

ONE DAY AT A TIME  
ACCEPT WHAT COMES  
YOU HAVE TO ACCEPT  
WHATEVER COMES, AND  
THE ONLY IMPORTANT  
THING IS THAT YOU MEET  
IT WITH COURAGE AND  
THE BEST YOU HAVE TO GIVE.  
NATURE PROVIDES A FREE LUNCH,  
BUT ONLY IF WE CONTROL APPETITES.  
KEEP A GREEN TREE IN YOUR  
HEART AND PERHAPS THE  
SINGING BIRD WILL COME.