



# How It Feels to Be Me: A Celebration of the Human Experience

Gerry Baird

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"How It Feels to Be Me" is a celebration of life and the human experience, with all its ups and downs. Accompanied by beautiful pictorial reminders of our common humanity, the twenty-five poems in this book are filled with echoes of kindness, love and joy. They offer a sense of stillness and balance, connectedness and meaning.

As we make an effort to truly see the people around us – their struggles, their pain, their fears and dreams – we can cultivate within ourselves a desire to make a positive difference in the world, one life at a time. We can stop dividing people into classes – the haves and the have nots, the worthy and the unworthy, the good and the bad, the beautiful and the ordinary – and simply love them exactly as they are.



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