

Inner Strength

- If you can start the day without caffeine or pep pills,
- If you can be cheerful, ignoring aches and pains,
- If you can resist complaining and boring people with your troubles,
- If you can eat the same food everyday and be grateful for it,
- If you can understand when loved ones are too busy to give you time,
- If you can overlook when people take things out on you when, through no fault of yours, something goes wrong,
- If you can take criticism and blame without resentment,
- If you can face the world without lies and deceit,
- If you can conquer tension without medical help,
- If you can relax without liquor,
- If you can sleep without the aid of drugs,
- If you can do all these things,

**Then you are probably
the family dog.**

