



# **Daily Awakenings...A poem a day...: 'Mindfulness through Verse' (Volume 1)**

*Lee Taylor-Friend*

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Daily Awakenings A poem a day... Foreword Like many parents wearing many hats it is not always easy to find time to commit to the things you are passionate about so at the beginning of 2016 I set myself a goal. I would write a poem a day for an entire year. Rather than bemoan the fact that I did not have the time for my creative endeavors I needed to make the time. There were moments when I was not sure I would fulfil this self-set task but with determination and encouragement I am almost there as we tear towards the end of 2016. It has given me an opportunity to expand and evolve on many levels. I found as the months progressed my writing dug deeper and deeper to a place of observation and simplicity. It became somewhat like a gratitude journal or a form of mindfulness, thus the subtitle, 'Mindfulness through Verse'. It was suggested to me that it would be ideal if you, the reader, could read a poem a day on the day it was written exactly one year prior. With that in mind, I set about creating a two-book series on a very tight timeframe with the first needing to be released by December, 2016. If you are reading this, clearly, I succeeded!! Of course, you can read these poems where, when or how you want, the choice is yours! Thank you for your time and commitment in purchasing and reading my book. I hope you enjoy the journey as much as I have and look forward to sharing book two with you in 2017!!

About the Author... Lee Taylor-Friend is a Mother, poet, writer, group facilitator/support worker and remedial massage therapist living in the picturesque Snowy Mountains region of Australia with her husband, two sons and a menagerie of animals. She also creates and presents writing and poetry workshops where she shares her love of the written word and passion for 'writing as therapy'. Lee has been widely published, won several awards, has a popular monthly column in the Snowy River Echo. She volunteers her time for a variety of community events, local committees and causes. Lee's first book, 'Tommys Girl', dedicated to her late Father Thomas 'Tommy' Friend, shares some inspirational stories of our Men and Women of the Australian 'High Country' as well as the Authors reflections and observations of the iconic 'Snowy Mountains' written as 'rhyming' or 'Bush' poetry – a great Australian tradition. Lee's second book of poetry, "Moving On...", is an honest, thought provoking and moving collection of poetry that is deeply personal. All of Lee's books are now available as both print on demand and e-books through Amazon Books and Kindle.

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