

## Be Beautiful Inside and Out!!!

I know you have been told that beauty starts within and it's true  
When you work on your inner self, everyone wins...especially you!  
When the light of your soul is on and your heart is full of love,  
You radiate an "energy" that is a blessing from above.

Inner beauty never ages or wrinkles and it never grows old,  
It's irresistibly attractive and it can't be bought or sold.

Anger, jealousy, and blame are "cancers of the soul"  
That kind of negative energy can really take its' toll.  
So, be the type of person who lights up the room when they  
enter, and not when they leave,  
And you will make a difference in this world that is hard to  
believe.

Walk with a "smile" on your face and a "hug" in your heart  
That is the best way for each day to start.  
Be happy and healthy ... let your joy spillover in everything you do,  
And we will be blessed to know the "irresistible you" !!!

Sue Podany