together!

