

**The Cure For It All** by Julia Fehrenbacher

Go gently today, don't hurry  
or think about the next thing. Walk  
with the quiet trees. Can you believe  
how brave they are—how kind? Model your life  
after theirs. Blow kisses  
at yourself in the mirror

especially when  
you think you've messed up. Forgive  
yourself for not meeting your unreasonable  
expectations. You are human, not  
God—*don't be so arrogant.*

Praise fresh air,  
clean water, good dogs. Spin  
something from joy. Open  
a window, even if  
it's cold outside. Sit. Close  
your eyes. Breathe. Allow

the river  
of it all to pulse  
through eyelashes,  
fingertips, bare toes. Breathe in,  
breathe out. Breathe until

you feel  
your bigness, until the sun  
rises in your veins. Breathe  
until you stop needing anything to be different.

<https://www.amazon.com/Other-Side-Fear-Julia-Fehrenbacher/dp/1452551049>