



# Start Right Where You Are

## A Body Blessing

I bless my feet for walking this road with me, and I bless my legs for giving me something to stand on.

I bless my hips for their sway, my belly for its curve, and my heart for its tender beat.

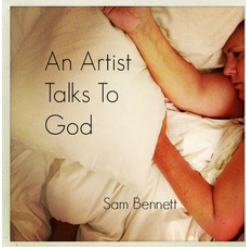
I bless my arms for all the hugging and my hands for their good work.

I gaze at my face as I would the face of a beloved child and say thank you for all the expressions.

And I say a special blessing for any of the parts that are missing or broken or suffering from neglect.

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## Other Books By Sam Bennett



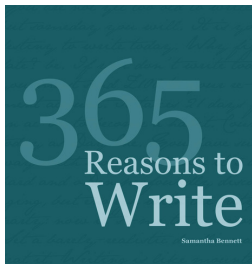
### An Artist Talks To God

This book of collected poems contains the "pause" poems you already have, plus 5 additional ones. Available in both hard copy and Kindle versions: <http://amzn.to/2fztzpp>



### By the Way, You Look Really Great Today: Selected Poems by Samantha Bennett

Sam's first book of collected poems has delighted readers all over the world. Available in hard copy only: <http://amzn.to/2fn9Zwe>



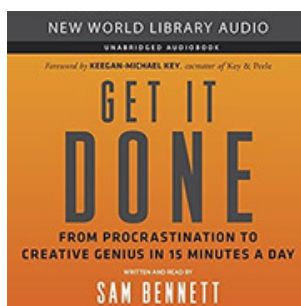
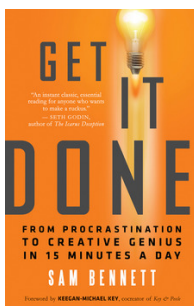
### 365 Reasons to Write

This immensely popular "thought for the day" book of inspiration is not just for writers! It is available in hard copy only: <http://amzn.to/2eMtkSA>



### Less Crazy, More Money: 52 Secrets to Running a Serene, Profitable Business

Unusual advice for the creative entrepreneur, Sam shares her hard-won wisdom with her typical wit. Kindle only: <http://amzn.to/2eMxkJr>



### Get It Done: From Procrastination to Creative Genius in 15 Minutes a Day (New World Library)

Seth Godin called this book, "an instant classic, essential reading for anyone who wants to create a ruckus." Available in paperback, Kindle, Nook and Audible versions.