



Thanks for picking up the book. This is my fifth book of verse that I had to write for you. After boiling down 60 years of life I have either gotten down to the distilled nectar of life or the scum at the bottom of the pot. Frankly any particular day can go either way. But this is what I want to tell you. Live in the now moment of your life. Touch it, twist it, clarify it, gripe about it, enjoy it, but above all be conscious of it. If you live in the past you live in regret — which you can't do anything about. If you live in the future you live in a hope — which you can't do anything about either, and you are missing now. So live now. Make the most of it because now is where your pot is boiling and where you can turn the heat up or down as necessary. This is where you can affect your life. Do it. Enjoy. Read a few of these verses. Talk to me. [Jwilson@abilene.com](mailto:Jwilson@abilene.com).

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