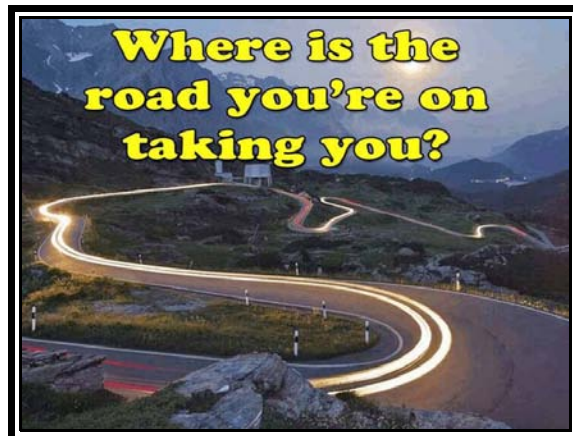


BEFORE

Before you say an unkind word, think of someone who can't speak.

Before you complain about the taste of your food, think of someone who has nothing to eat.

Before you complain about your spouse, think of someone who's crying out for a companion.



Before you complain about life, think of someone who went too early to heaven.

Before you complain about your children, think of someone who desires children but is barren.

Before you argue about your dirty house, think of the people who are living in the streets.

Before whining about the distance you drive, think of someone who walks the same distance.

Before you complain about your job and the long hours, think of the unemployed who wish they had your job.

Before you think of condemning another, remember that not one of us is without sin.

And before depressing thoughts can get you down, put on a smile and thank God you're alive and still around.