



WORDS for Hard Times: A Message of Encouragement Written Friend to Friend

Jo Lightfoot

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WORDS for Hard Times: A Message of Encouragement Written Friend to Friend Jo Lightfoot WORDS for Hard Times is one life-traveler's way of reaching out to others making the same journey, especially those who are dealing with personal or financial difficulties. Equally, it is meant for those who want to encourage and help family members and friends beset by hard times. The book, like life itself, is a mixture of: - serious and silly - personal and universal - sacred and profane Friend-to-friend, it explores the challenges and blessings of being human, as well as relationships between humans and the natural world. One of the most useful resources you have—and always have—when facing a challenge is your inner wisdom. Access to that wisdom is always available and can always be strengthened and honed. Inner wisdom awaits as the voice of intuition, inspiration, and wellness. It wants your listening—or, better yet, your dialogue. What is the best mode of dialogue? Whichever medium best suits you. For a writer, dialogue with the inner voice tends to evolve into a relationship with a personal muse—a persona that interacts like an alter ego or quirky best friend . . . always inviting you to play and learn and develop new perspectives. That, at least, has been my own experience as an everyday poet and author of this book. Thankfully, I had already been dialoguing with my muse through poetry when bleak times began to loom in my life. So I naturally turned to my muse for a few words of insight . . . a poem, perhaps. Instead, she prompted this entire book through an unexpected session of opening up to the wisdom already inside me. Much of that wisdom was developed from life mastery shared by others, including authors. The power of their experiences and words have helped many people better understand and interpret the complexities and mysteries of life. Even more powerfully, they have reminded us of our kinship as fellow pilgrims on life's journey, here to embrace and help each other along the way. As return thanks for guidance offered by these helpers, I've begun to share personal stories, contemplations, and poems—such as through this book. I hope you'll find something here that inspires or delights you. And especially if you are experiencing hard times (or if someone shared this book with you for that reason), I hope its words help ease your journey.



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