



*This book of blessings
and good thoughts belongs to:*

TYPE YOUR NAME HERE

DATE BEGUN

A Sweet, Kind Book

**Filled with Blessings & Good Thoughts
Written by You & Your Family**



Created by Bill Zimmerman
Art by Tom Bloom

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Dedication

For Teodorina, Carlota and Dynamite,
and in memory of
my parents and brother



*How blessed are we to experience life,
to see the light, to smell, to feel,
to hear, to touch, to love.
What a miracle! —BZ*

BLESSING

THE MEMORY OF A BLESSING
FROM YOUR CHILDHOOD THAT WAS SAID BY
A BELOVED FAMILY MEMBER





Before You Begin This Book of Blessings and Loving Words...

Dear Reader,

If you just write one sentence in this book you will feel happier!

This interactive book of writing prompts encourages you and your family to express the best, most loving parts of yourselves. It will help you write about the blessings of your lives, the good words and hopes you have



for others, and the things you are grateful for. You can fill in the pages on your own, in private, or do so as a family activity. Doing so is a way of acknowledging the love you have for one another.

In this book, too, you also will find wonderful drawings by my artist friend Tom Bloom to illustrate the good thoughts I offer to you to sweeten your life. I culled them from deep within me and wrote them in my own quest to find comfort and light. I know they will bring hope and smiles to you.

This book reflects my deep belief that we are here to help and bless one another, to be kind to others and do no harm. Blessings are something we can lovingly and freely offer one another. We can express them in our words or actions to bring happiness and well-being to those dear to us.

Our loving words can be as powerful as any to be found



in the sacred books if we write or speak them from our hearts.

Over time, as you fill in this book's pages, you will be amazed to see

all the blessings in your life which you may have once taken for granted.

I hope that you will come to cherish this book which will hold your most beautiful written thoughts and regard it as important as the family bible or book of family photographs you love. **Turn to it from time to time when you need hope and comfort.** All this sweet, little book asks of you and your family is to share through writing all the

love and kindness and hope that is within each of you. Isn't that a worthwhile endeavor?

My goal in creating this book of blessings is to bring families closer together and strengthen our bonds with one another.

This is so important today as we try to live positive, loving lives in this fearful age of terrorism, economic uncertainty and political polarization. Writing is a form of praying and raises us to our highest selves.

In some respects, this book of blessings is a resource I needed as a child growing up in a family beset by painful economic and emotional turmoil. Could a book like this have helped ease the constant fighting between my mother and father? I'd like to think so, that maybe if they had a book like this they would have been encouraged to find good things to say to one another, rather than angry words.

Would our family life have been happier if my parents had found it in their hearts to write a blessing of love to one another, or a blessing of forgiveness, or a blessing of hope for themselves and of love for my brother and me?



Again, I'd like to say yes. I try to imagine being a child again and holding a book like this one which asks me to write a blessing of hope or peace for my parents or family. Reading such a book would have made me feel more hopeful back then. I'd like to believe that if my parents had read loving words which I wrote for them, then maybe they might have ceased their warring.



While as a child I didn't have the power to change what happened to my family, today as a grownup I have the power to write a book to help all families draw closer together. That is the intent of my writing.

This is an easy book for you to use. Just scroll its pages on your computer screen and type in your responses to those writing prompts which are meaningful to you. Then save them. **You are asked to acknowledge the blessings in your life and to express all the good hopes, praise and thanks to those you love and care about.** Do so when you feel alone, do so when you feel happy. And, consider making this a new tradition for

your family. **Write in this book together once a week as a way to review and affirm what is sacred in your lives.**

A book containing such thoughts can provide comfort and support to family members in times of need or crisis.

Make this an enjoyable and rewarding venture in which each family member feels welcome to share important thoughts, birthday blessings, wishes for good health, praise for graduations, for promotions and other accomplishments. Even a blessing of forgiveness for someone who has hurt you.

If you wake one morning with a good thought you'd like to share with your family—just write it in this book.

Or, look to this book when you need a blessing yourself or when you just want to review the caring words someone wrote to you earlier. When you see such thoughts expressed to you in this book, you will know that you are loved and valued, that someone cares enough to have taken the time to honor you.



I tell you one more thing: even though this is a book that encourages writing, you do not have to write a single word in it. Just scroll through the pages and when you come to a blessing prompt which captures your interest, then just pause and think about, or feel, what you would like to say. That's a blessing in itself.

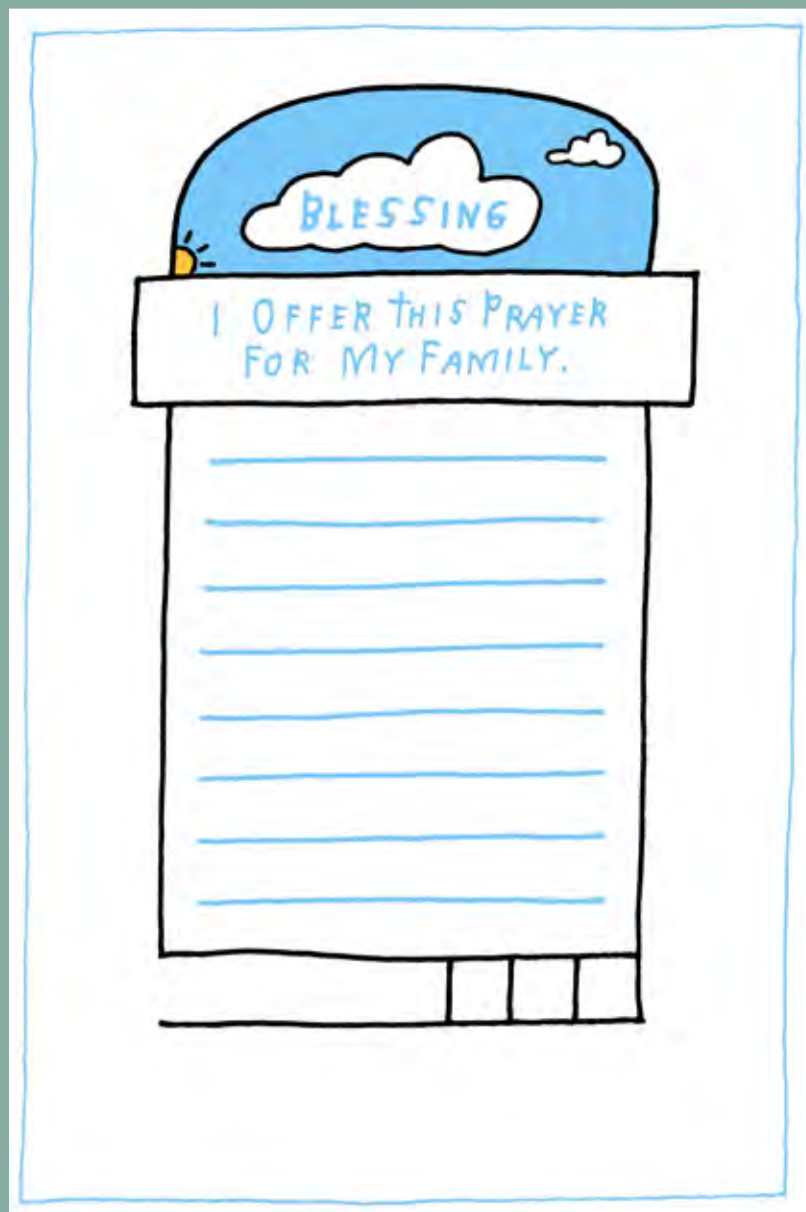
So now, begin recalling the blessings in your life. Sing your personal songs of thanks for the good things you have been given or want to give others. **Share your good words, your kind thoughts. They are so needed in our lives.**

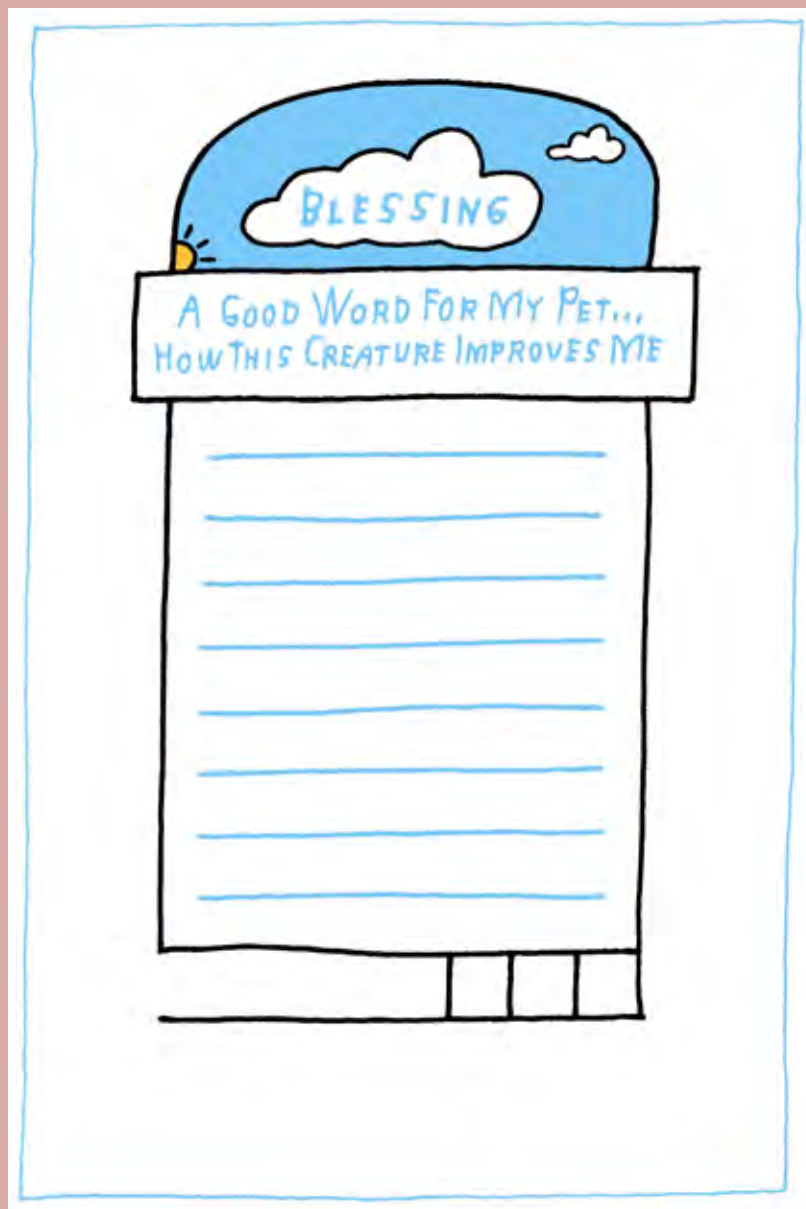
Yours sincerely,

Bill Zimmerman

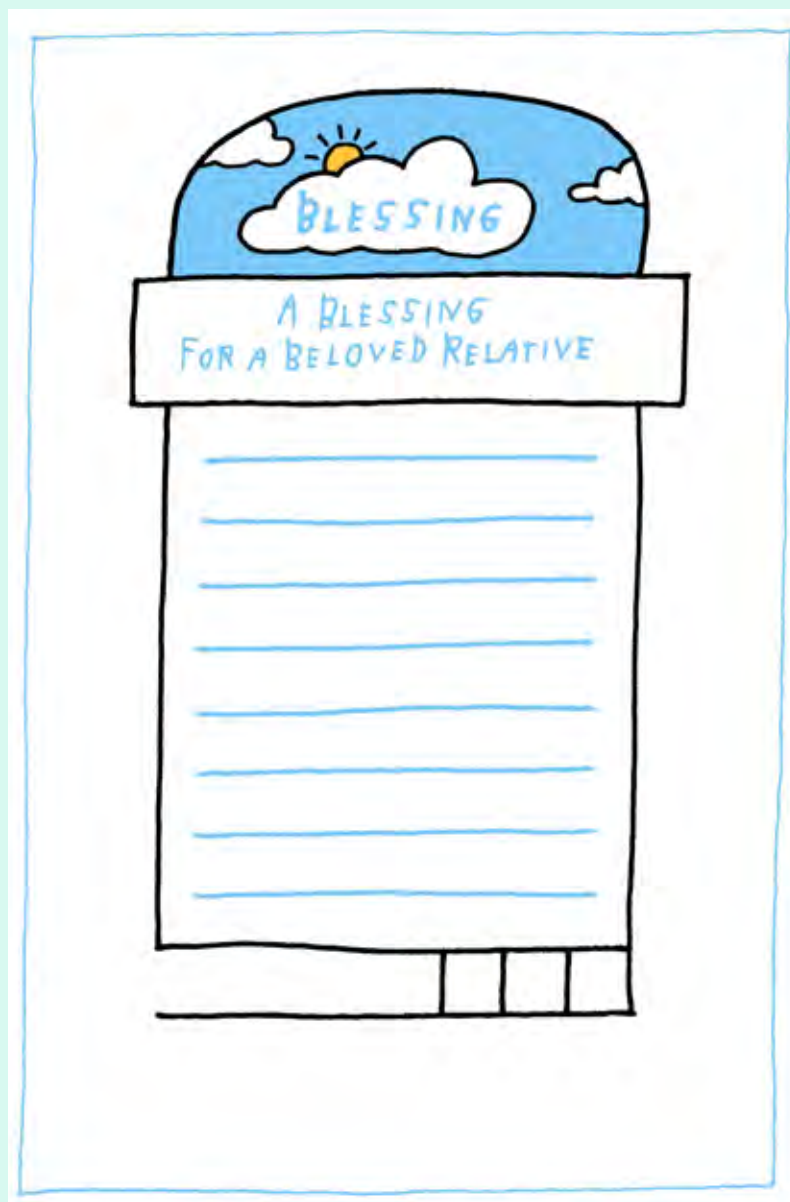
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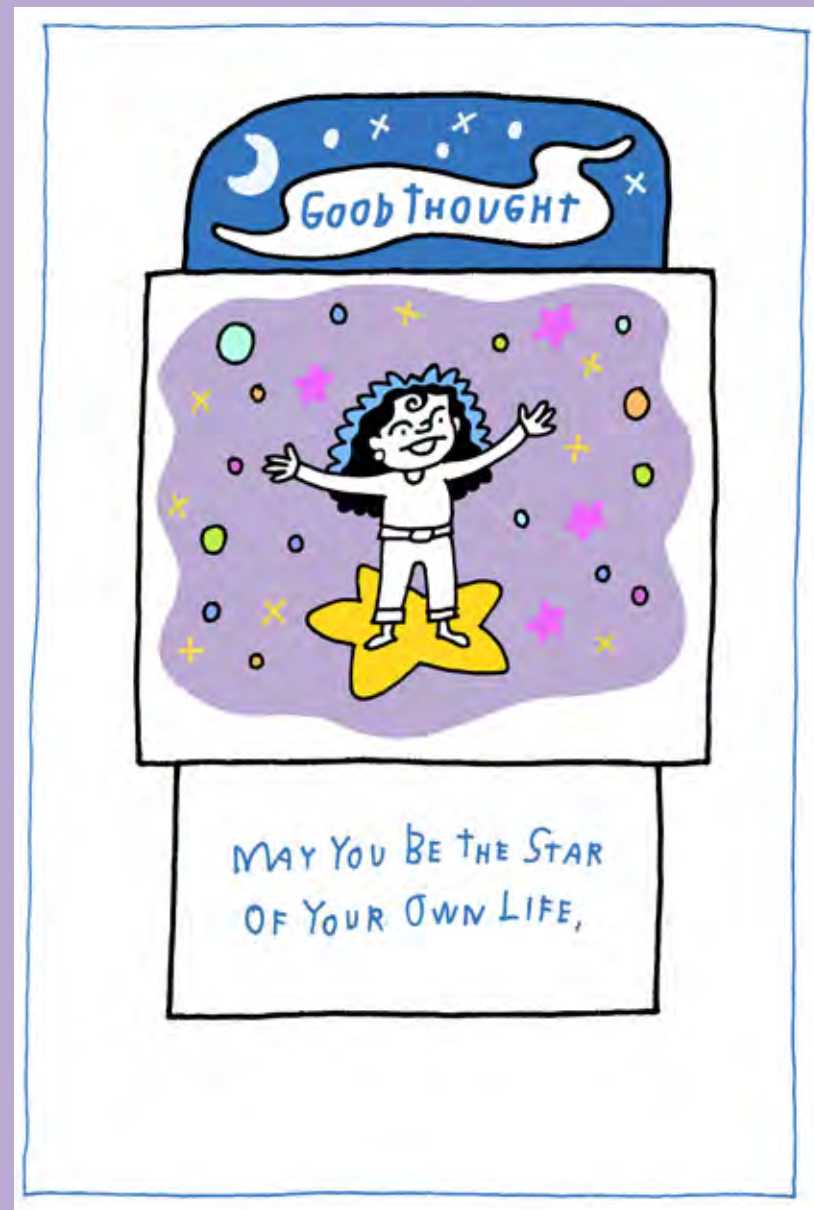
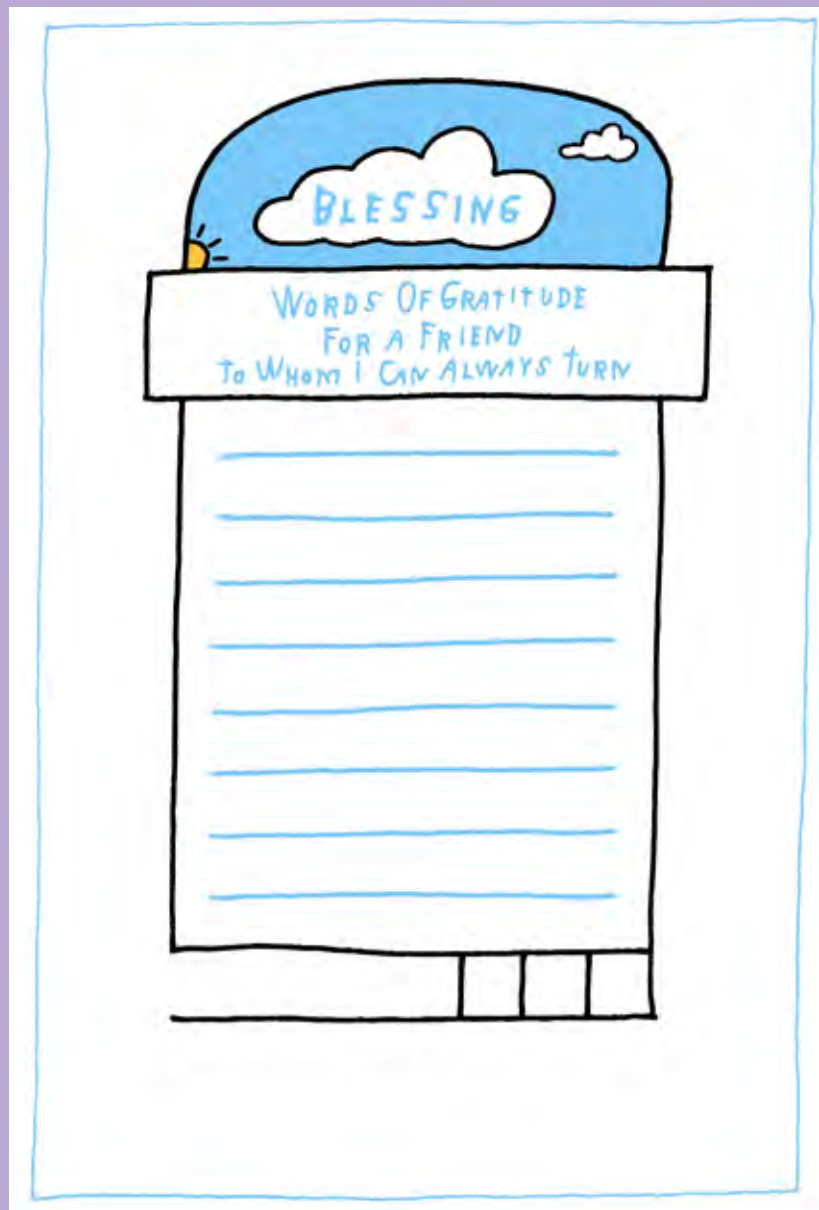




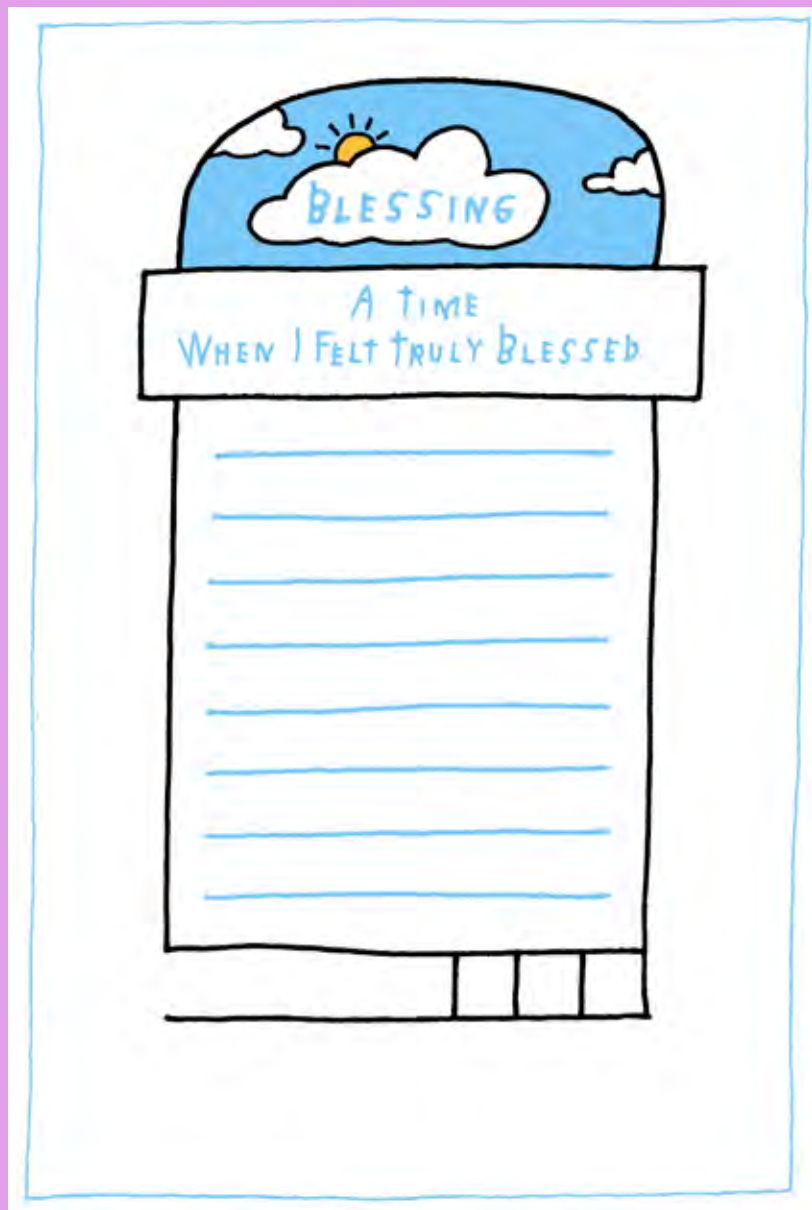


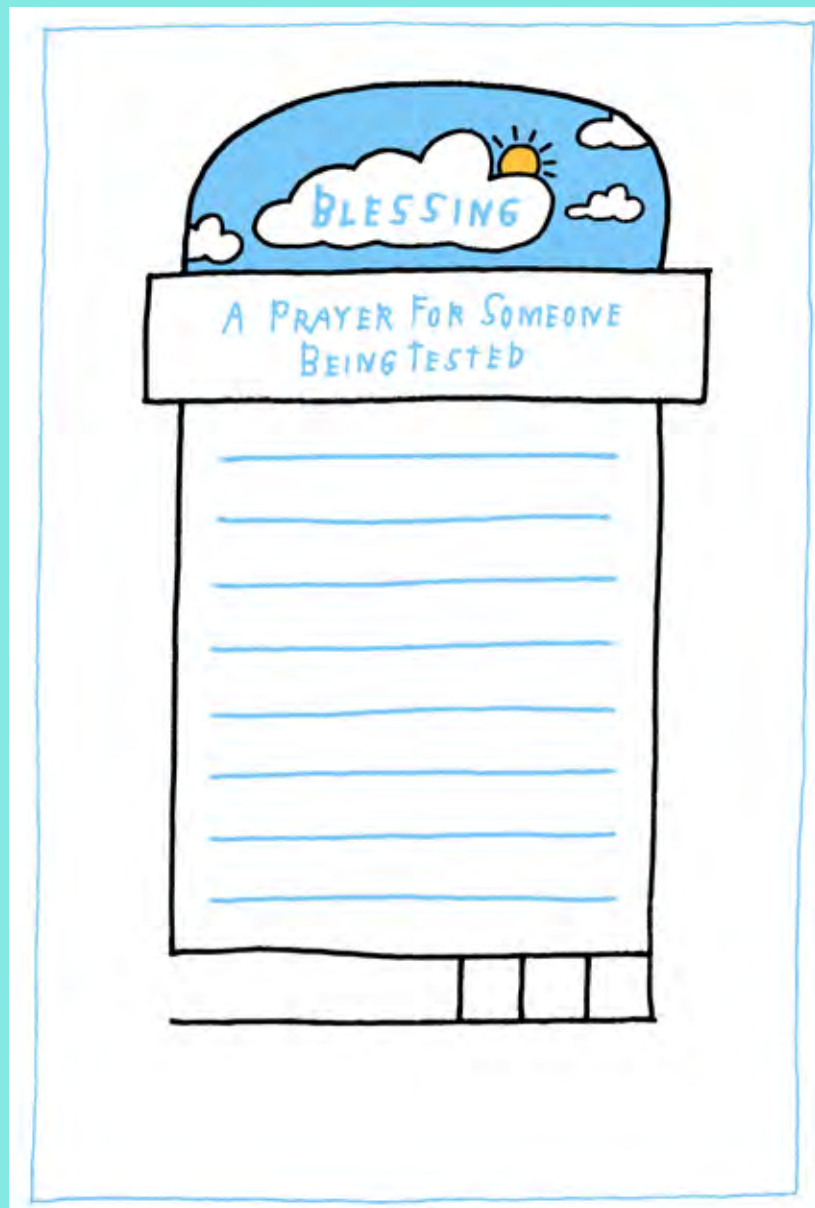






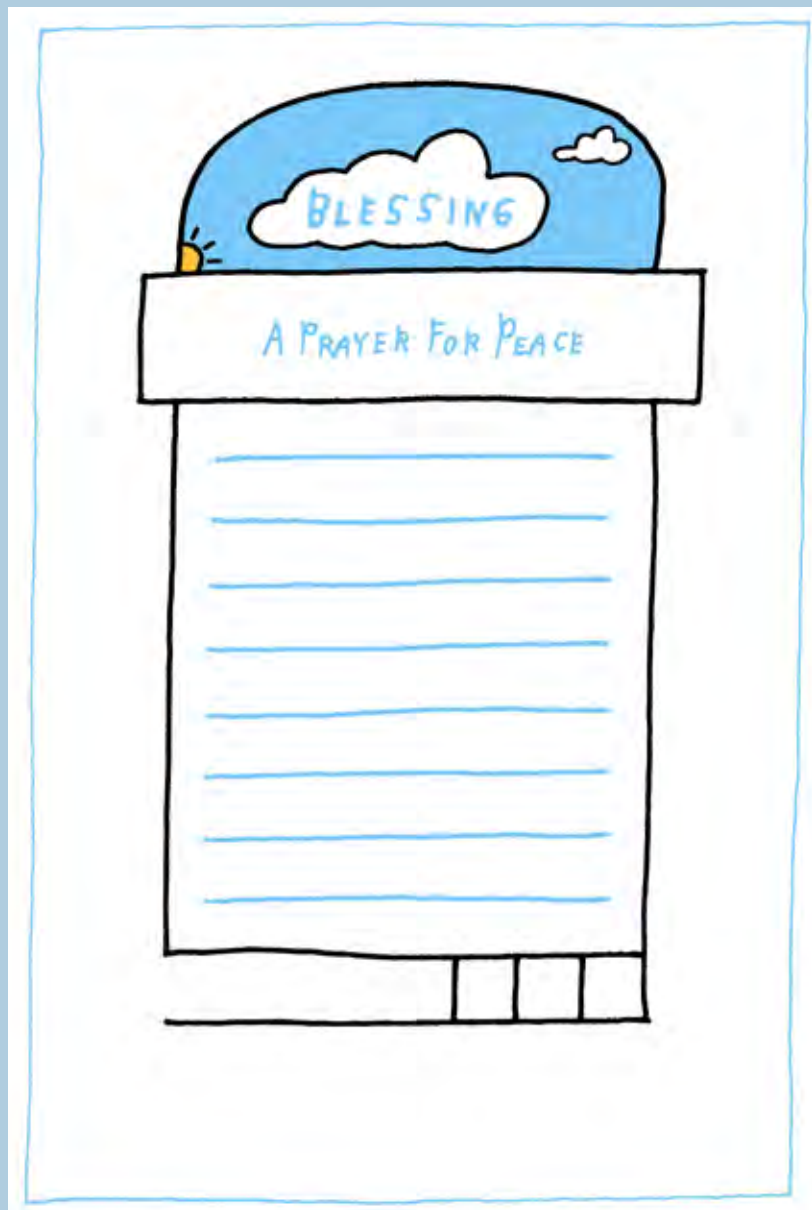


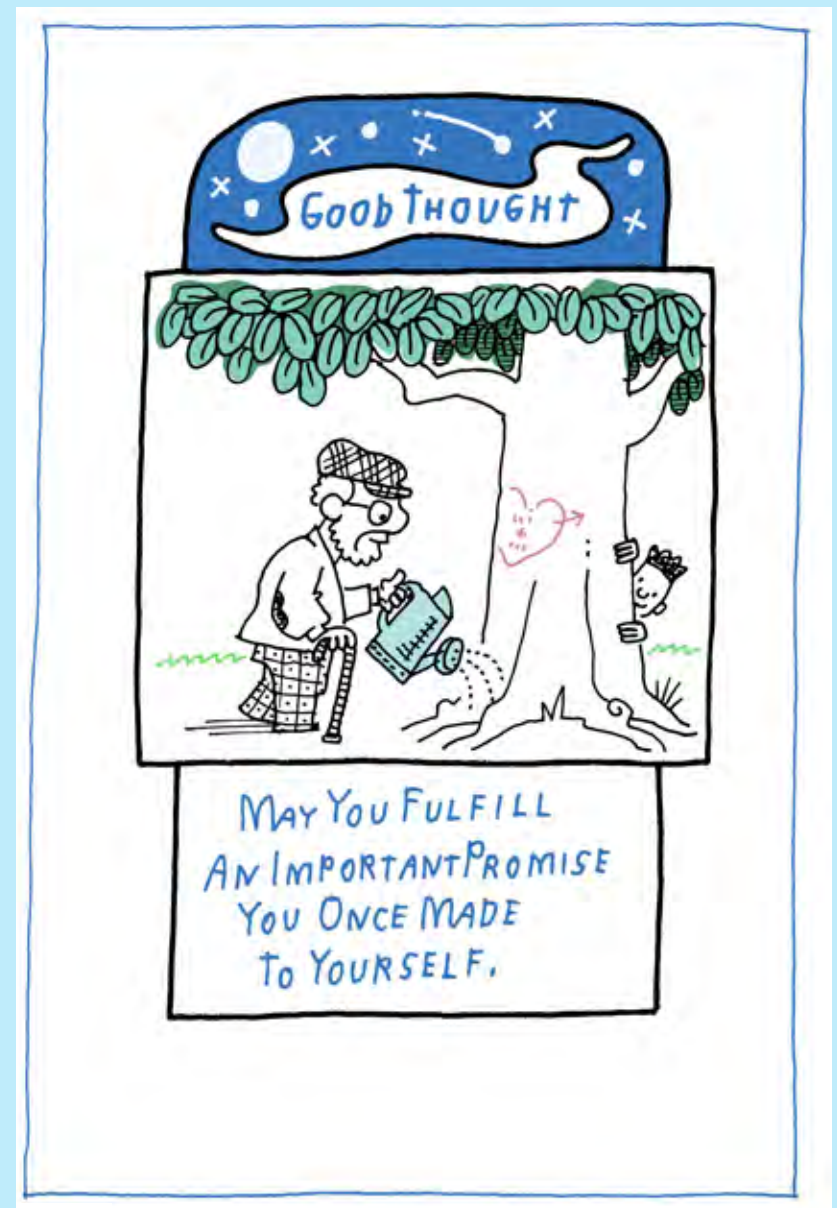
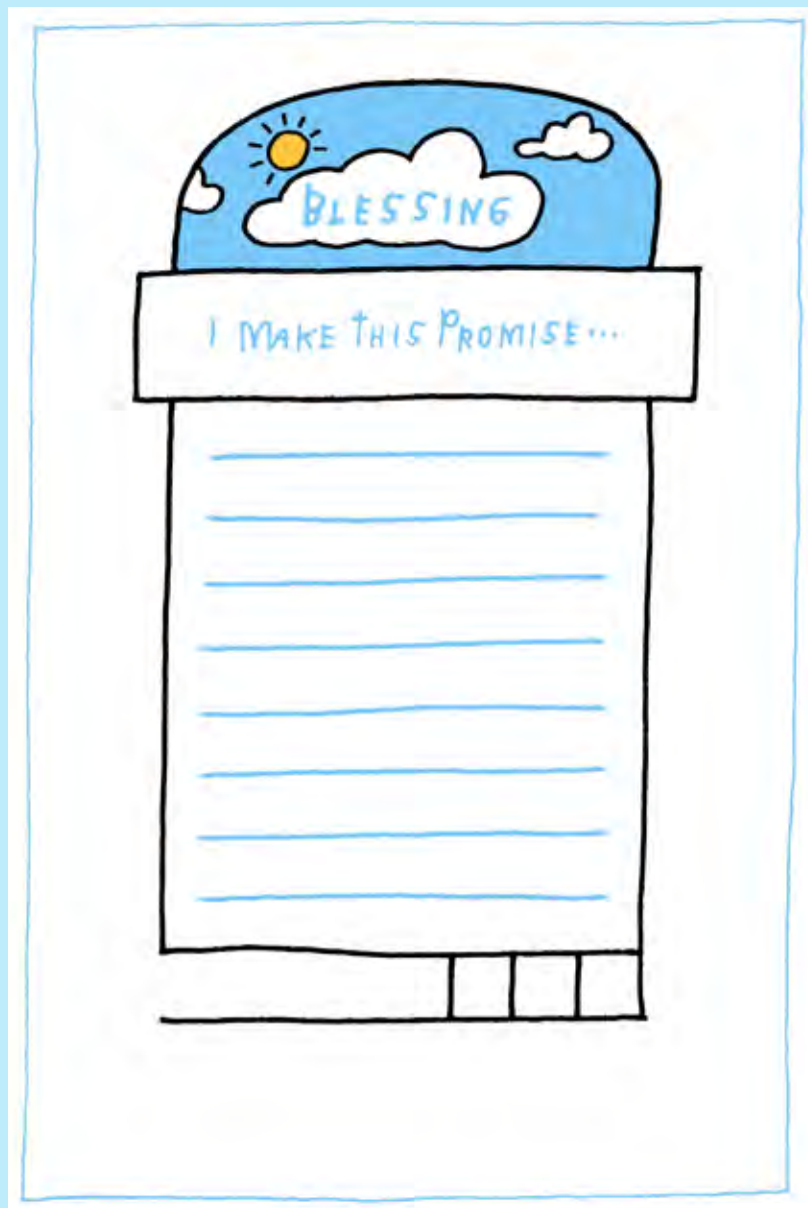


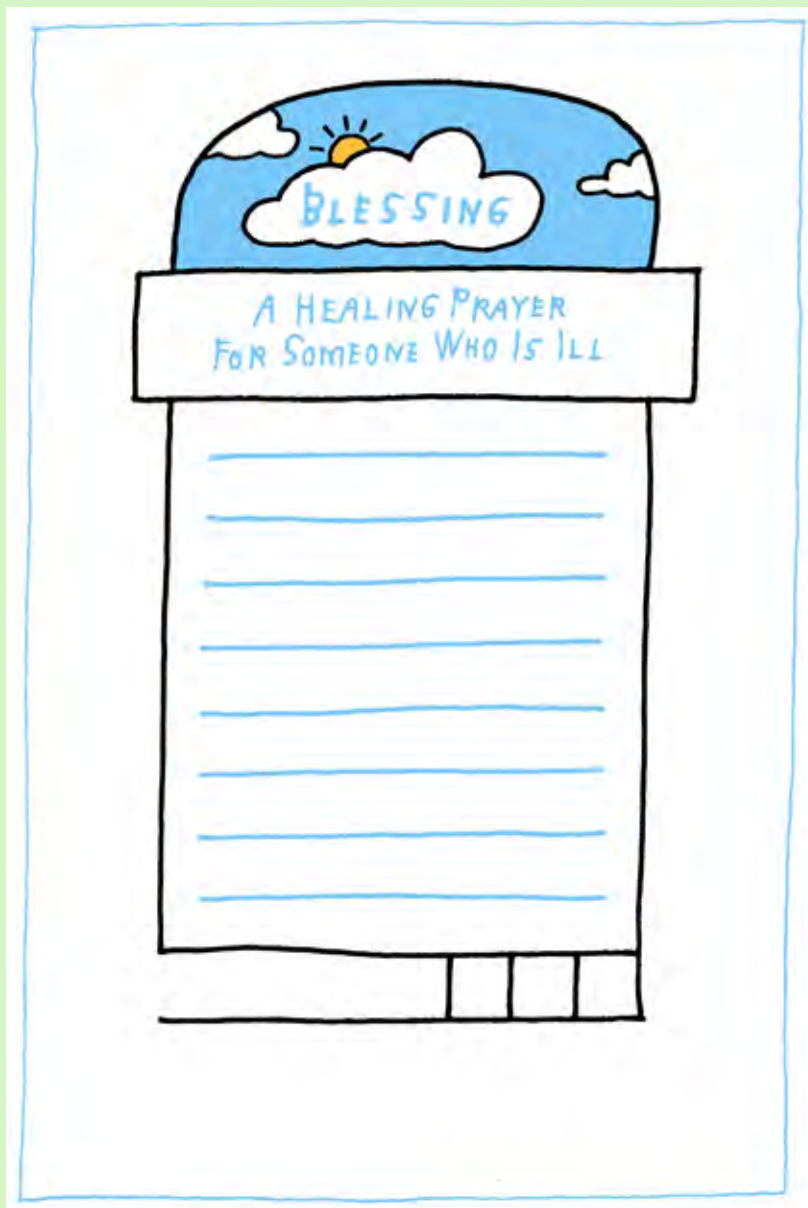




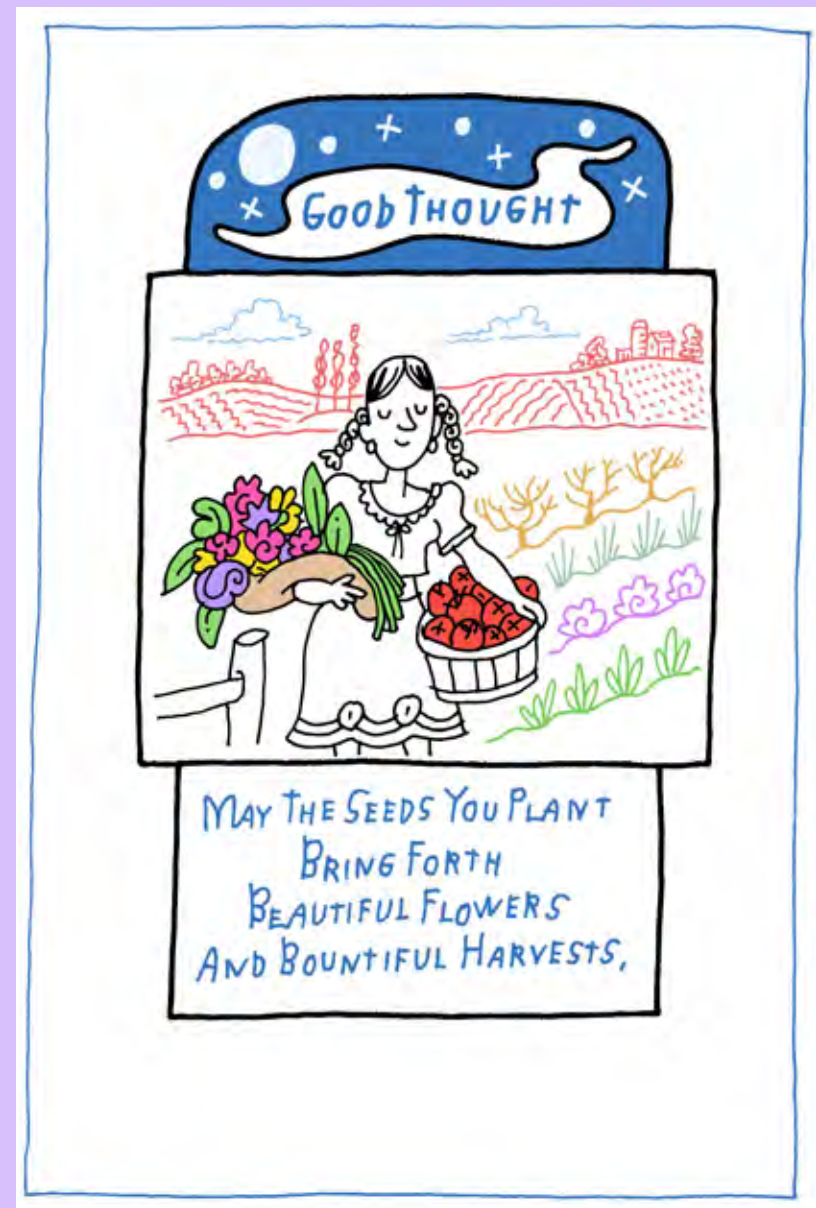
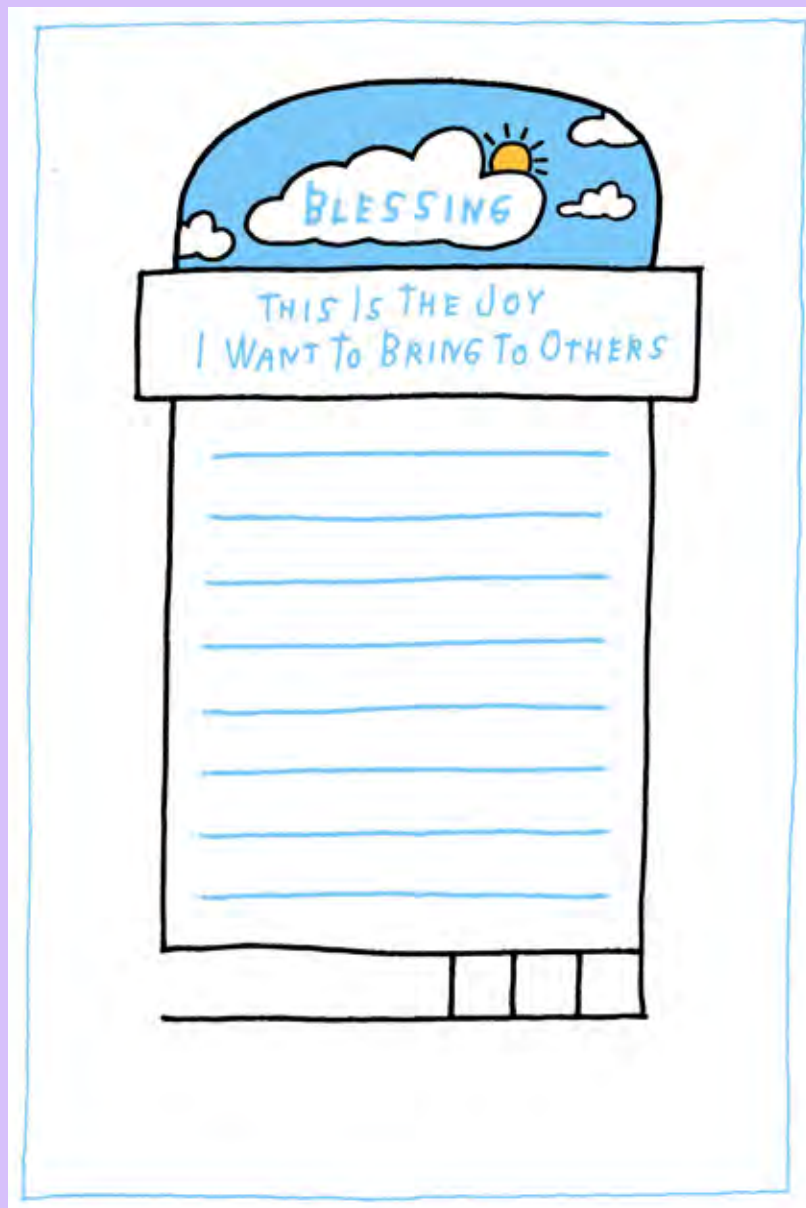








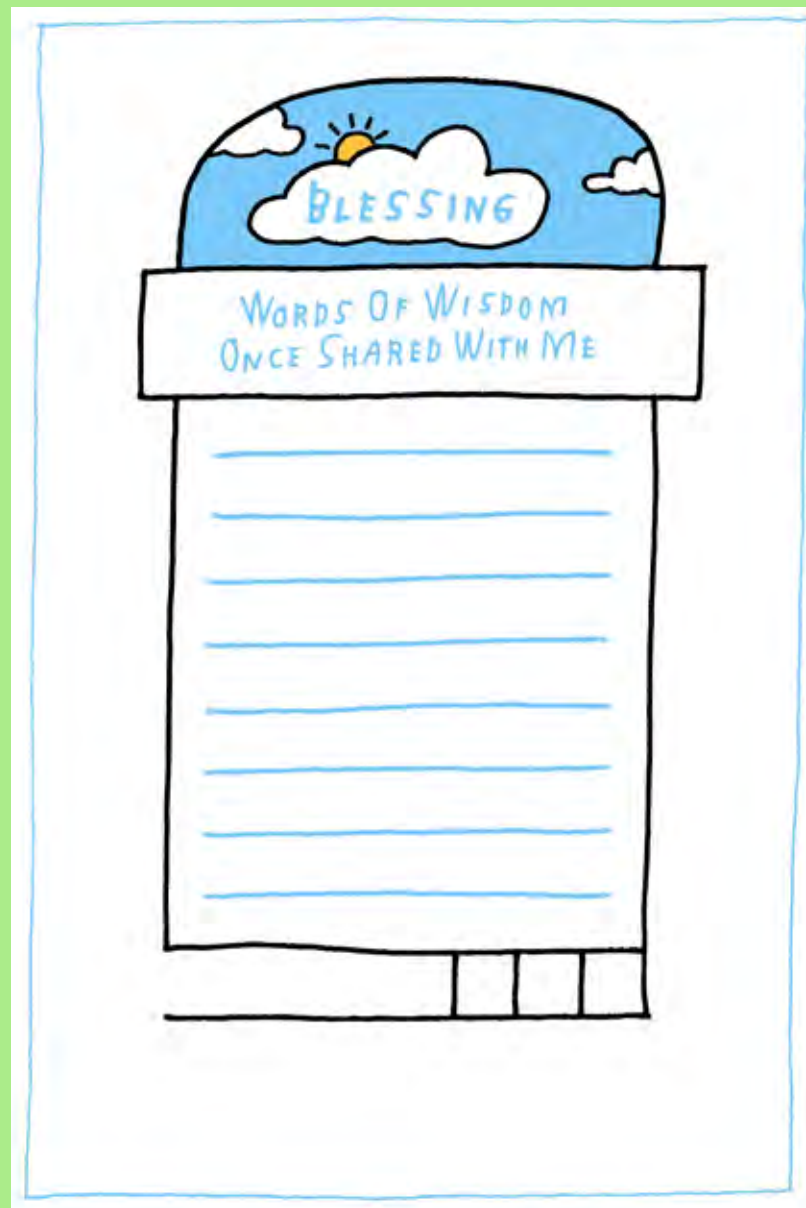


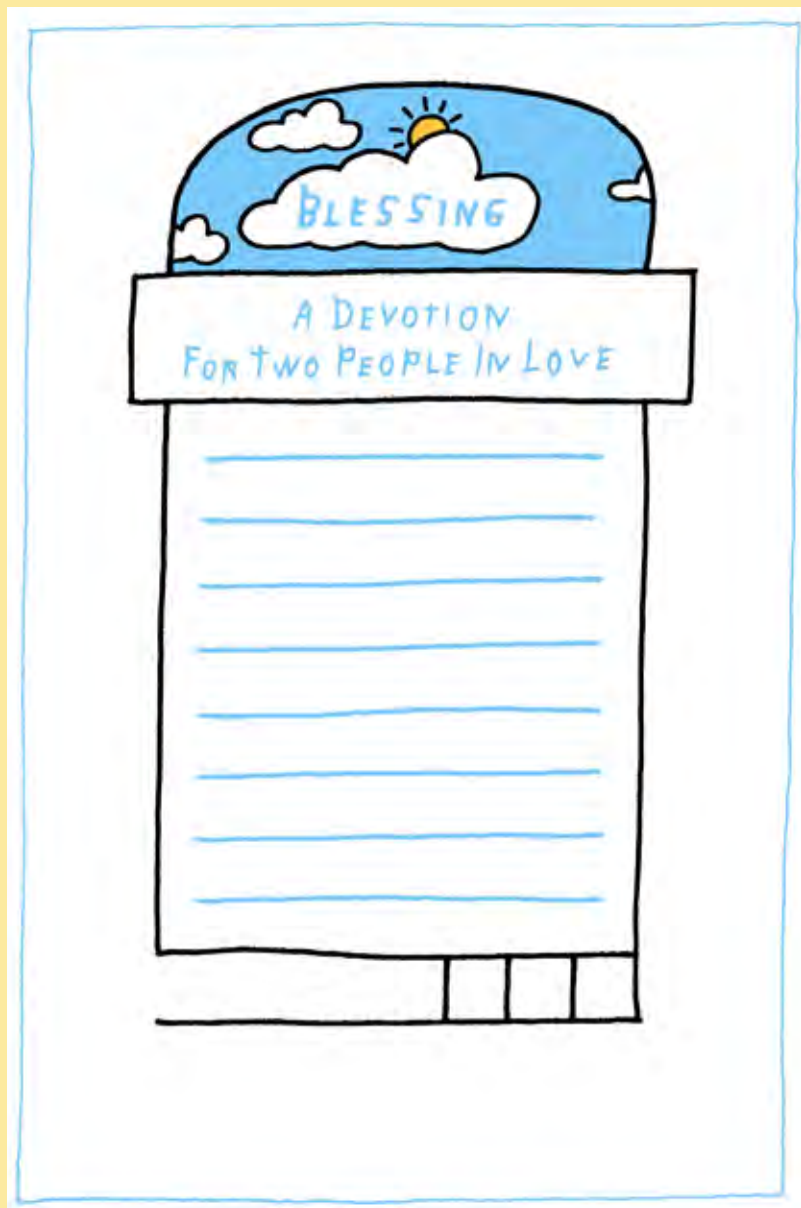


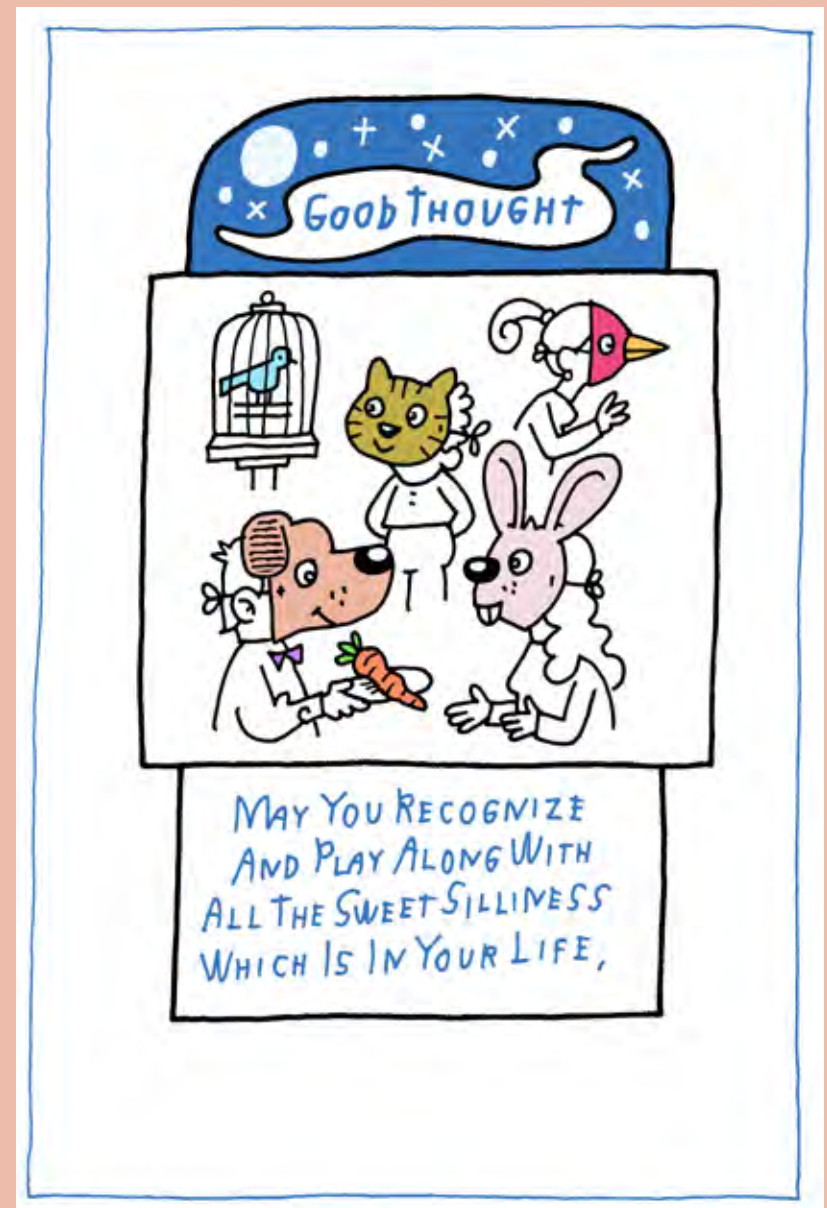


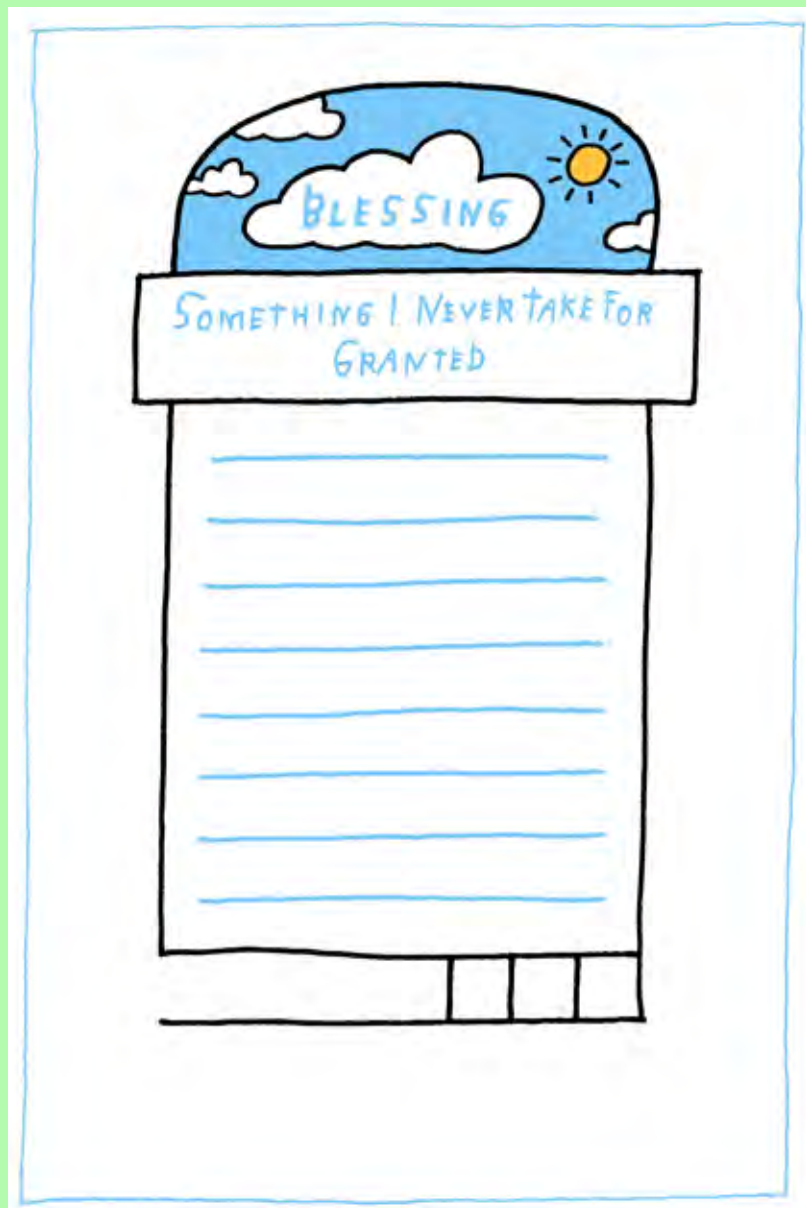




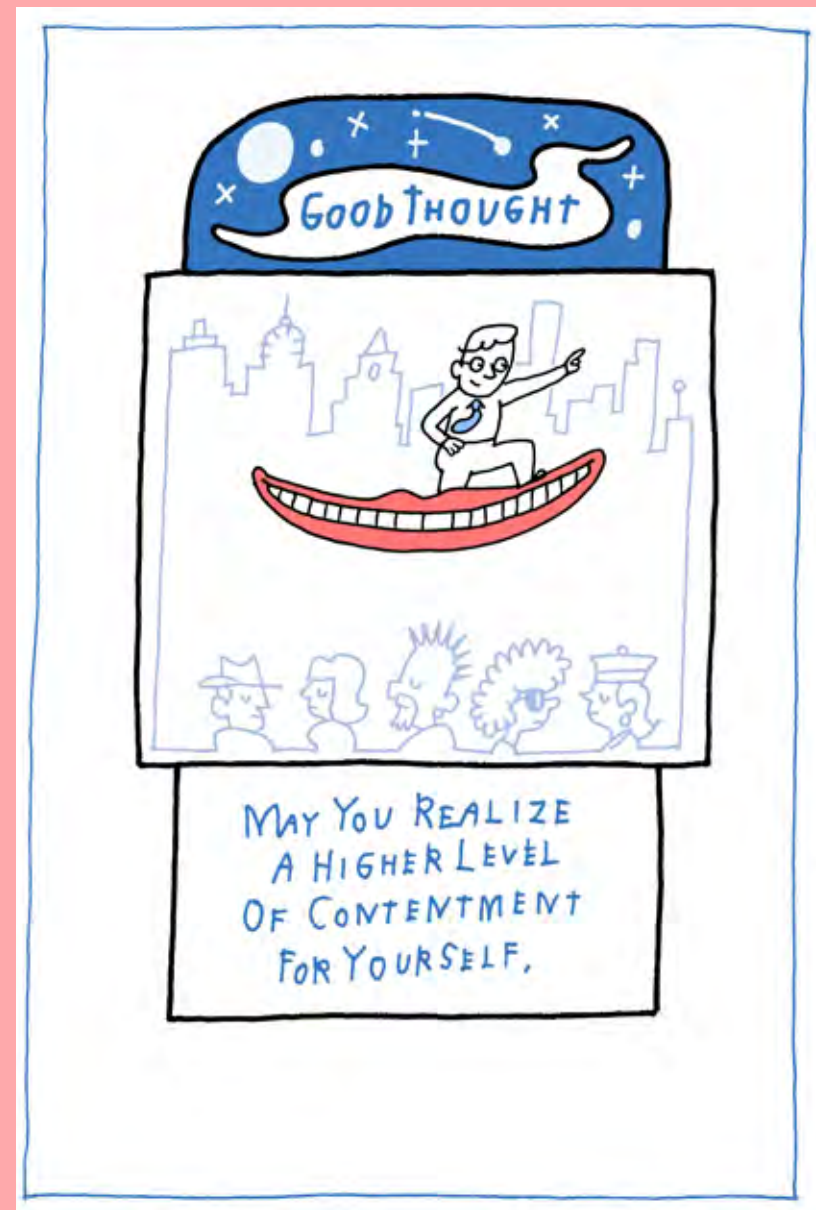


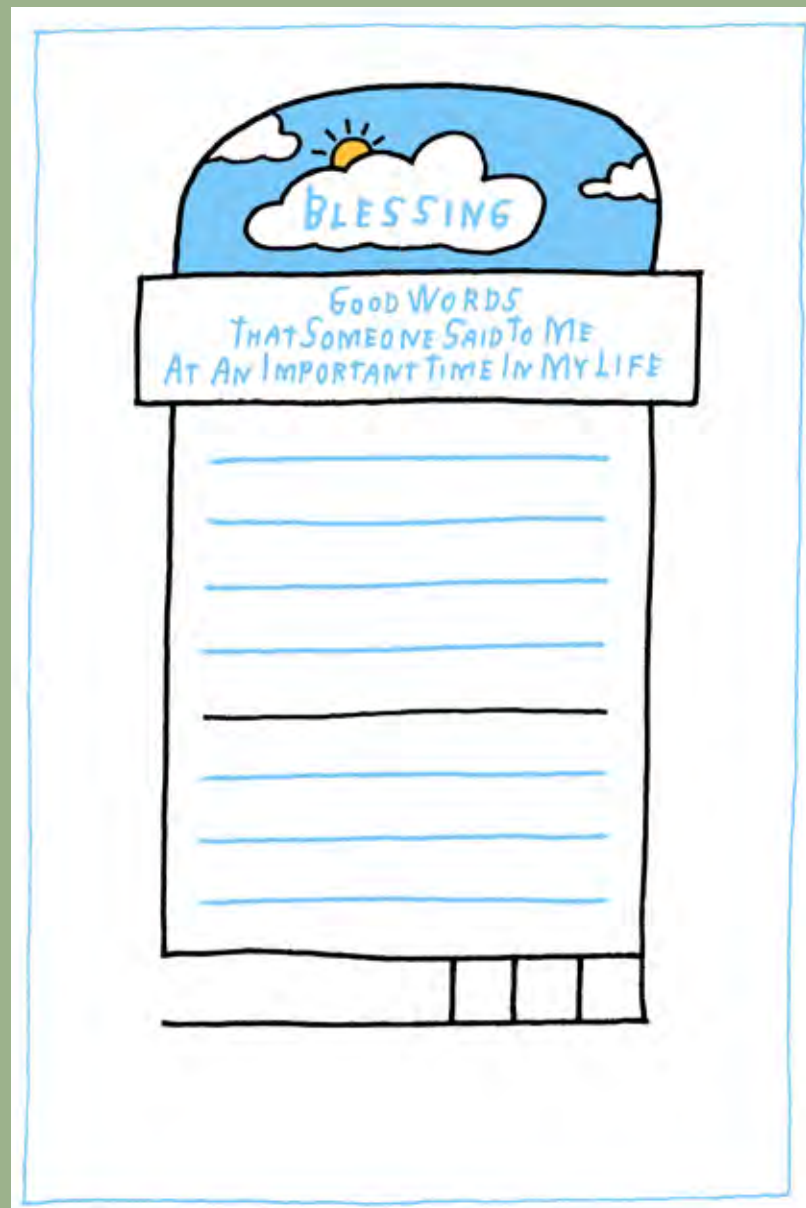


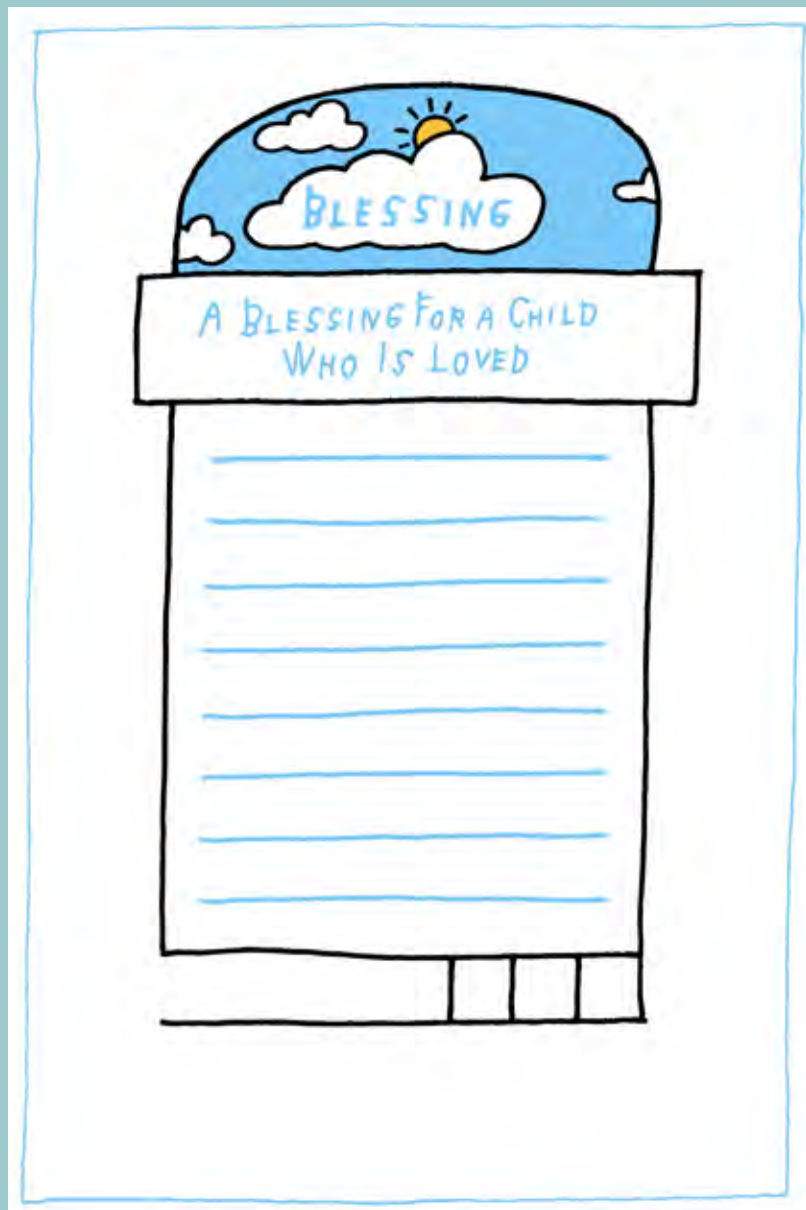




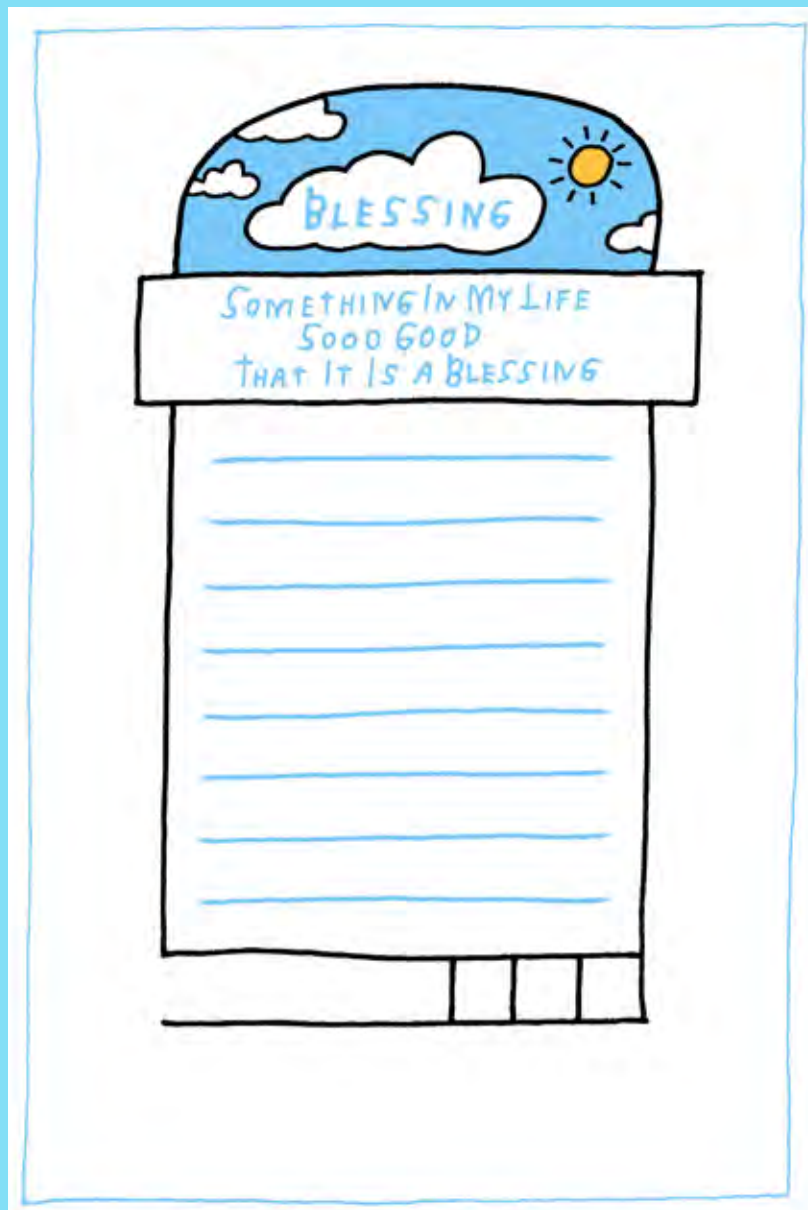




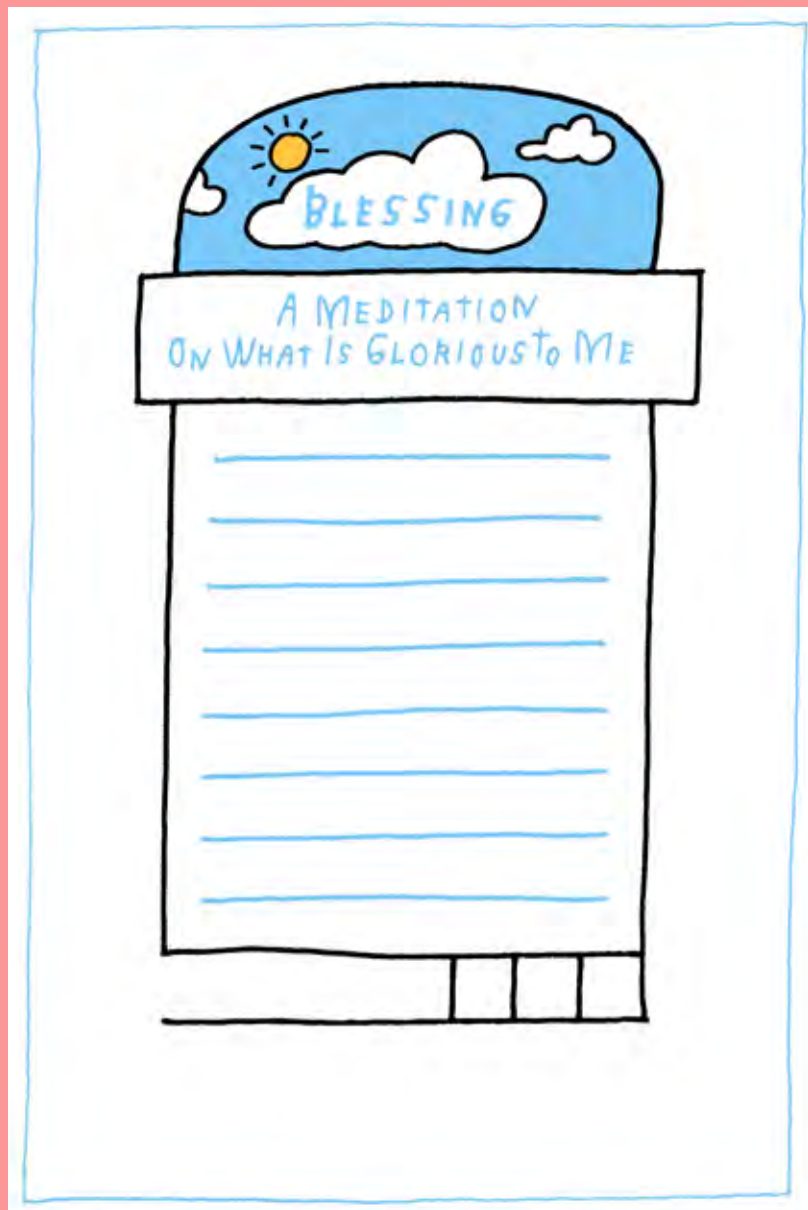


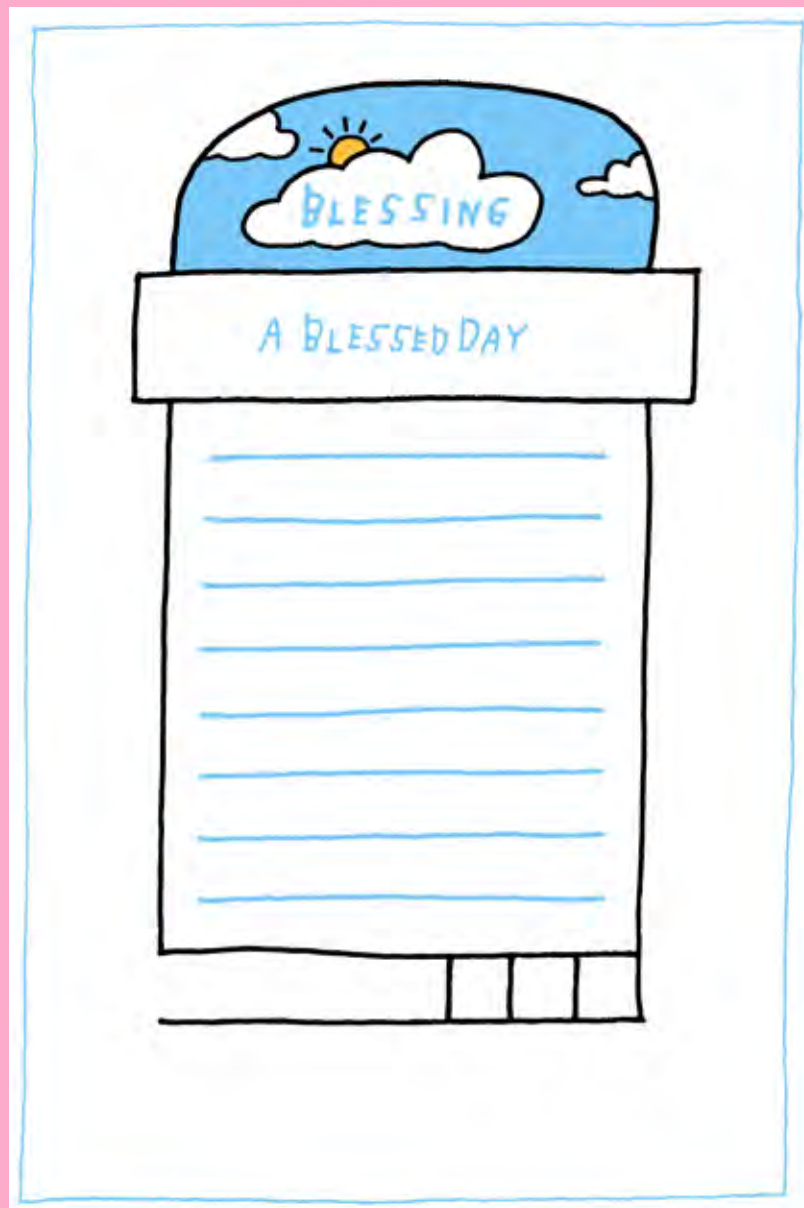


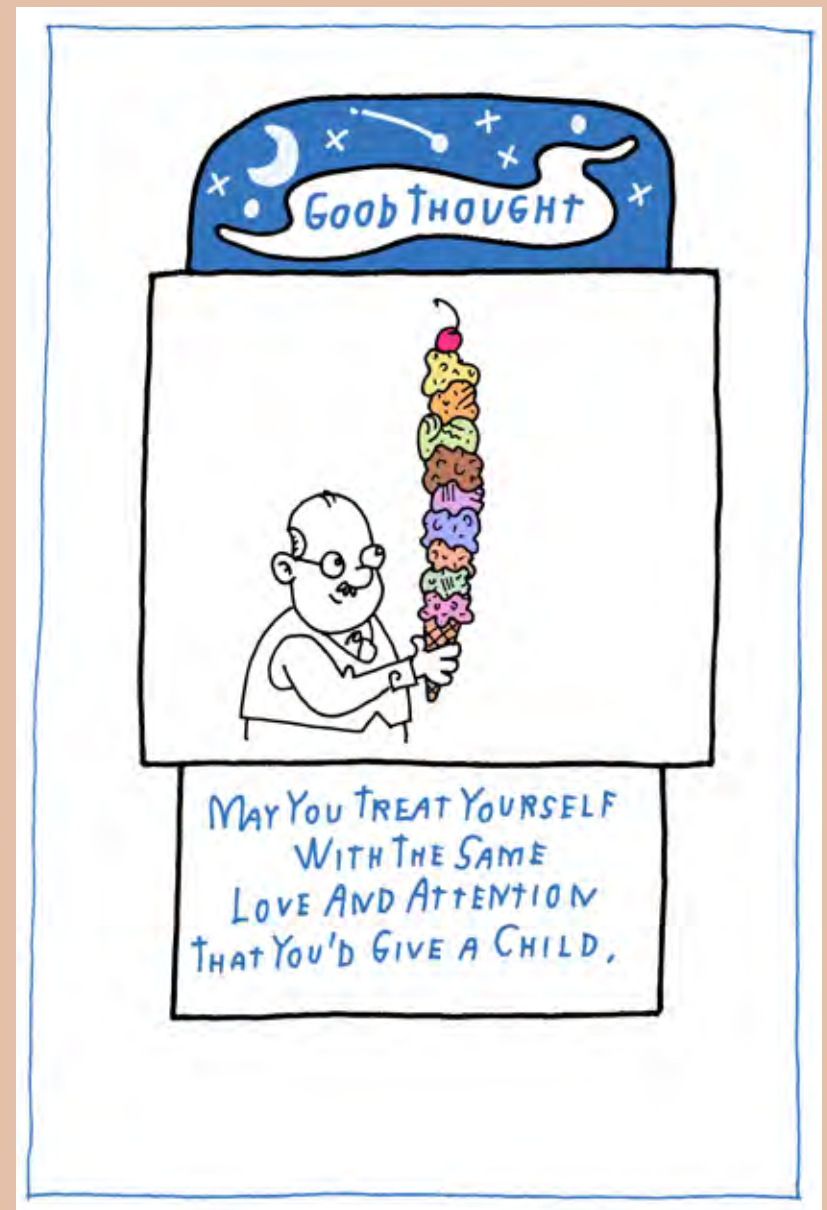
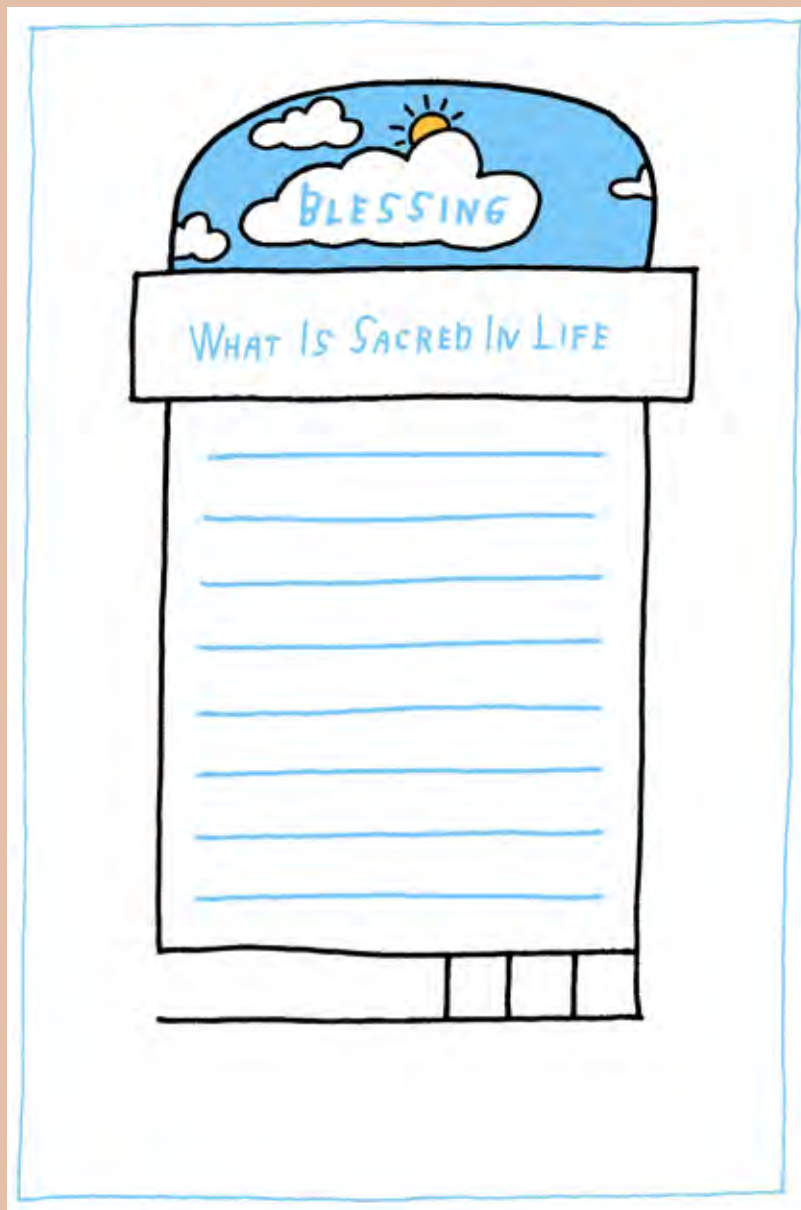


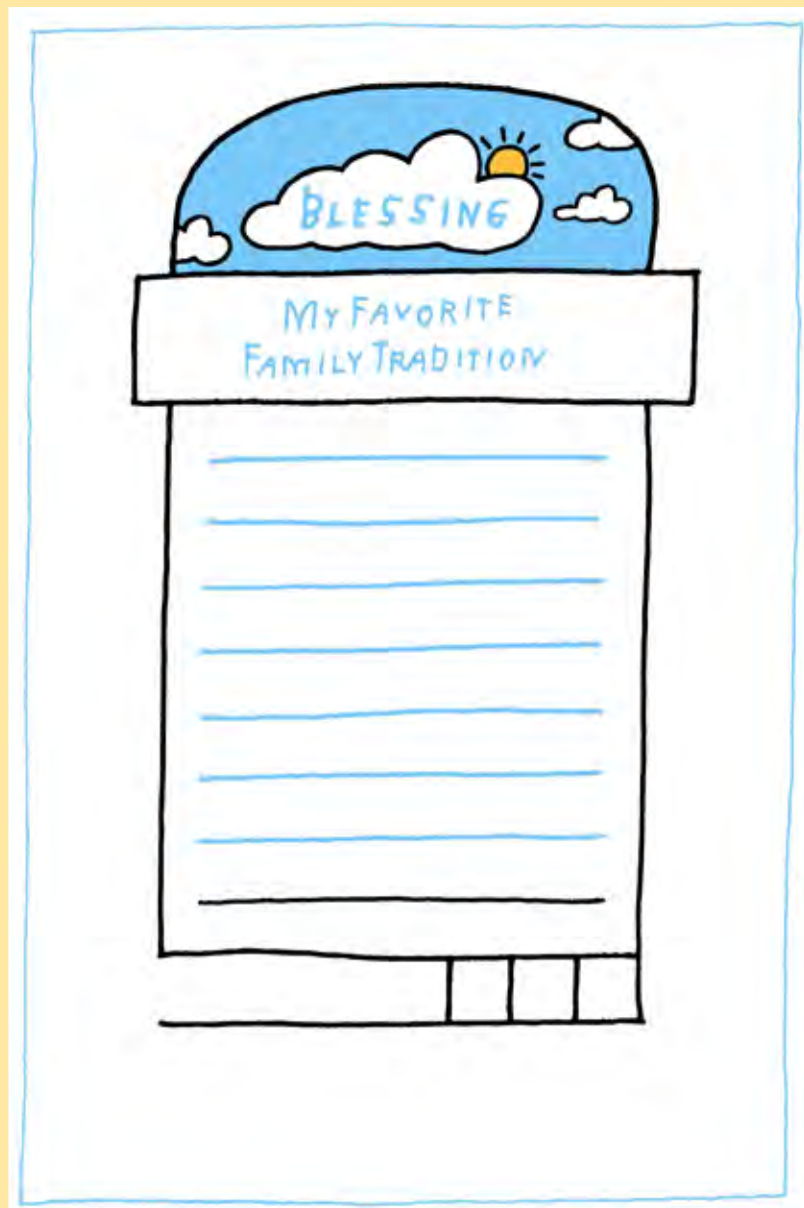


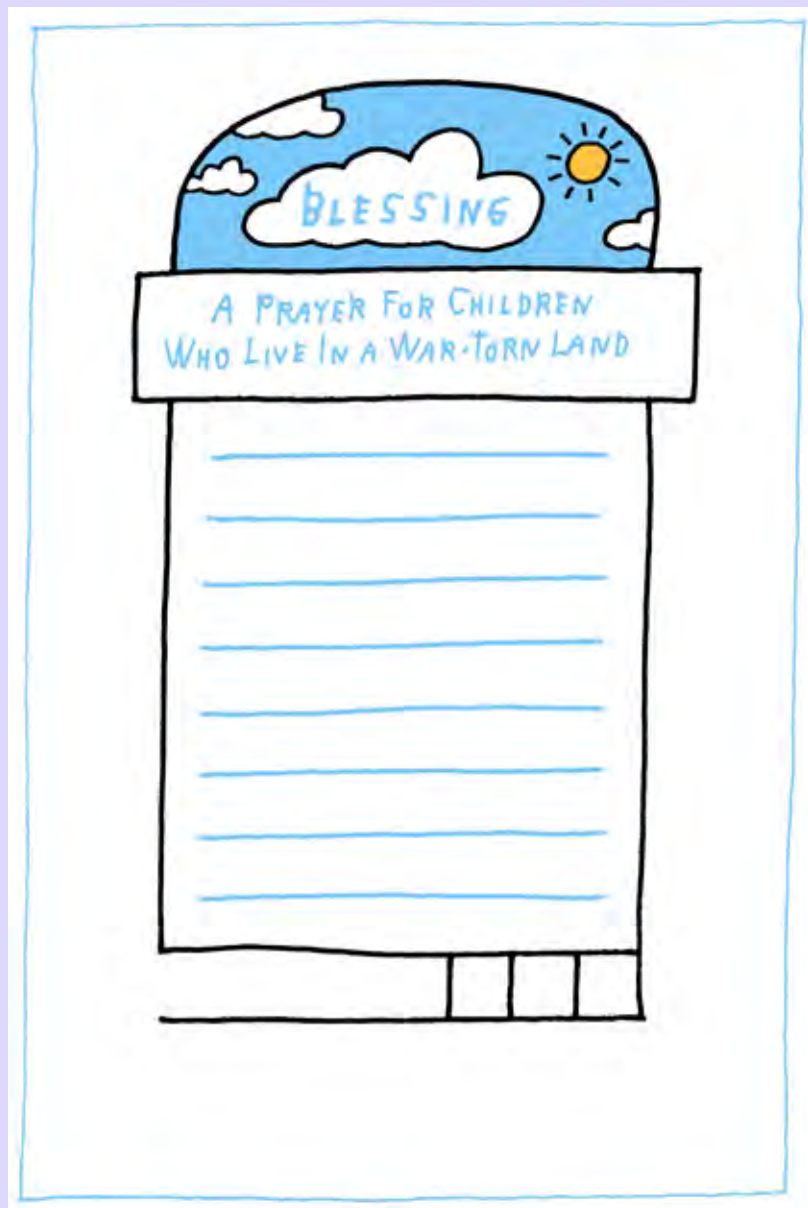






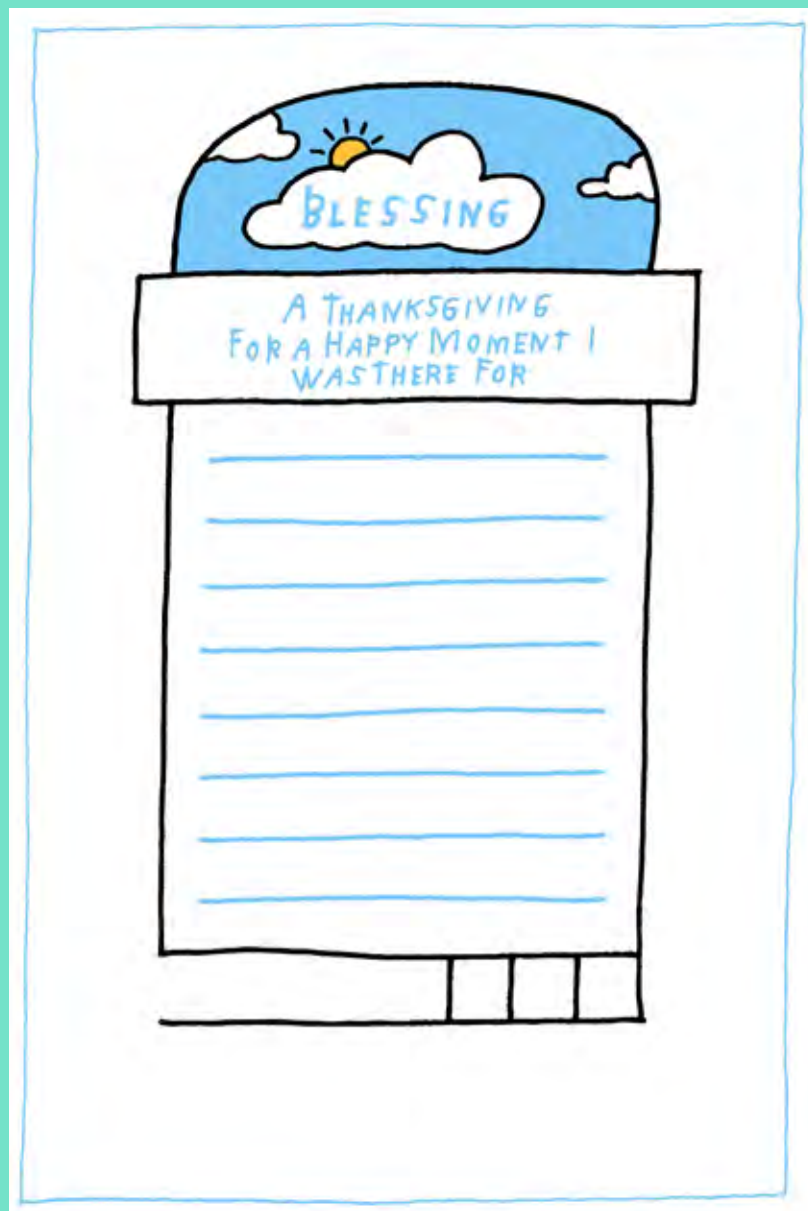






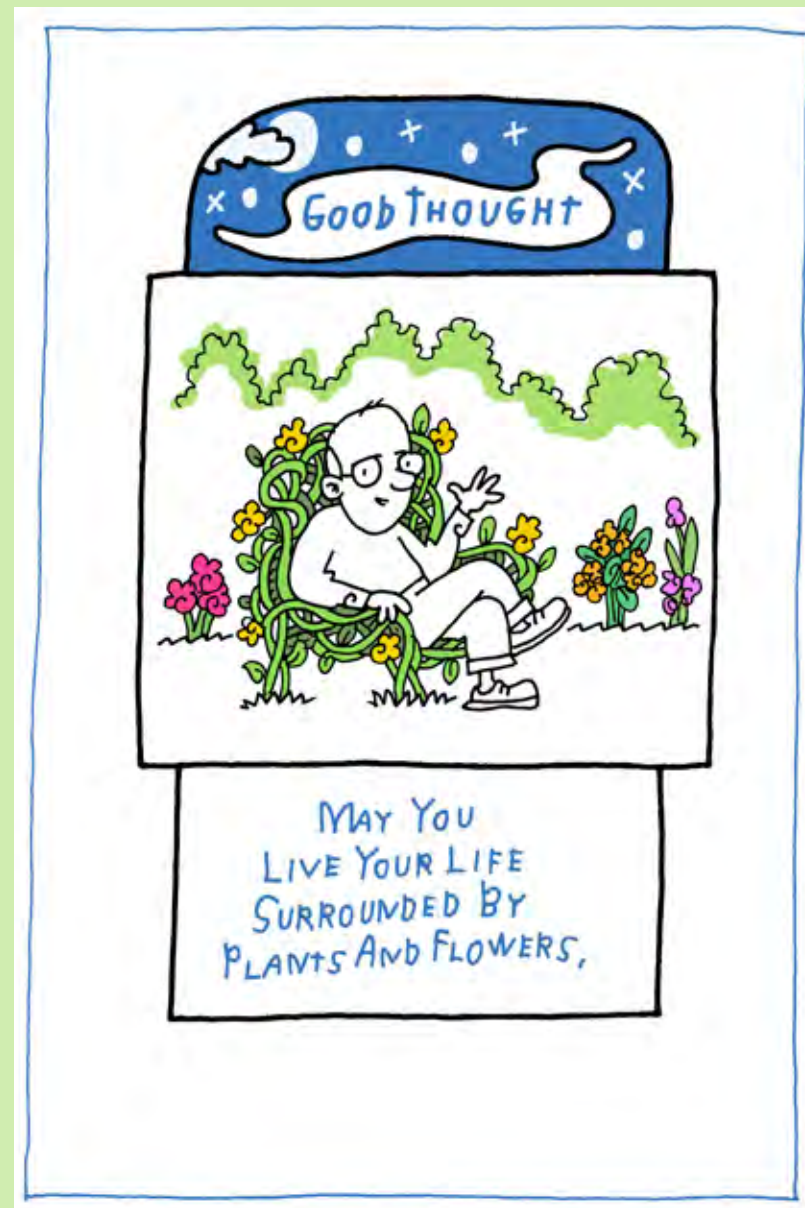
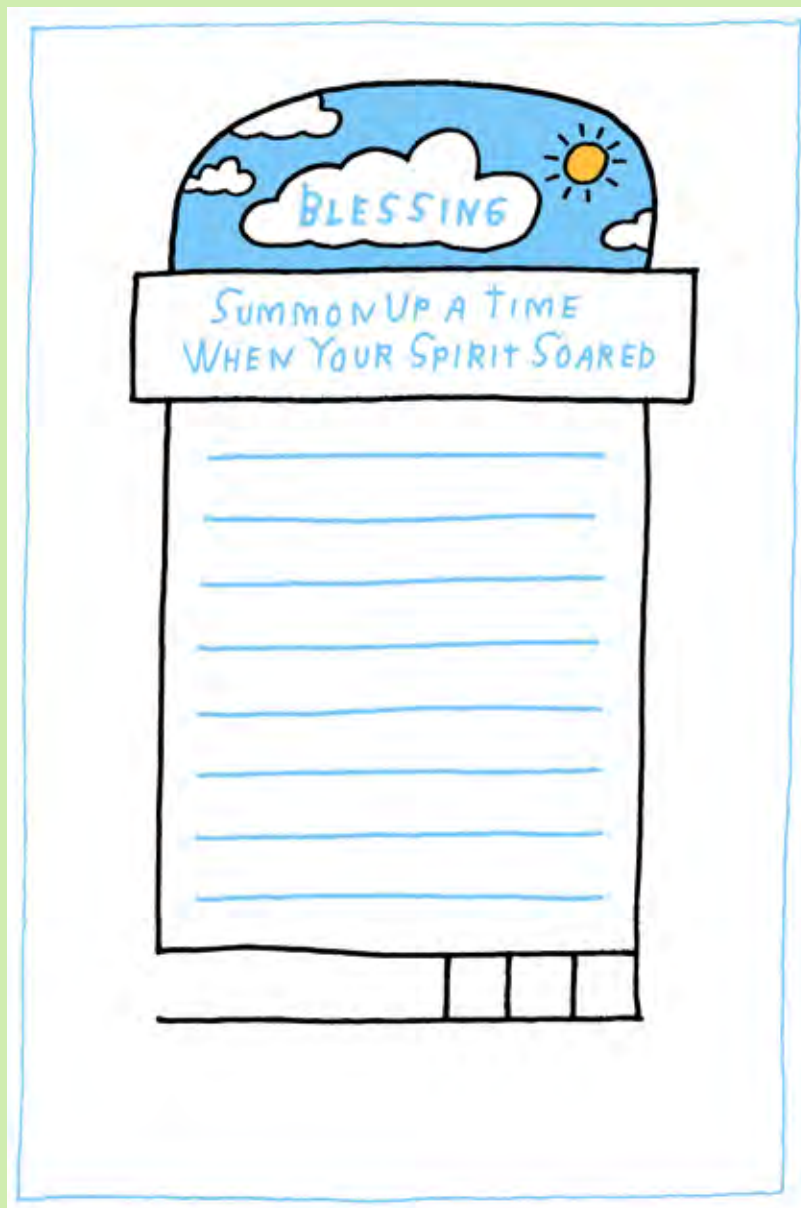


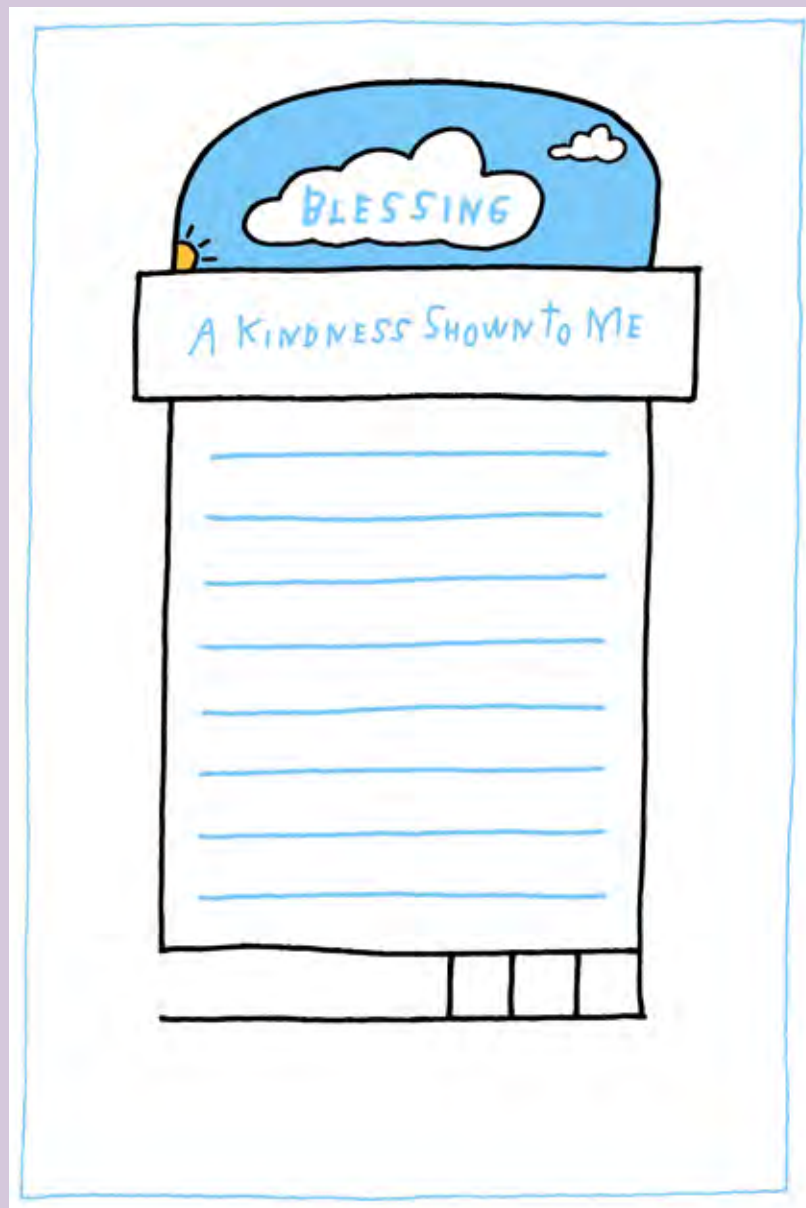


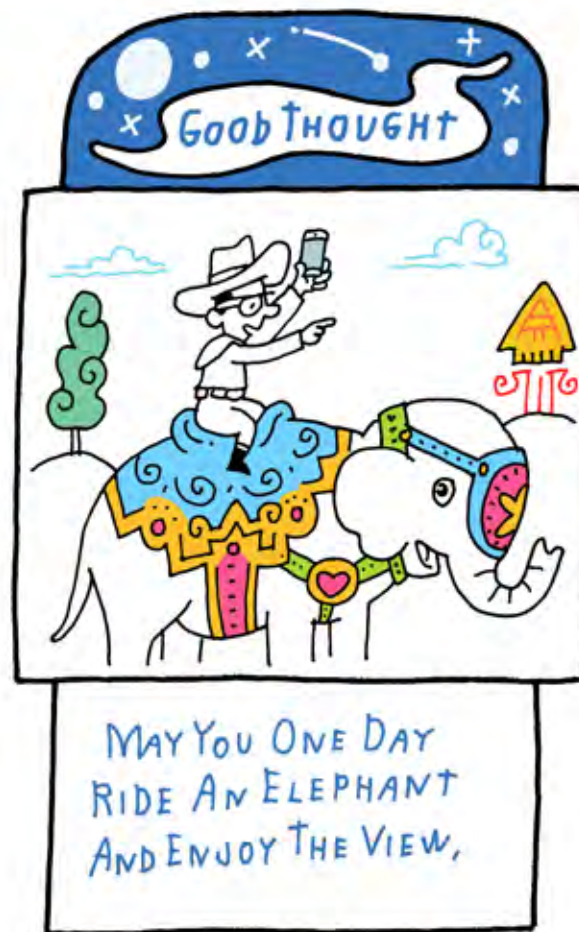




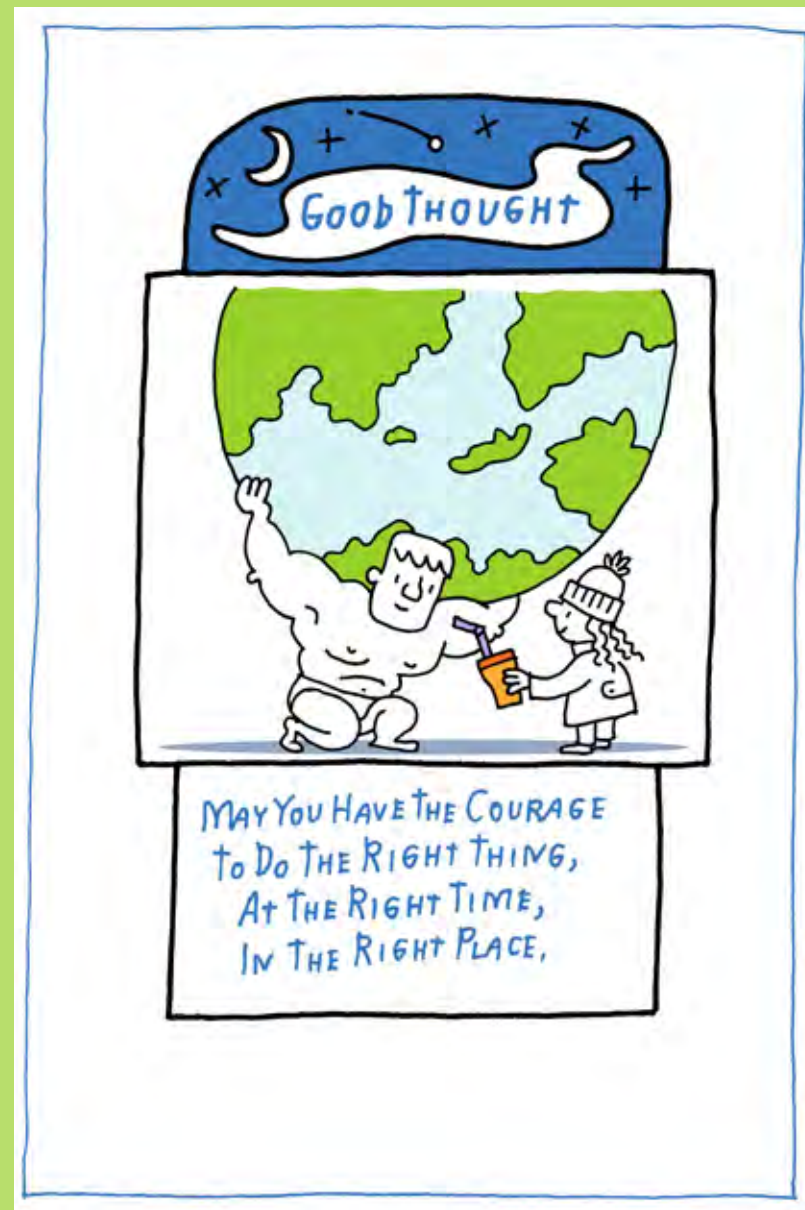


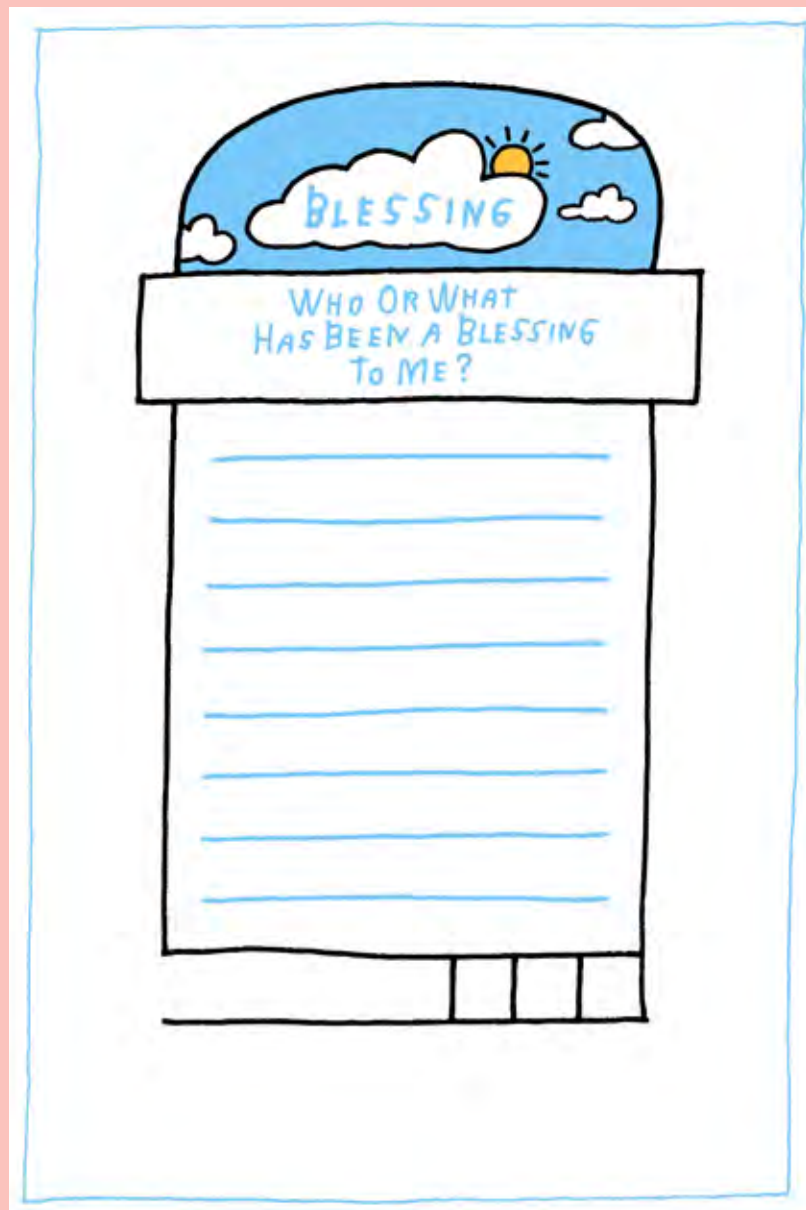


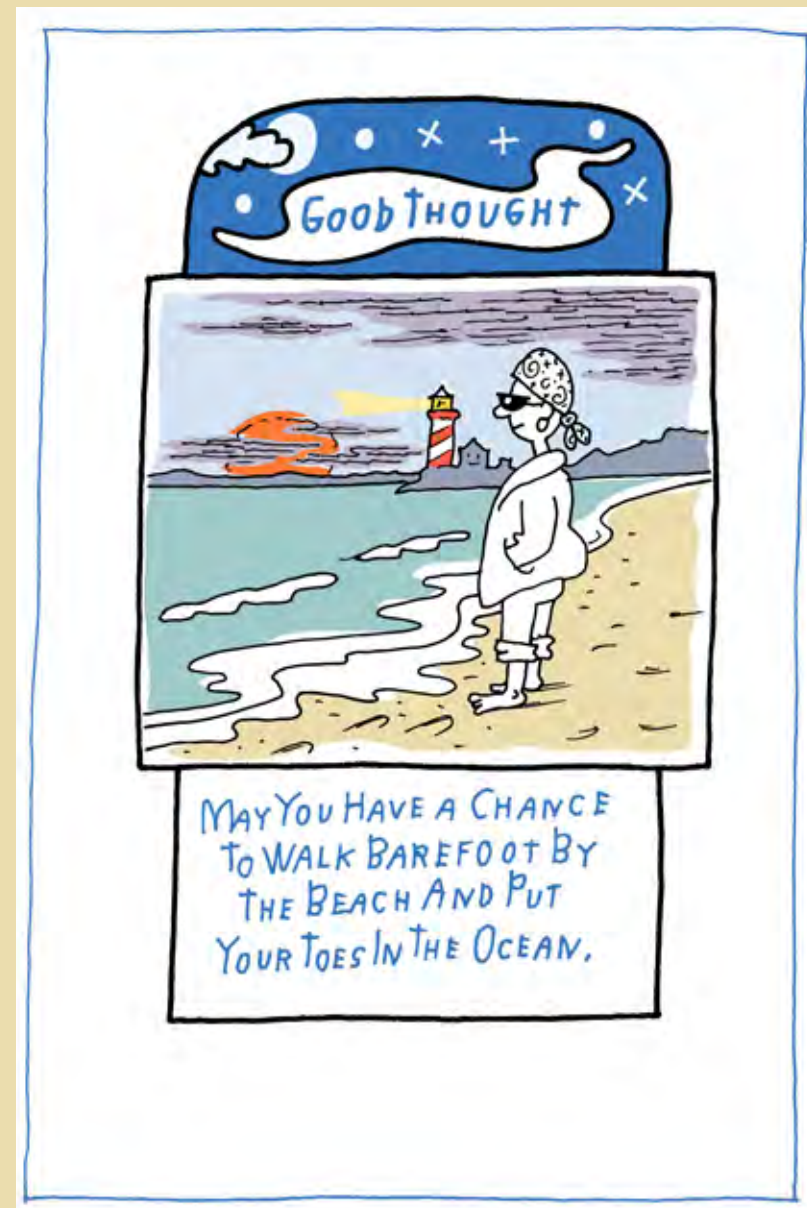


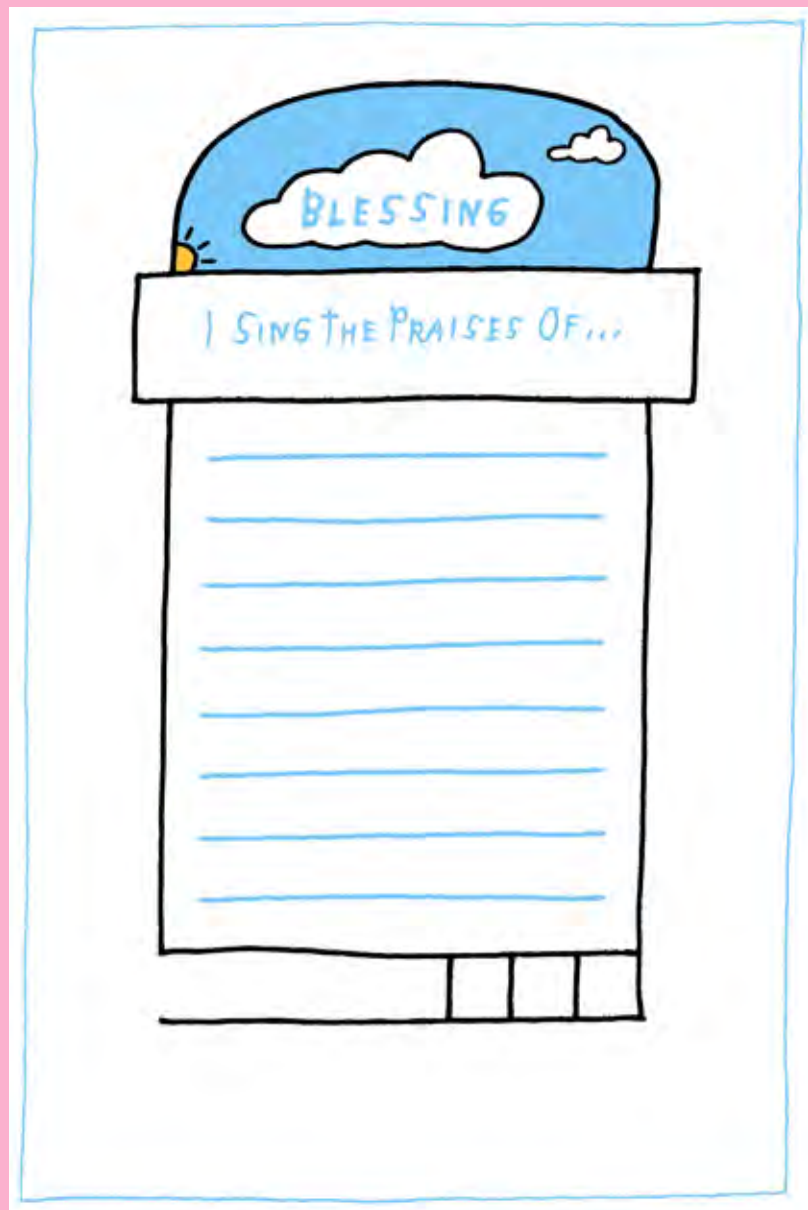




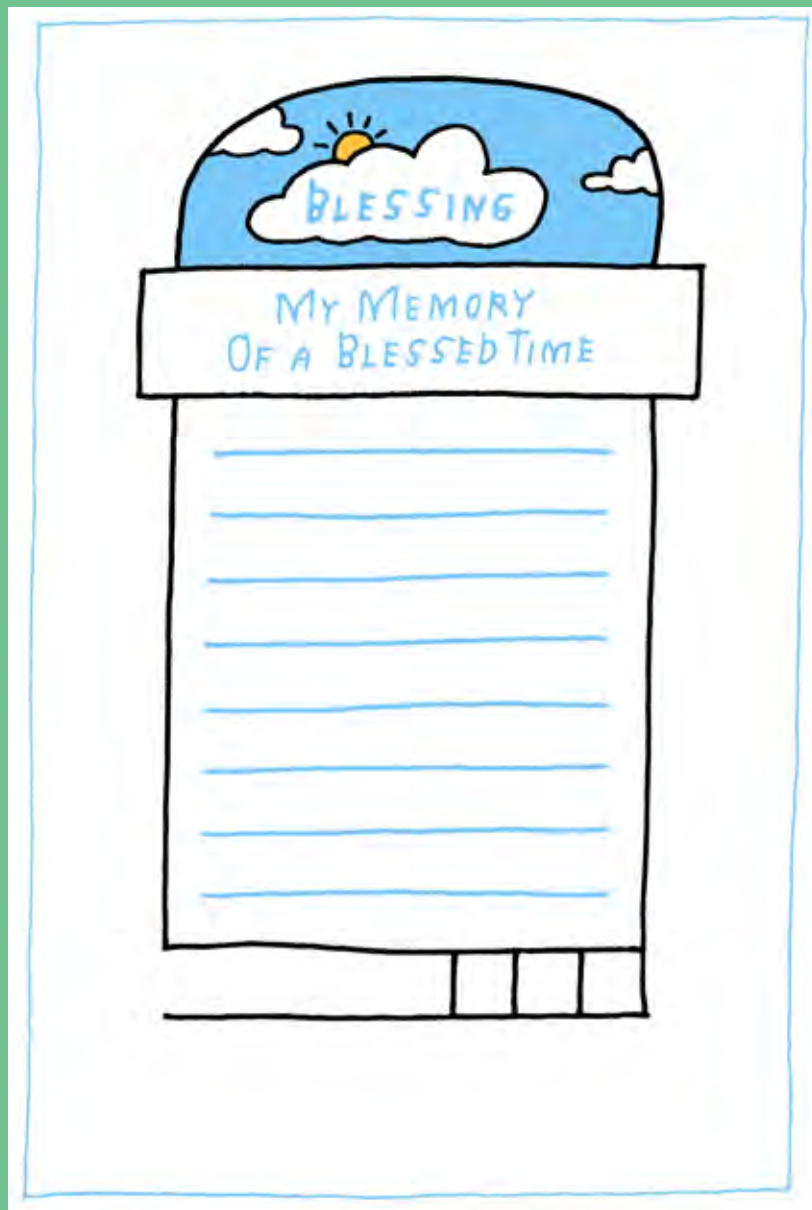


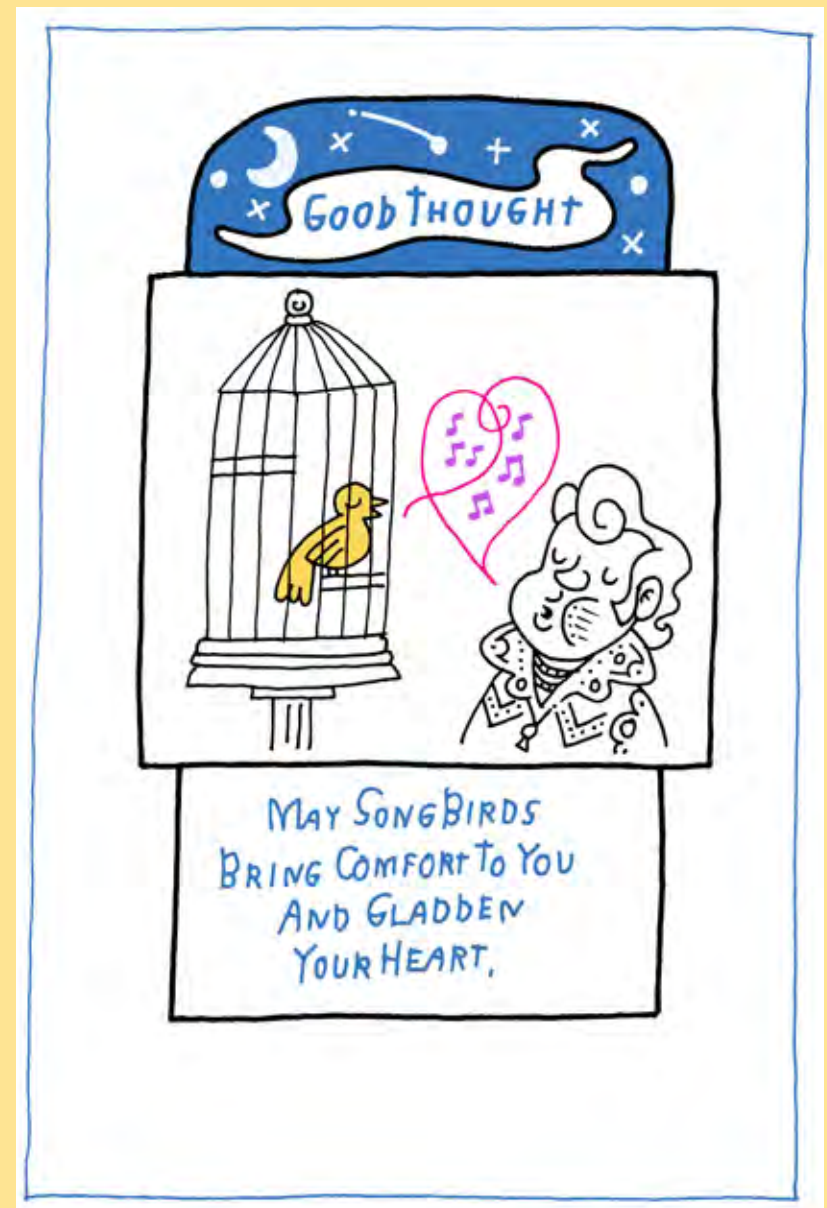






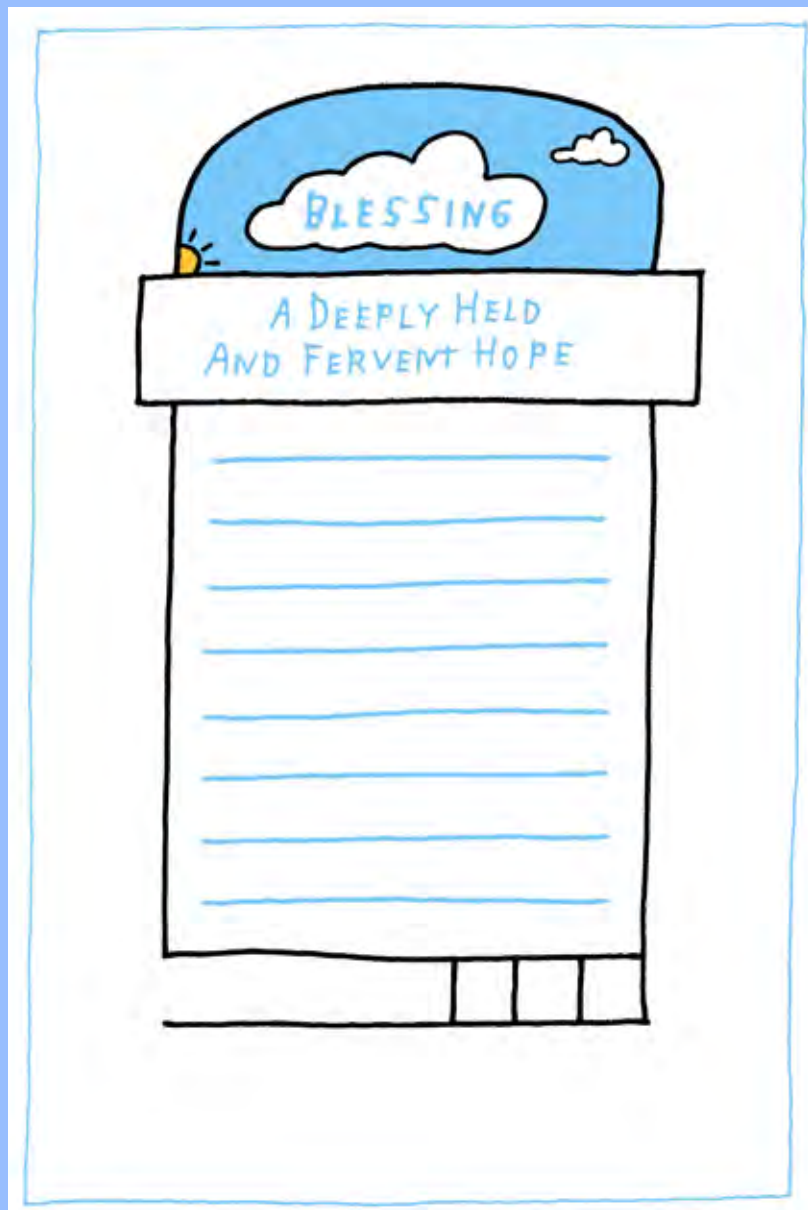


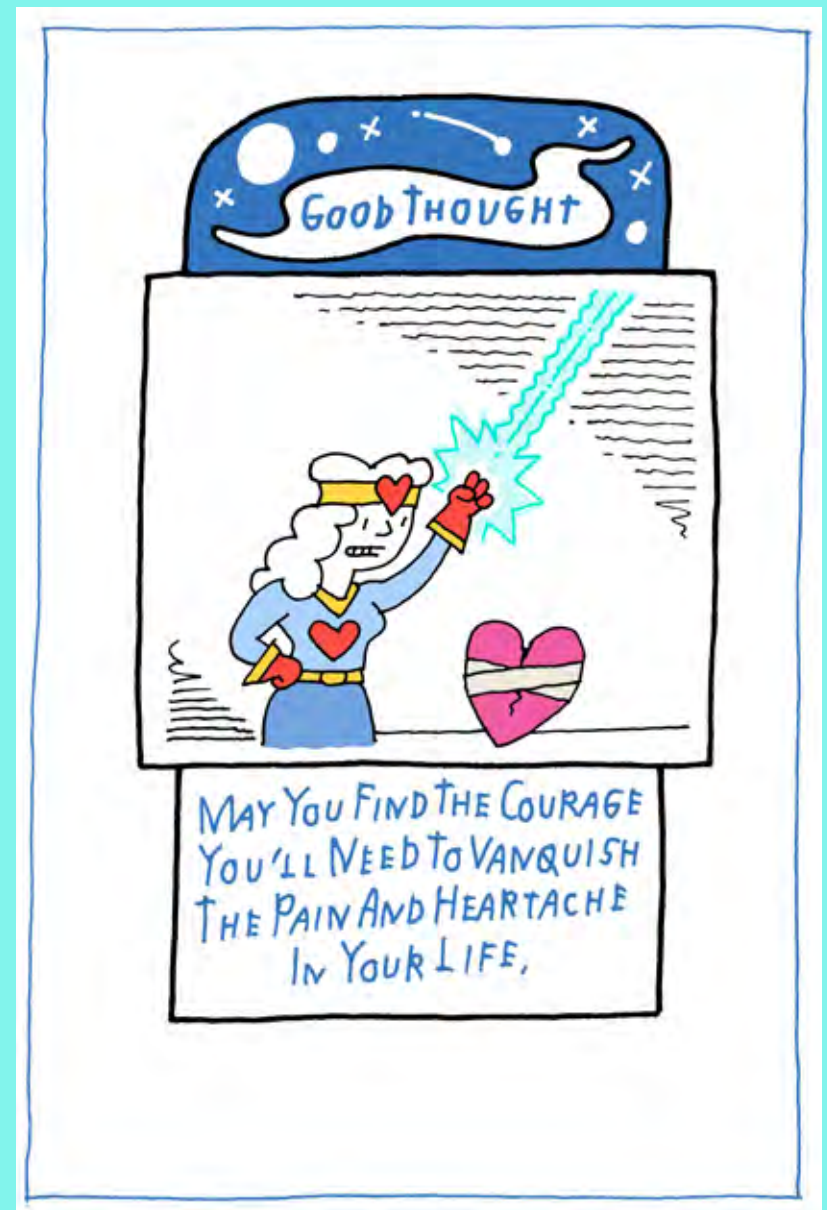


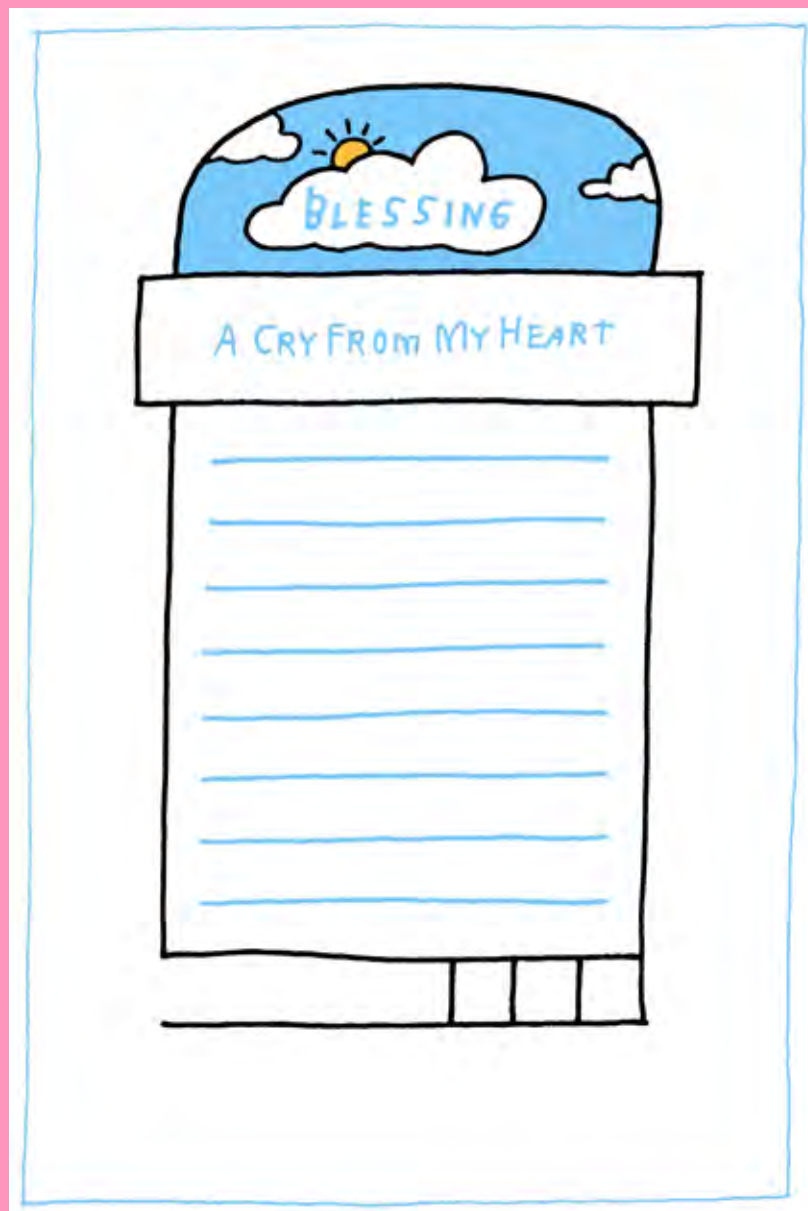


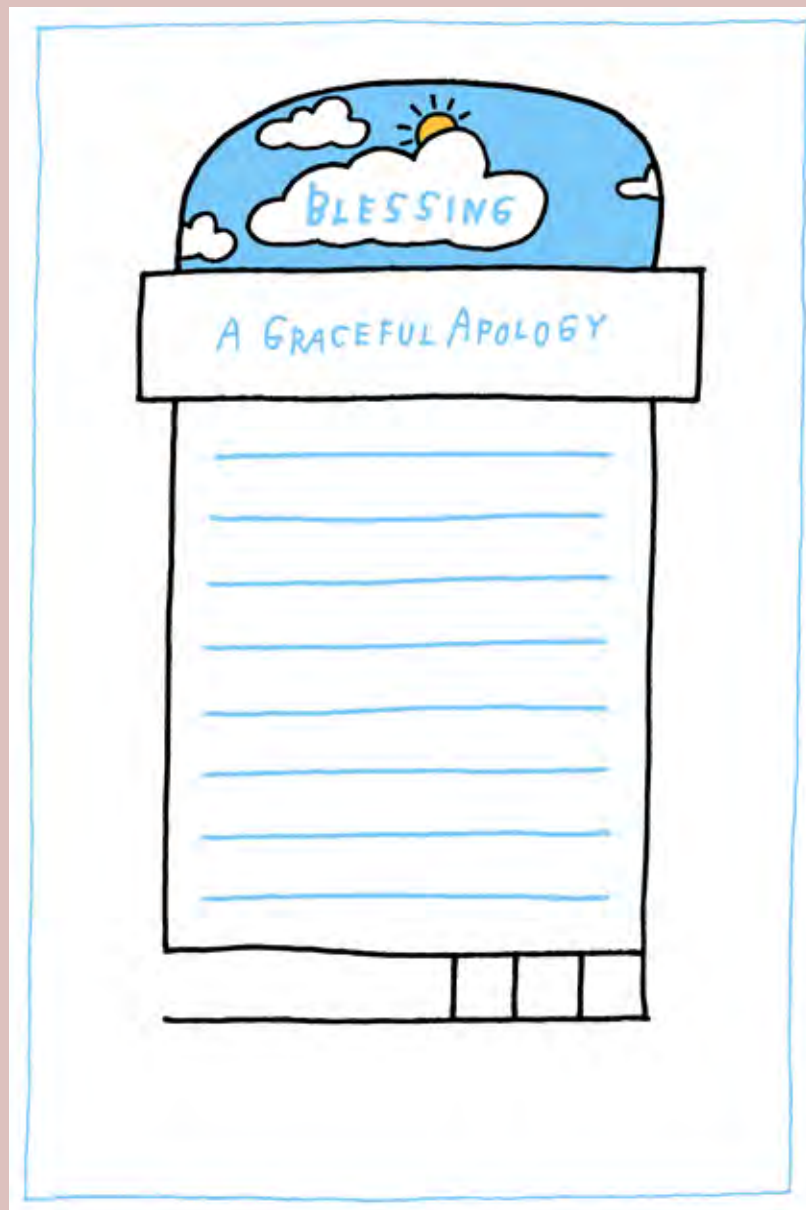


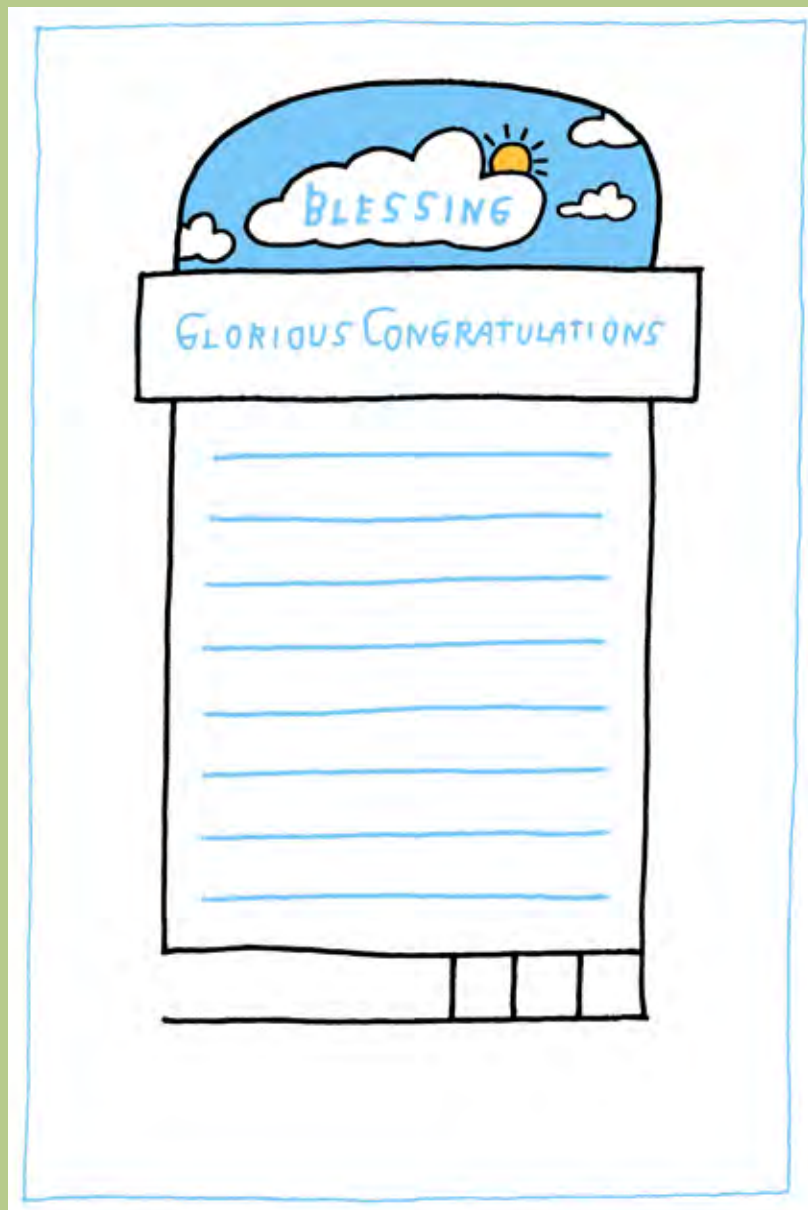


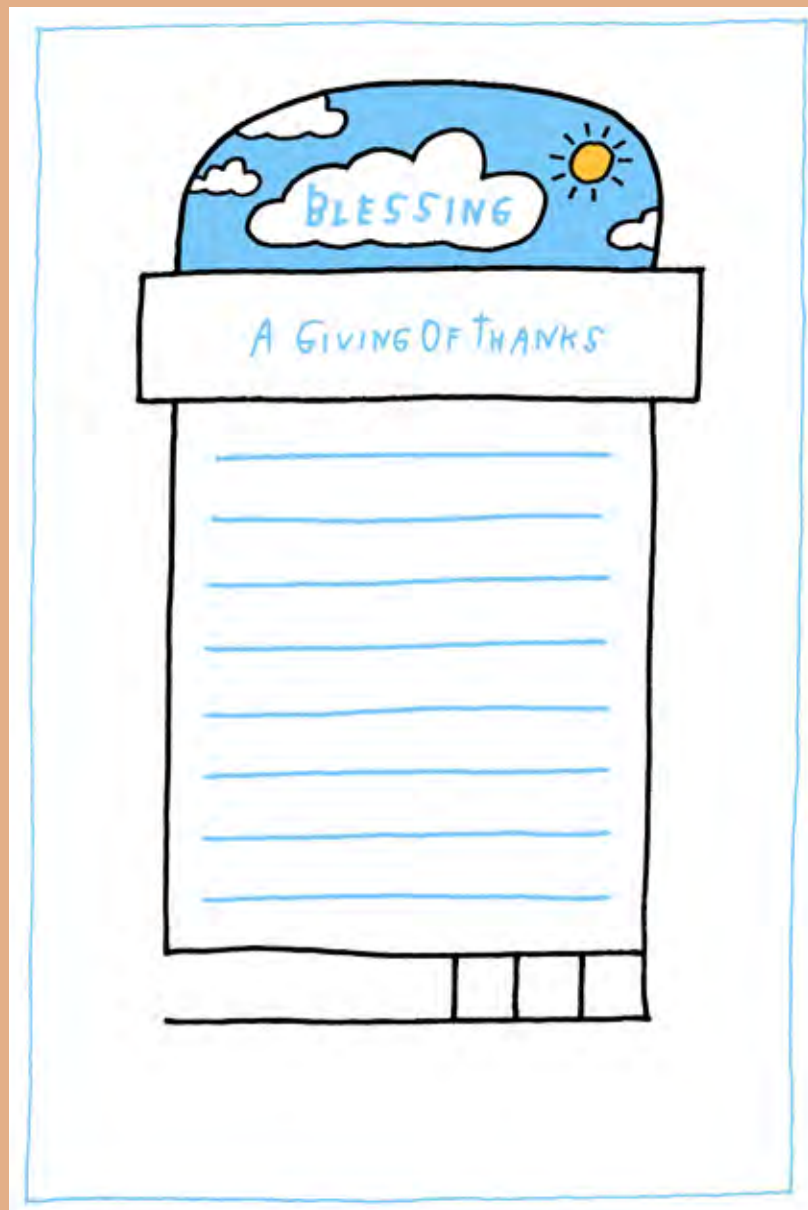


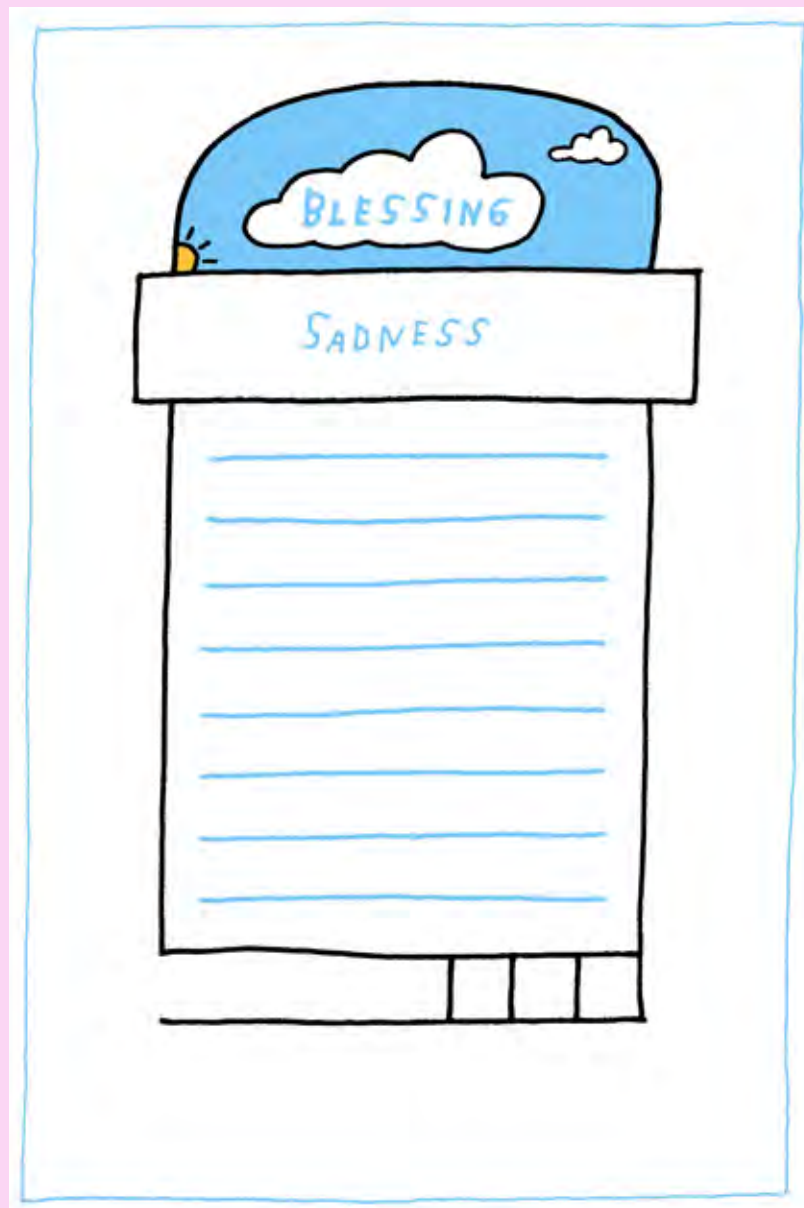


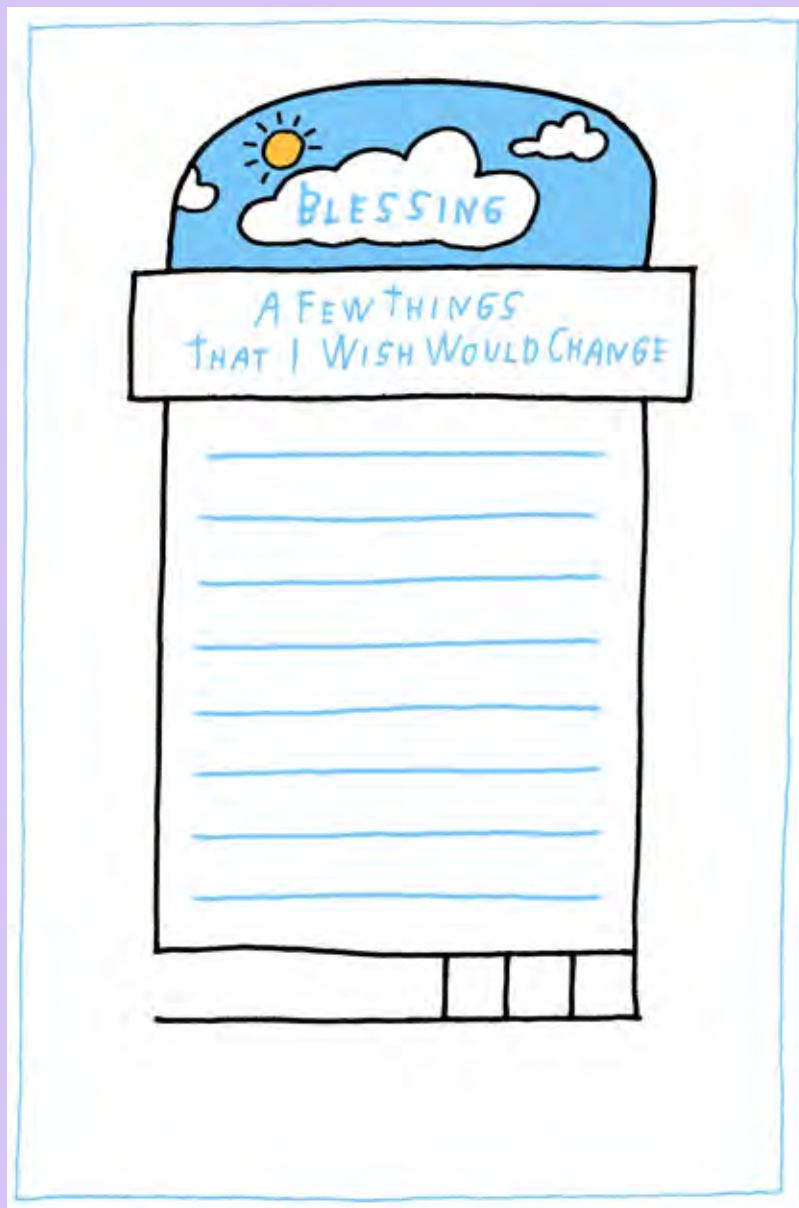


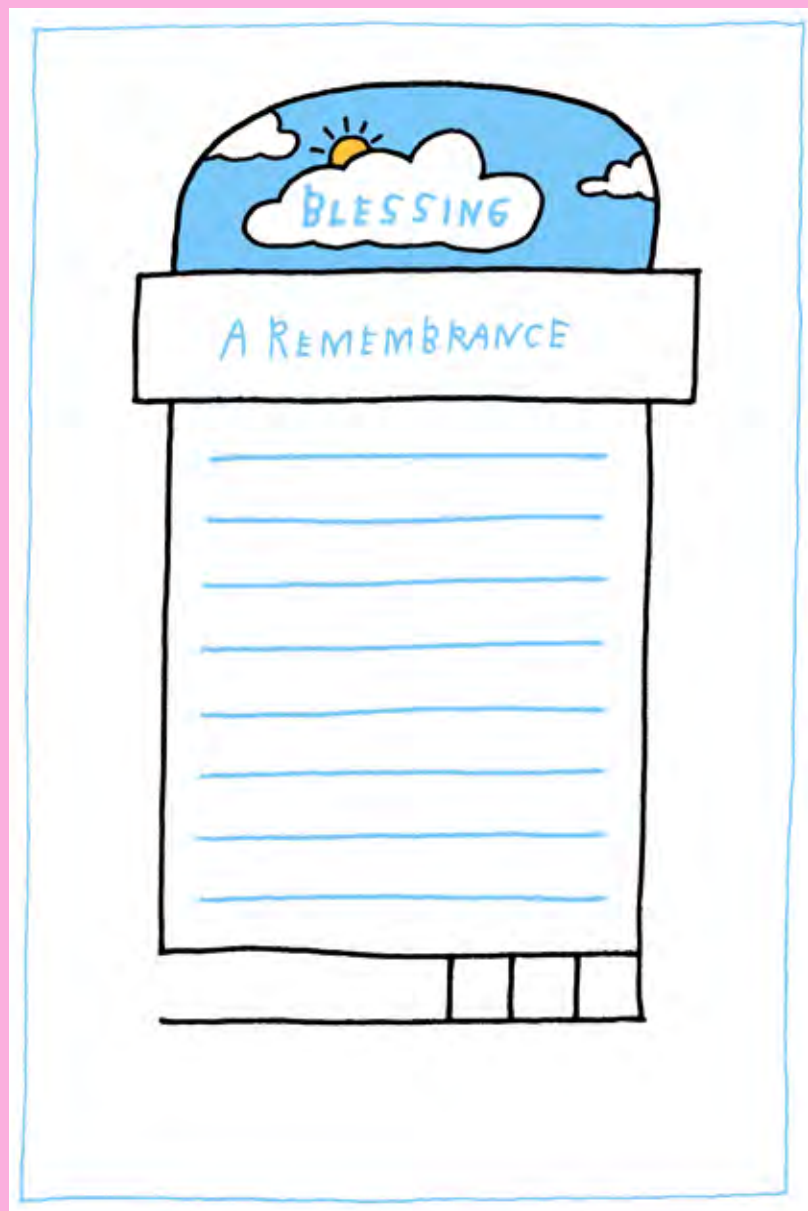








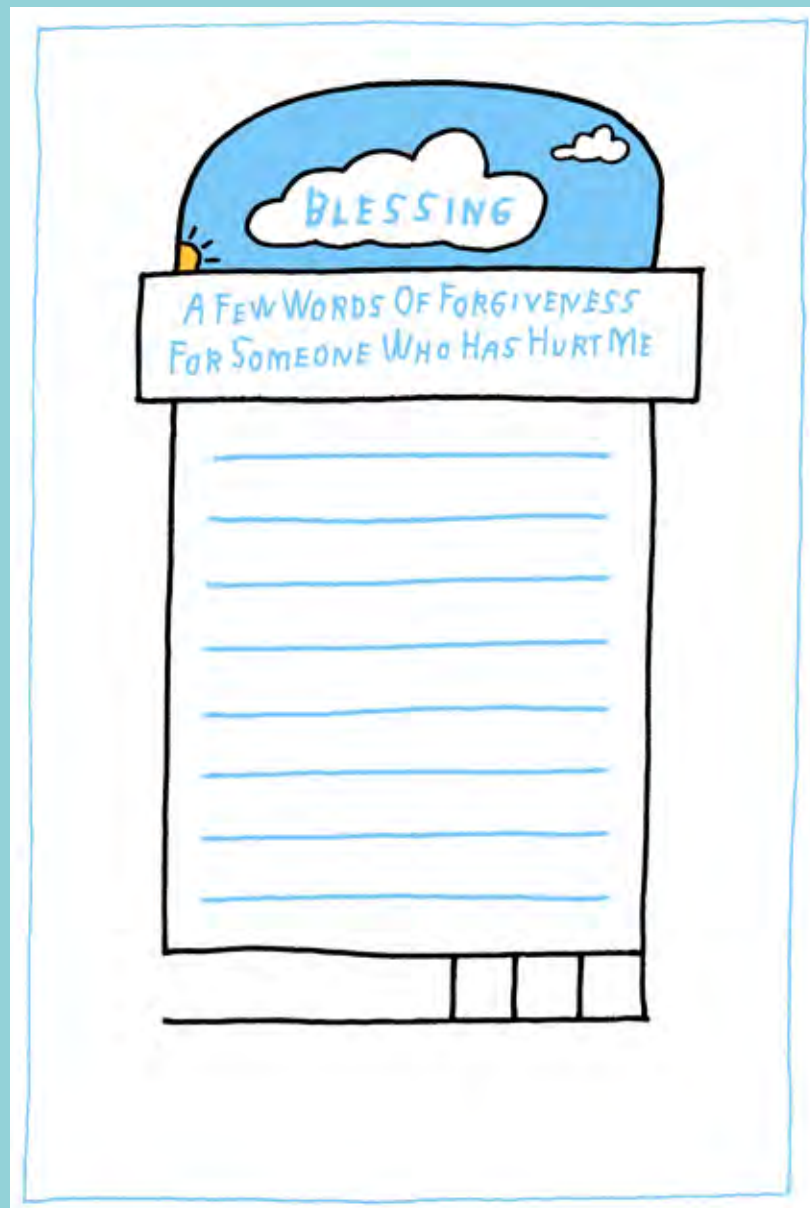




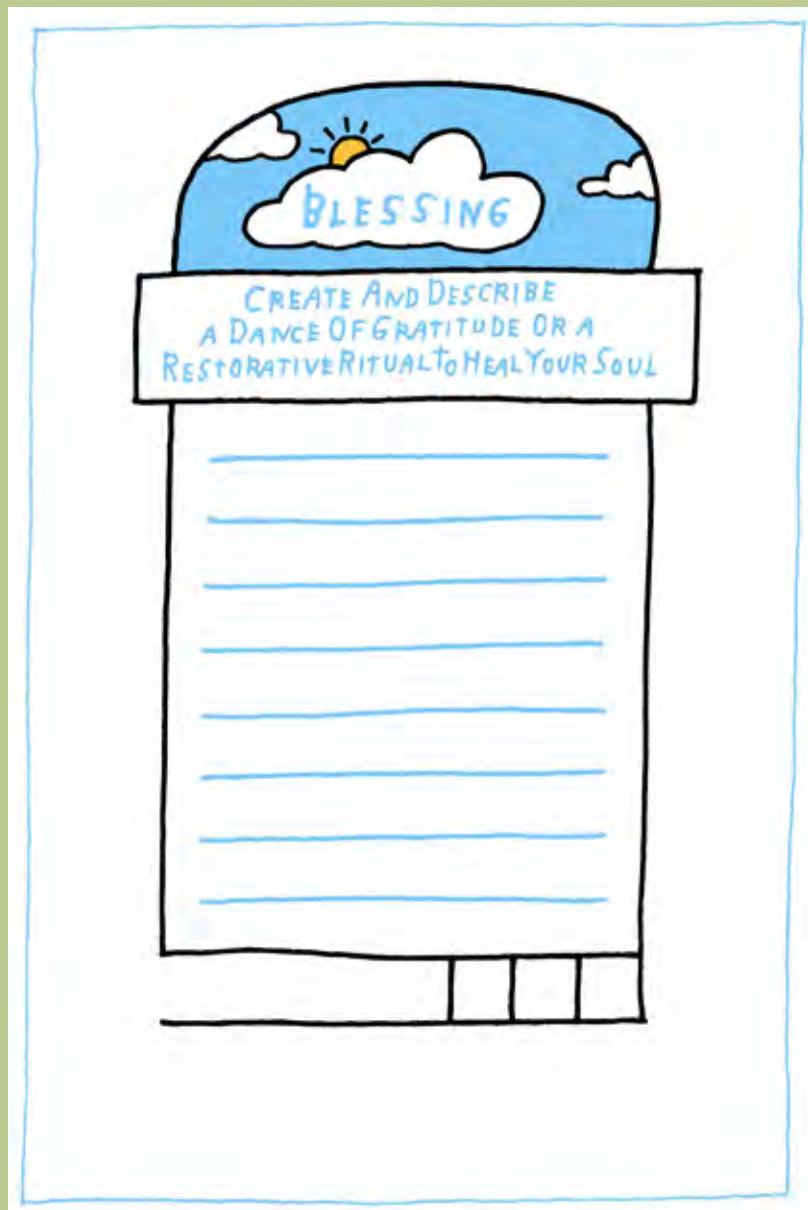


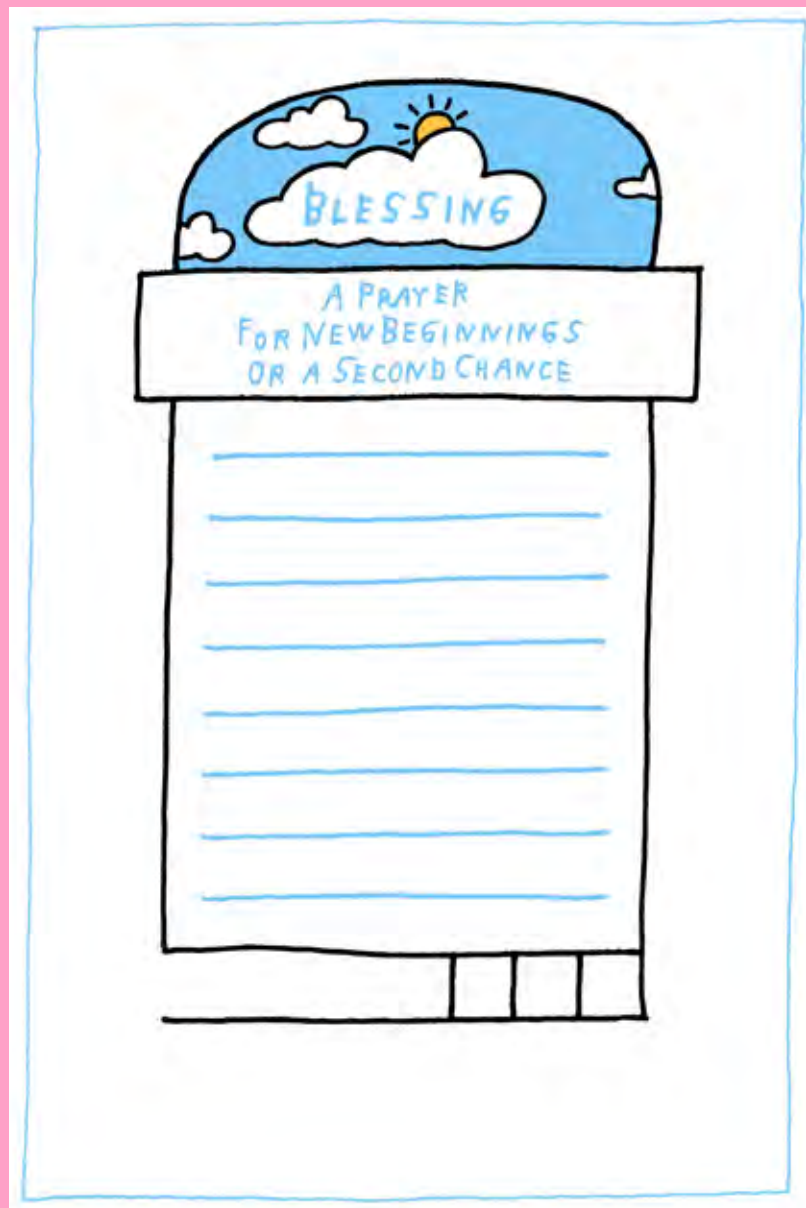


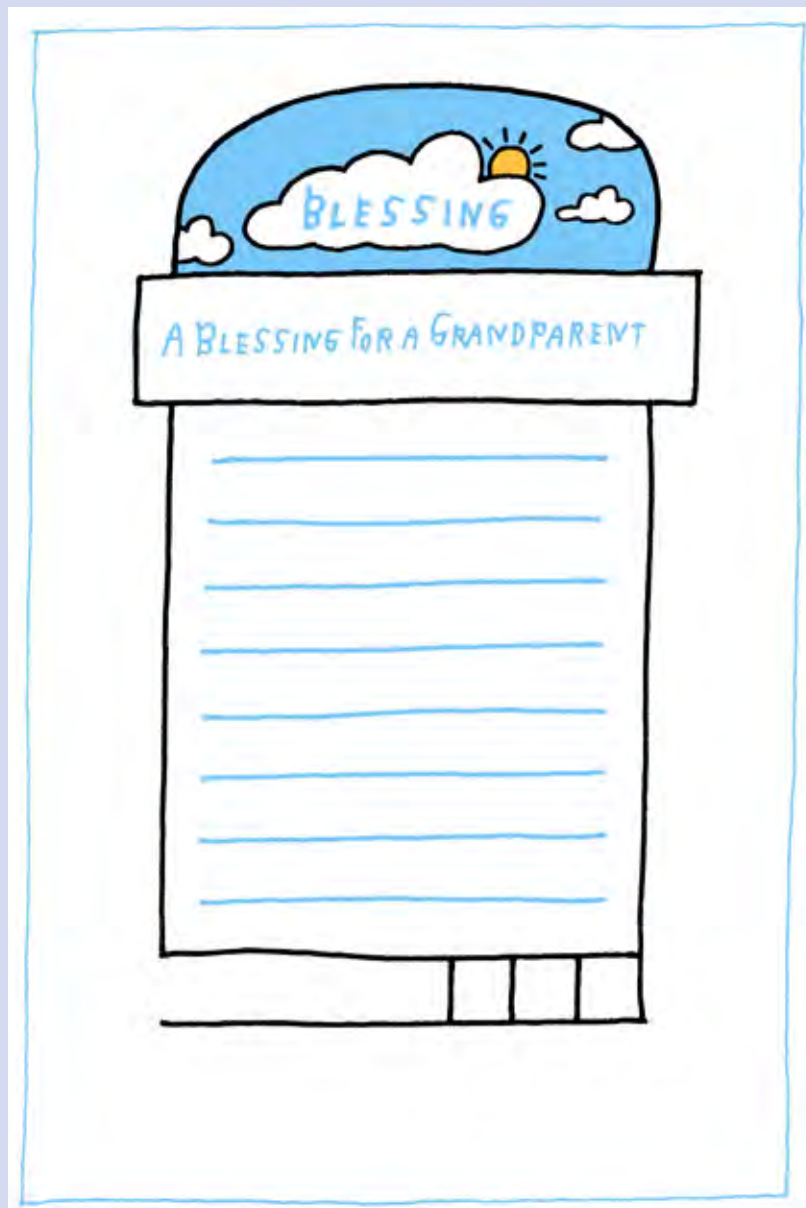


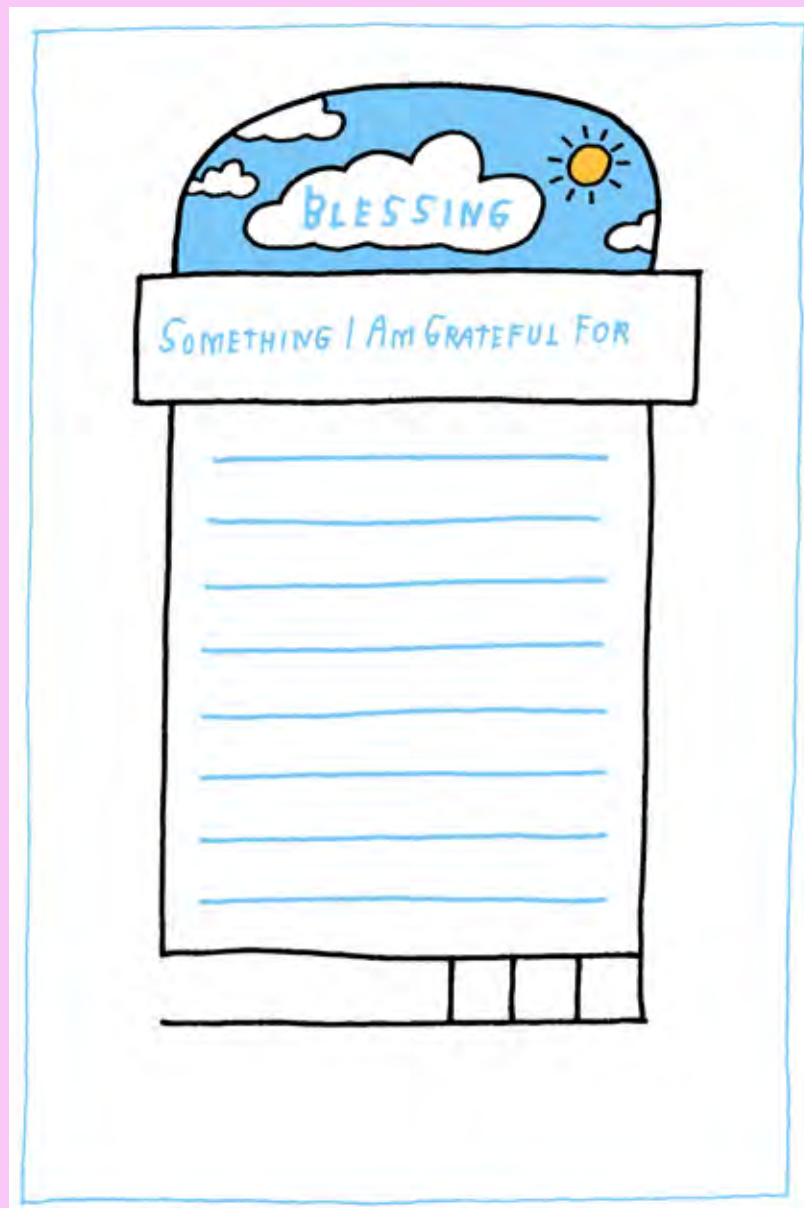


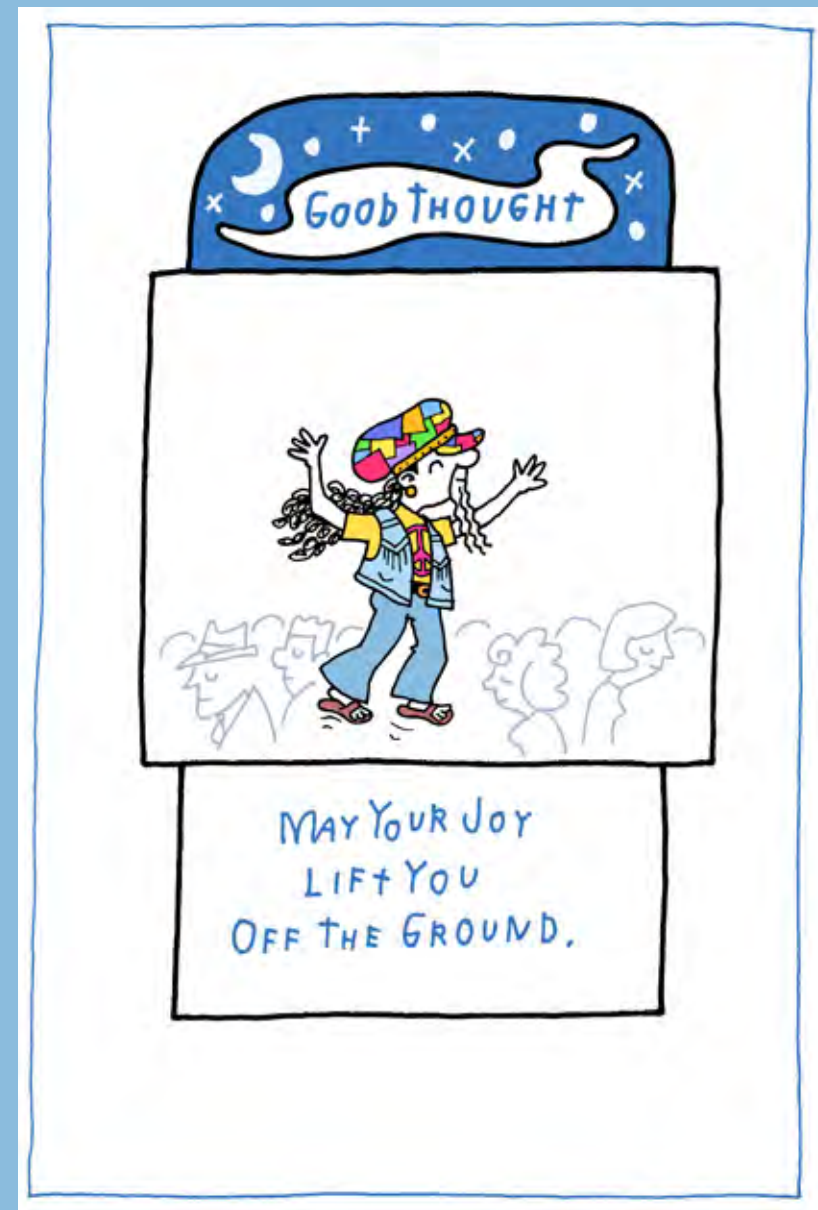


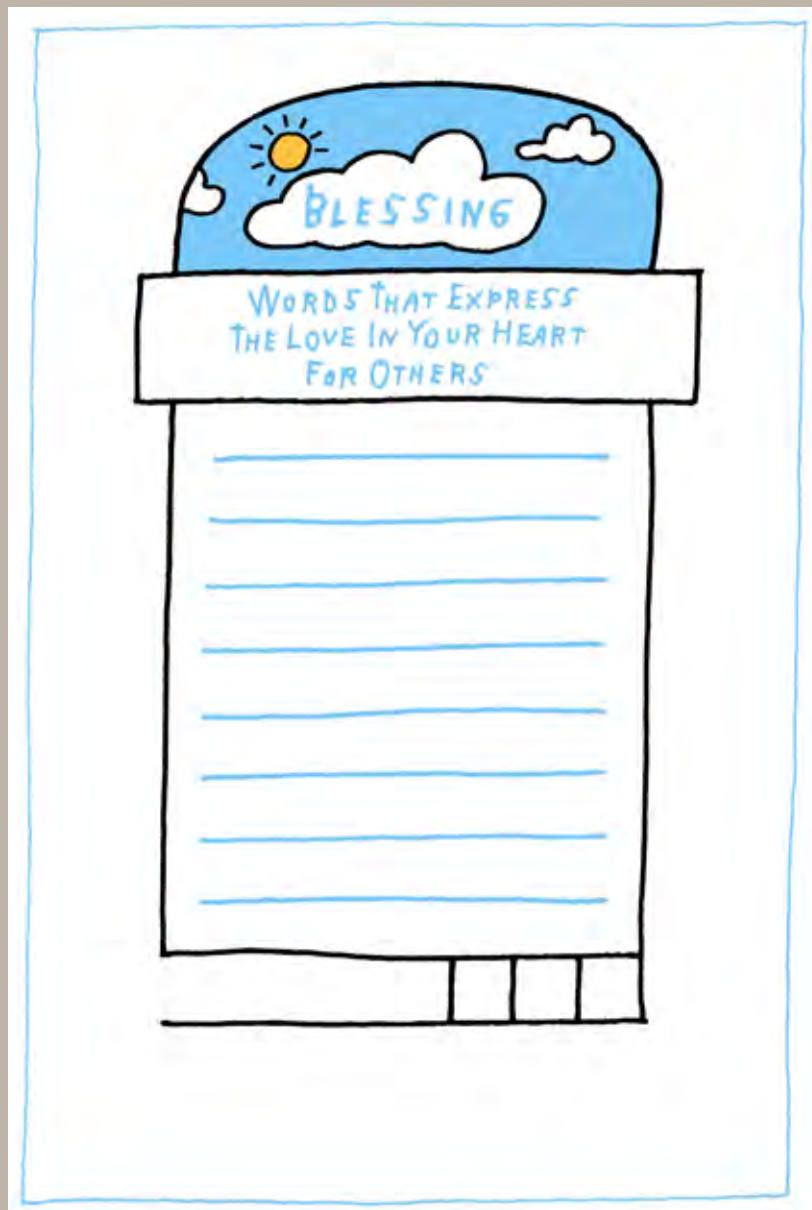


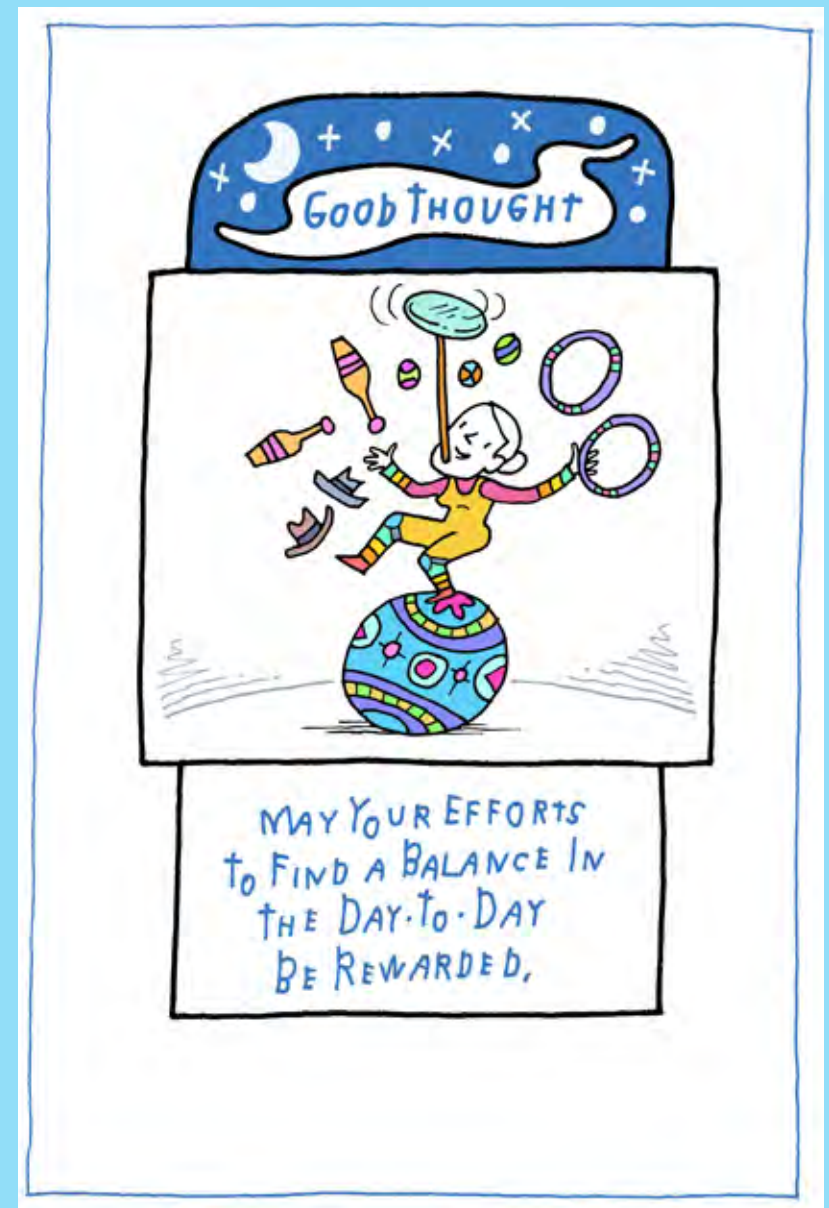






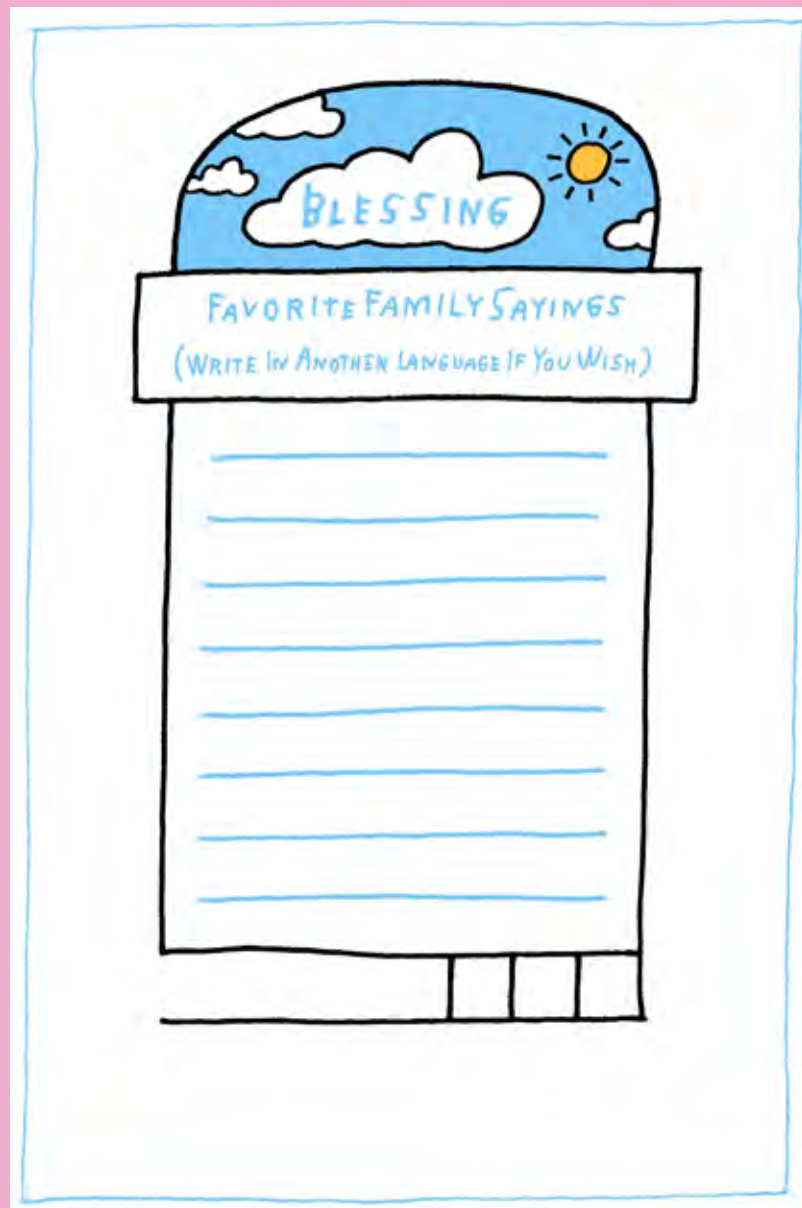


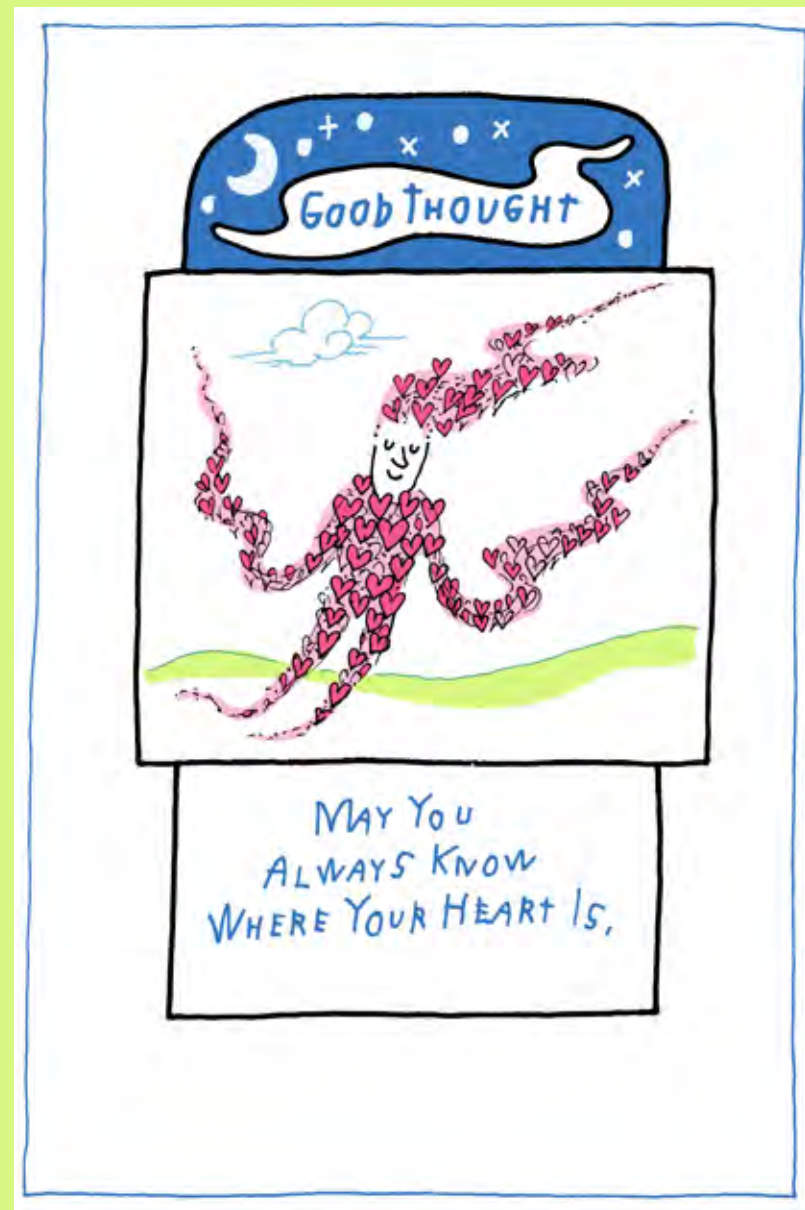
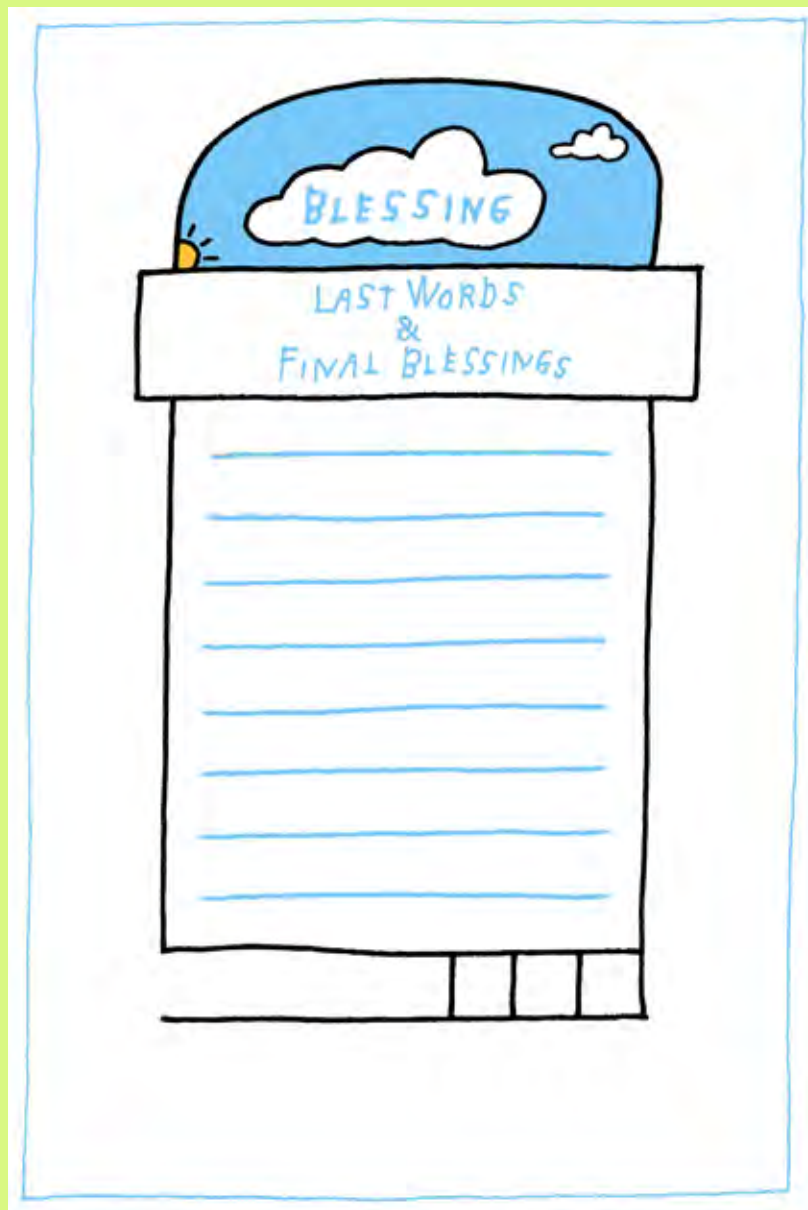














*Life, oh beautiful life.
I see clearly now how my life
is filled with blessings.*

In his many books as well in his work as a newspaper editor, **Bill Zimmerman** has pioneered innovative writing techniques to help people express all the important things within them. His books and web sites are used in literacy and English Language Learning programs around the world and to encourage creative thinking and expression.

His web sites are:

<http://www.billztreasurechest.com>, which features excerpts from all his books; <http://www.makebeliefscomix.com>, which enables visitors to create their own online comic strips, and <http://www.somethingtowriteabout.com>, a writing prompts blog for students. Please visit them.

Among his popular books are:

Pocket Doodles for Kids; Pocket Doodles for Young Artists; Make Beliefs: A Gift for Your Imagination; Lunch Box Letters: Writing Notes of Love and Encouragement to Your Children, and How to Create Instant Oral Biographies.

Zimmerman's work has been featured on The Today Show, on the acclaimed PBS Ancestors Series, and in The New York Times, The Washington Post, The Wall Street Journal, USA Today, and such magazines as Family Circle, Esquire, Business Week, Reader's Digest and Essence.



Tom Bloom is an artist who has brought joy to the world with his cartoons and illustrations which have appeared in leading publications including The New York Times, The New Yorker, Fortune, Barron's and many more. He has collaborated with Bill on many other books.

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