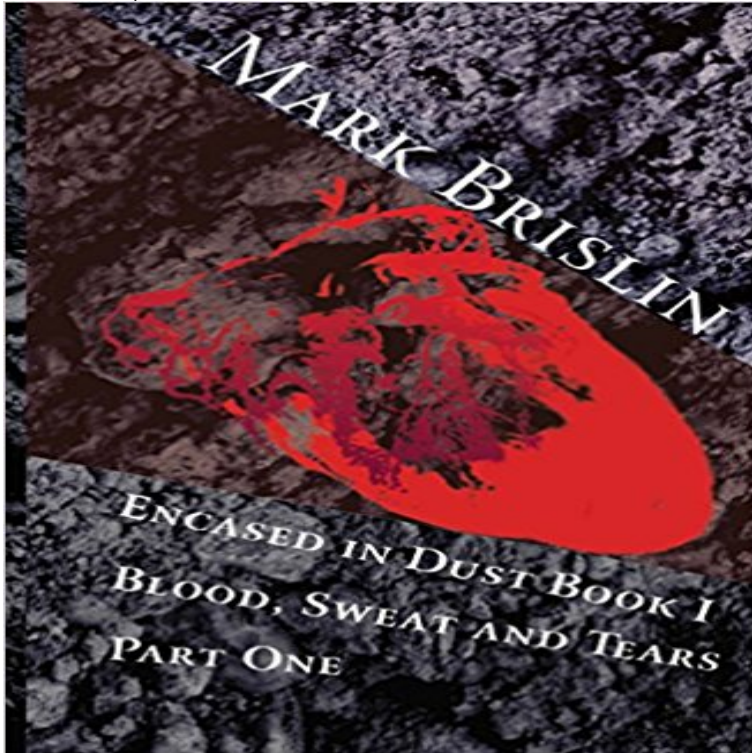


Blood, Sweat and Tears Part One: Encased in Dust Book One



Why Blood, Sweat and Tears? When a heart is touched by the events of life, for example, the more unsavoury, those situations and words that rip ones heart to shreds; then if you are a poet (or even if not) it seems to be a release, a form of written therapy, self expression which has to be employed. I call it my poetical diary. I gave up writing a diary years ago, mainly because of two reasons. One, to be so dedicated and disciplined to write an entry almost every day seemed just a bit too much. Two, some of my girlfriends actually tried to read my, so called, secret thoughts, which annoyed me greatly. In poetry I can keep a diary of sorts, without the fear of someone reading something I dont wish them to read. Within this work I have compiled all those poems that I considered fit into the category of the title; expressing, the hurts tears and fears of a wounded heart.

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doctor. 5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say. 6. Attention: A good trainer should be targeted only during your sessions on you. 7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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