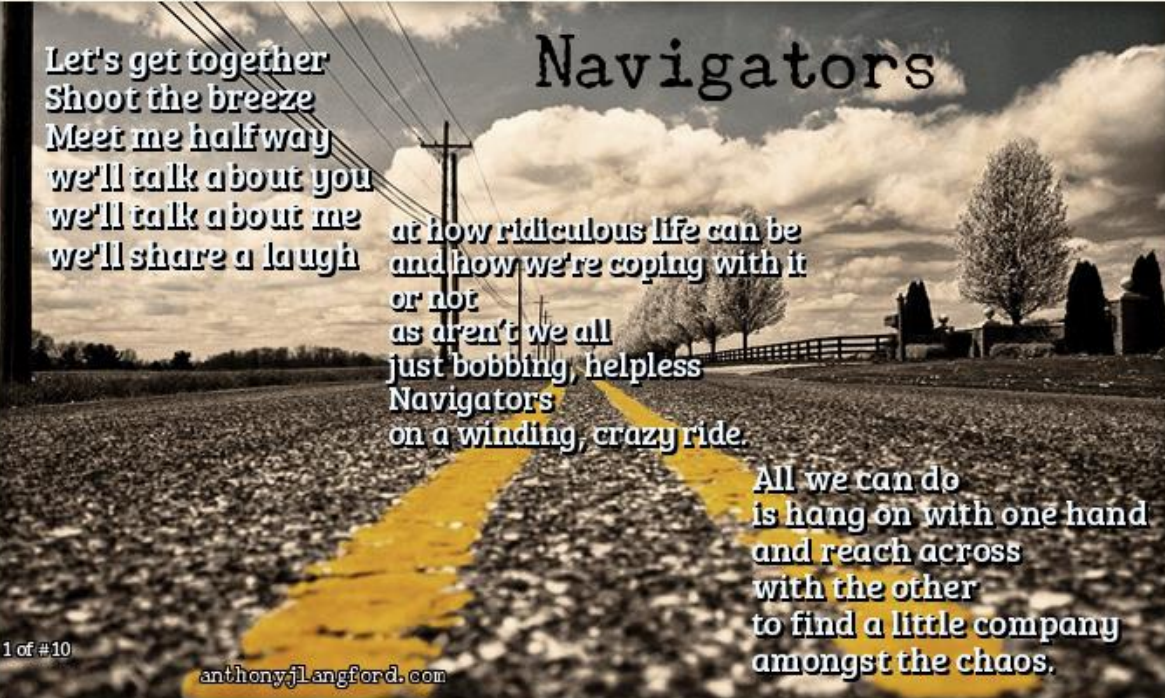


## The 'Feel Good' Series



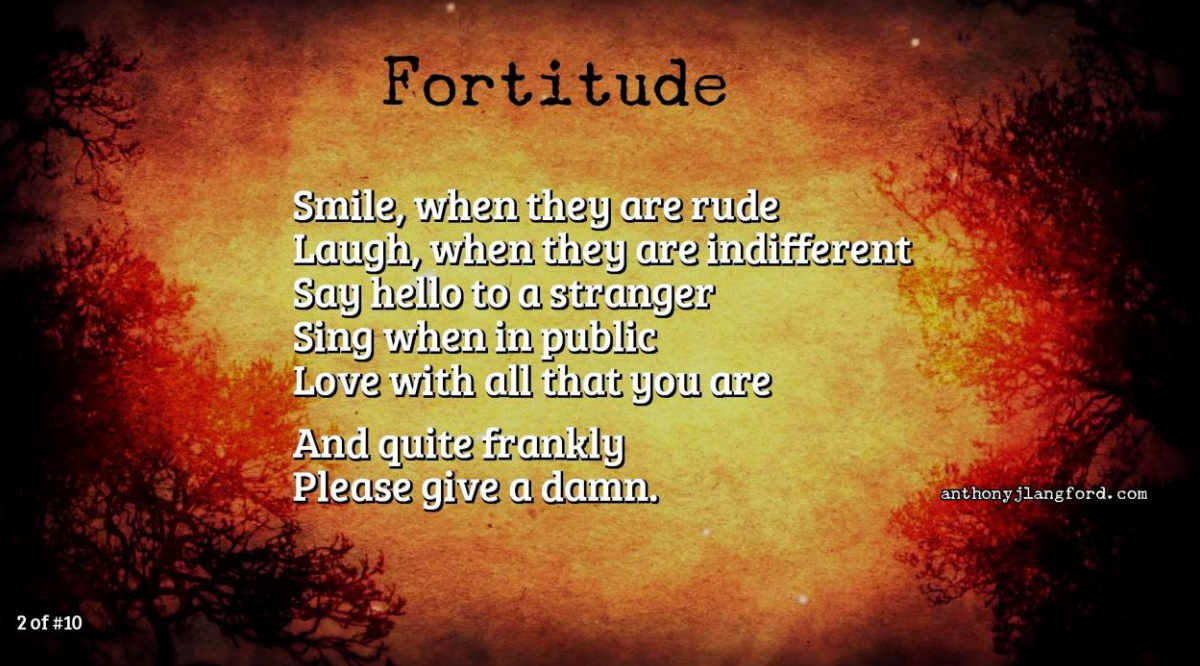
Let's get together  
Shoot the breeze  
Meet me halfway  
we'll talk about you  
we'll talk about me  
we'll share a laugh

# Navigators

at how ridiculous life can be  
and how we're coping with it  
or not  
as aren't we all  
just bobbing, helpless  
Navigators  
on a winding, crazy ride.

All we can do  
is hang on with one hand  
and reach across  
with the other  
to find a little company  
amongst the chaos.

1 of #10  
anthonyjlangford.com



# Fortitude

Smile, when they are rude  
Laugh, when they are indifferent  
Say hello to a stranger  
Sing when in public  
Love with all that you are

And quite frankly  
Please give a damn.

anthonyjlangford.com

2 of #10



**I reach out  
To an old acquaintance  
The old fashioned way**

**Hear**

**I choose to mostly listen  
And observe the joy  
In the other  
Of having been heard.**

anthonyjlangford.com

3 of #10



**Flee**

**Let's pack a bag  
And run away  
If not for a week  
If only for a day**

**We'll take our problems  
With us  
To somewhere new  
To at least feel fresh again  
Create a life that's true**

4 of #10

anthonyjlangford.com

**Before reality sets in  
Yet we can always pretend...**



The sun is strong  
But not intrusive  
I find the nearest tree  
And gaze up

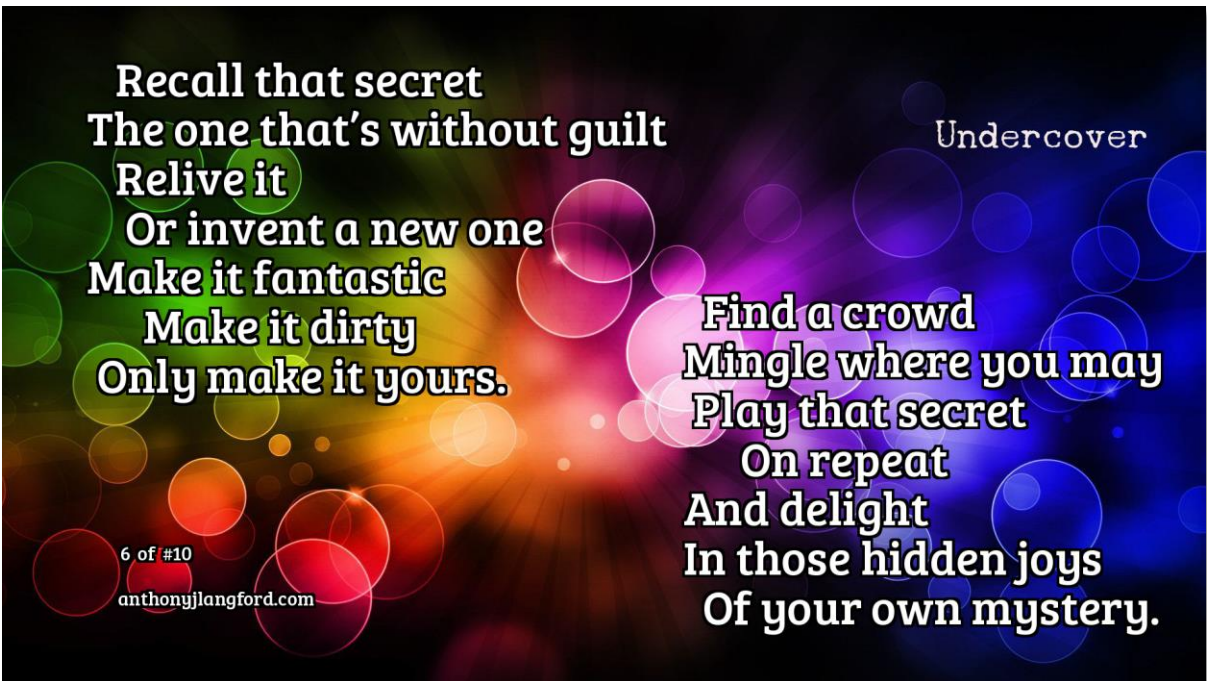
# Creation

The backdrop paint blue  
The light plays  
Through the leaves  
Glowing luminous green

5 of #10

[anthonyjlangford.com](http://anthonyjlangford.com)

It's always here  
A slice of paradise  
And so easy to find.



Recall that secret  
The one that's without guilt  
Relive it  
Or invent a new one  
Make it fantastic  
Make it dirty  
Only make it yours.

Undercover

Find a crowd  
Mingle where you may  
Play that secret  
On repeat  
And delight  
In those hidden joys  
Of your own mystery.

6 of #10

[anthonyjlangford.com](http://anthonyjlangford.com)



# Gift

The greatest awards  
Are the warmth of a smile  
Gentle fingers on skin  
A caring embrace

Riches borne  
From a genuine heart  
Priceless and precious  
At the end  
The only real currency.

7 of #10

[anthonyjlangford.com](http://anthonyjlangford.com)



# Stoic

There are those  
Who despise your positivity  
Your signs of success  
Is a mirror to their failings.

So laugh more  
Fake it if you have to  
It will inflict  
A merciful lesson  
And improve your mood regardless.

Sometimes more is less.

8 of #10

[anthonyjlangford.com](http://anthonyjlangford.com)



Through frustration  
I tackled it with both hands

Thrashed it  
And kicked it around

Redefine

9 of #10

[anthonyjlangford.com](http://anthonyjlangford.com)

Until it was something else  
**Something new**

Until it began to make sense.



We are contracted  
into Birth  
and Death

Vast

Despite conditions  
attempted to be Imposed  
by others

The rest is indeed  
Open.

10 of #10

[anthonyjlangford.com](http://anthonyjlangford.com)