

"A Good Cry"



It is nothing to be ashamed of
Because at times we all go
through it

And believe me when I tell you
Many times I had to do it

Because of a passing or the
thought of someone
Once loved and maybe still do
Or something in life that
was wished for
That somehow did not
come true

Or maybe the tears we cry
About the pain someone
else is enduring
And it's so heartfelt and so
very genuine
That the tears come down
ever pouring

Yes a good cry can surely
be helpful
In getting it all out of
our system
And to never ever be ashamed
To proudly and boldly list em

Rachel Ann Bovier