

It’s been over 7 years since I first started sharing tidbits of writings with my closest allies, despite doubting anyone would be interested in what I thought or had to say. It was the surprising feedback I received that prompted the creation of *Rx for the Soul* shortly thereafter.

The past few years this blog has enjoyed visits not just from those close allies, but also from thousands of guests from all over the States and across the pond.

I thank you for your visits, your reading, your countless comments, e-mails, and texts supporting and critiquing the posts, for subscribing, for even “liking” and “following” it in the world of cyberspace, and yes, for passing it on.

I hope that this year I can provide to you words that count, and that you continue to be part of this blog, and my life.

God bless.

“Fill your paper with the breathings of your heart.“
~W. Wordsworth

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