

an everyday life interiors magazine from separated parents homes

# apart amento

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Dear M😊 m,

I'm am SO super sorry I was yelling and hit you I feel horrible I was Just letting out steam becasue I've been handling alot and I know you are dealing with much much much more and I'm So sorry I feel horrible I traped in my own hole of misery and I feel as if my body is filled ear peircing metal that at everysimple unplease sound chills my blood and shoots fire into my head I can't think my back curves around my breath my beck gets pulled in my hands cripple and I lose to the monster in my soul I can't controll I going mad but then after the monster is finished it settles I am cool I relax when I yell or hit or lash out you must understand that is but the few words I get out in this war inside of me I can't belive I let it controll me but I did and That horrifys me like crazy you amaze me hoe you do so much all the time always nice happy never as horrible as I am so often but from now on I will try as best I can to help with anything ever I will always LOVE you with more than I have so please accept my apalogy please and please understand my problem and please let me whatch Raymond because it is funny and It take my mind off my thousands of probles.





**Interiors. Hollywood, CA**

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Live one day at a time  
 and make it a masterpiece *Dalai Lama*

**A**void negative names, people, places and habits  
**B**eat it as well  
**C**oncentrate things from many angles  
**D**o not get up and don't give up  
**E**ven if you are looking for love behind the door, open it  
**F**ind what you like or better resources, work than in. Learning that is best  
**G**o more than you planned to  
**H**ang in to your dream  
**I**mpressions don't count, build a character  
**J**udge your success by what you had to give up in order to reach it  
**K**eep trying to make love, hard it seems  
**L**ove yourself  
**M**ake it happen  
**N**ever be afraid of change  
**O**pen your mind to change, but don't let go of your values  
**P**erfect is not a point  
**P**rioritized quantity in anything you do  
**R**emember that there is sometimes the best of others  
**S**it in your own room  
**S**pend most of your time meditating  
**T**he world is not as it seems to be, but better understood where  
**U**nderstand it  
**W**hen you have done, leave the house  
**W**alk in the street with a smile  
**W**ork on your health, nothing can replace you  
**X**enophobia is a target and go back

A to ZEN of Life









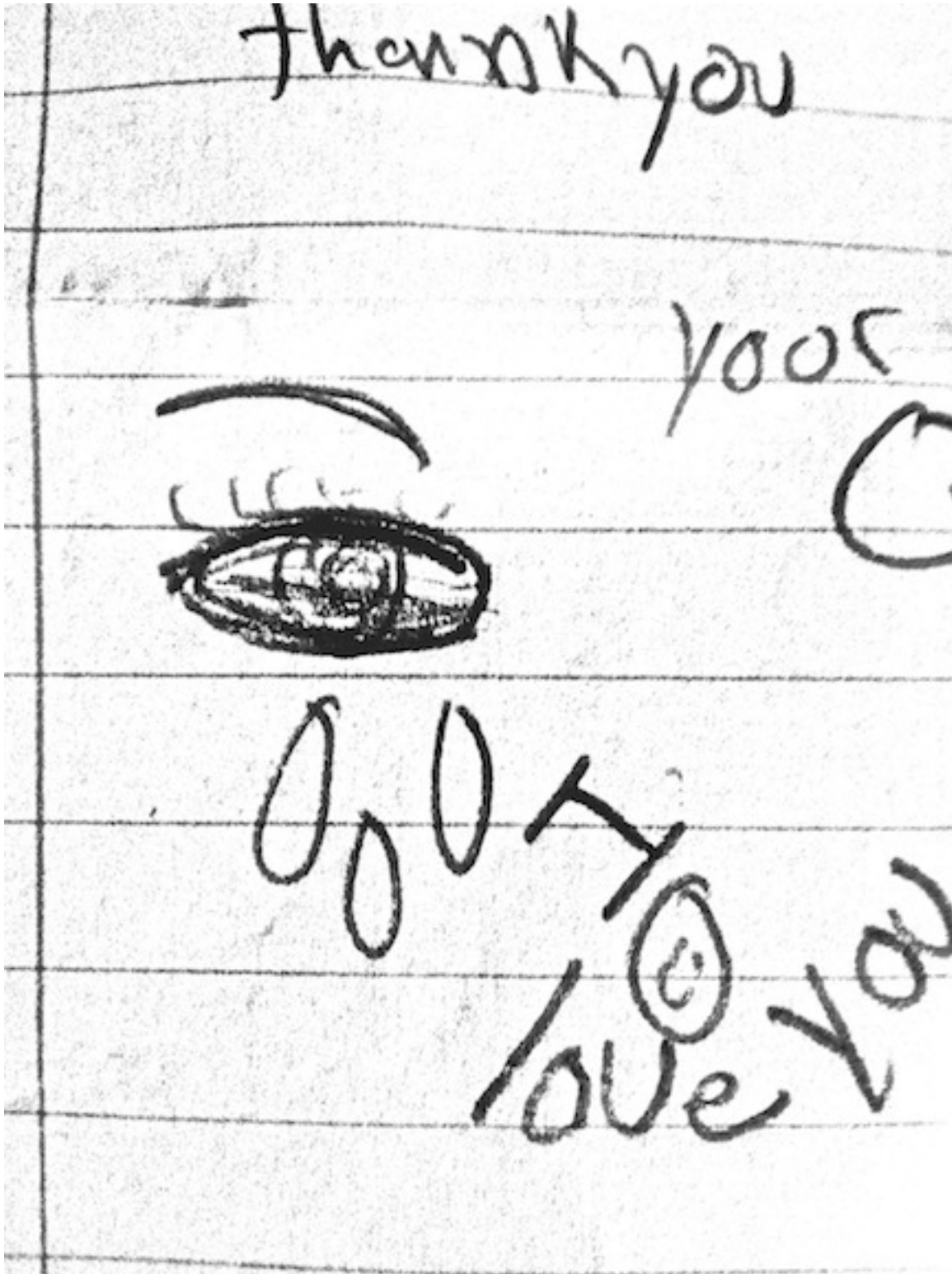


Please Please Please and Please  
dont throw this letter  
out because it  
took a long time to  
write and its my feelings  
thank you





**yoor servant till I die**



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