

Inspired Thoughts



Hi ,

As this year draws to a close, I'm reminded of good things that have happened and some that I wish will hurry up and fade into a forgotten memory. I'm sure each one of us can think of both good and bad during the last year.

However, I hope that no matter what we remember, that we strive to find the joy and peace in life. I hope that we strive to grow and become more tomorrow than we are today.

Life is about possibility and discovery, not just difficult experiences we have traveled. It is about the hope of so much more. When we reach forward, we embrace the potential not yet seen.

Hopefully by March 2019, my new book will be out, called "Overcoming A Mysterious Condition." While it details some of the experiences I went through, it is more about what I used to heal my life.

I'm honored that you're on this journey of inspired thoughts with me. Don't forget to check out many of my blog posts on Mind Body Thoughts.

Wishing all the best for you.

See you in 2019!

Don

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