

Mental Bench Press

1.13.10

*Hope*

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**A Poem of Hope**

*By Author Unknown*

Never go gloomy, use your mind,  
Hope is a better companion than fear;

Providence, ever benignant and kind,  
Gives with a smile what you take with a tear;

All will be right,  
Look to the light.

Morning was ever the daughter of night;  
All that was black will be all that is bright.

Many a foe is a friend in disguise,  
Many a trouble a blessing most true,

Remember these words of wisdom and wise,  
Your life will be easier and you will not be blue.

Never lose your hope, follow your plan  
And live life doing all that you can

*James E. Kent II*

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*Strengthen your mind and you'll have a powerfully fulfilling life.*