

Foreword

Welcome to “Feed Your Mind: A Collection of Positive and Happy Thoughts”!

This unique e-book is a source of inspiration and joy, filled with carefully selected literary works guaranteed to bring a smile and a spring to your step.

Inside these pages, you will discover a delightful array of poems, stories, and anecdotes crafted to provide an abundance of happy, inspiring, and rejuvenating thoughts. The creative works of writers infuse this collection with an authentic and vibrant energy.

“Feed Your Mind” is more than just a compilation; it is a transformative journey to a more fulfilling life. It serves as a poignant reminder that no matter the circumstances, there is always a silver lining, room for growth, and a pursuit of happiness.

Immerse yourself in these pages, finding solace, encouragement, and a renewed sense of wonder. Let these uplifting thoughts ignite a spark within you, propelling you to not only embrace life’s joys and overcome challenges but also actively spread positivity to those around you.

I extend heartfelt gratitude to the talented writers who have contributed their works to this collection. Your passion for creativity and dedication to spreading happiness through words are commendable.

Wishing you a delightful journey through these pages.

Ava Mae S. Magallanes, AB, MAEd, PhD