

“We have been in a state of war since our consciousness flowered, nothing has been gained, and we continue to believe, sans proof, that prayer will do more than just comfort the disparately praying soul.

“My notes are reactions to people and situations, both on the job and in personal relationships. I am not naive enough to believe that living is not complicated...and that everyone lighting just one little candle would create a brighter and more welcoming world. But I am also smart enough to know that retaliation never works; that at some point, someone much brighter than anyone who exists today must say ‘No’ no more, and that offering the light and warmth of that one little candle may just start a revolution for the one thing that we so disparately want, but for the life of us cannot find...peace.”



 Michael W. Dymond, <i>Author

Published by [Book Vine Press](#), Michael W. Dymond’s new book also tells readers of all ages that taking or writing down notes about feelings is one way of letting it out, especially when one is uncomfortable or engaging in any conversation that is traumatic.

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As we move through the days of our life, we take in and process the many events and interactions that fill each hour. Many pass on blithely to the next activity with little thought about the last.”

Michael W. Dymond

Through this book, the author wants the readers to realize that life is not always what it seems like—it has ups and downs, and one should know how to deal with them. This book will also serve as the wind that the readers need in their journey to discover their purpose in life.

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