**Give Yourself a Hug by** Grace Nichols

Give yourself a hug

when you feel unloved

Give yourself a hug

when people put on airs

to make you feel a bug

give yourself a hug

when everyone seems to give you

a cold-shoulder shrug

Give yourself a hug –

A big big hug

And keep on singing

‘Only one in a million like me

Only one in a million-billion-trillion-zillion

Like me’

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**Love Poem** by Viki Feaver

Sharing one umbrella

We have to hold each other

Round the waist to keep together

You ask me why I’m smiling –

It’s because I’m thinking

I want it to rain forever.

**You Wake Up In The Morning** by Arnold Bennett

You wake up in the morning, and lo!

Your purse is magically filled

With twenty-four hours of the magic tissue

of the universe of your life.

No one can take it from you.

No one receives either more or less than you receive.

Waste your infinitely precious commodity as much as you will,

and the supply will never be withheld from you.

Moreover, you cannot draw on the future.  Impossible to get into debt.

You can only waste the passing moment.

You cannot waste tomorrow; it is kept for you