

Don't Let It Bother You

By Sabrina M. Cummings

You worry.
Don't worry, You won't change a thang.
Here comes another worry
To take its place again.

Worry leads to stress,
With all its aches and pains.
Your body reacts
Guess what.
Now you're sick again

The job
The bills
The people
It's all bout life.
No matter what they do.
No matter what they say.
Seek PEACE you'll be alright