

BAD MOOD BE-GONE

What is it that makes me sad?
It must be the opposite of
what makes me glad!

Sad or glad it is difficult at
times to say, just what makes
me feel this or that way.

If I knew the answer would it
help my mental state, or would
it only increase the choices I'd
have to make.

The mental power manifested
in my choosing may turn out
to be more than I would ever
expect of me.

As my life is lived with its ups
and downs, the manner in which
I deal with moods will affect my
life as it goes 'round.

To successfully deal with
moods, which come my way,
Required action within my
heart affecting by determination
and patients each day.

This is not to say life will be a
bed of roses each day, because
the sad moods cause me to look
at the events of life in the wrong
way.

All this I confess and must say
"I ' oft time fail when dealing
with trying conditions (moods)
that comes my way.

I am weak and in need of help,
I need a shoulder to lean on.
Because life must continue in
the right direction SO...

"BAD MOOD BE-GONE"!!

William T. (Bill) Richardson, Jr.