

## Listen Inside !

I grew up in Chicago as second generation off the immigrant boat, with my father’s family hailing from Sicily, and my mother’s from Hungary and Slovakia.

Mine was a rare, idyllic childhood that set an emotionally rich foundation,

*but* didn’t prepare me for the shock – that not all families are functional...

Consequently, MY life’s theme is akin to that scruffy kid watching a parade in

“The Emperor’s New Suit” – *But He’s Naked !...* innocently exposing Truth as my lifelong quest.

So over the years this ‘Quest’ led to writing “Suitable for Framing Reminding Factors of the Heart”.

It’s a self-actualization story with broad, Universal themes – encompassing all the challenges we encounter in life; condensed into rhyming rhythmic prose.

And I’ve called upon these Reminding Factors *Many* times to wake-up and remember:

what brought me to a life-experience, why I was there, *and*

how to embrace, process the experience for a clearer understanding of myself and others.

I hope You may also find them... useful.

