

**From:** "Amy Sacco" <[REDACTED]>

**To:** "[REDACTED]" <[REDACTED]>

**Subject:** joke

**Date:** Wed, 19 Dec 2001 22:57:57 +0000

**Importance:** Normal

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Inner Strength

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>If you can start the day without caffeine or pep pills,

>If you can be cheerful, ignoring aches and pains,

>If you can resist complaining and boring people with your troubles,

>If you can eat the same food everyday and be grateful for it,

>If you can understand when loved ones are too busy to give you time,

>If you can overlook when people take things out on you when, through no

>fault of yours, something goes wrong,

>If you can take criticism and blame without resentment,

>If you can face the world without lies and deceit,

>If you can conquer tension without medical help,

>If you can relax without liquor,

>If you can sleep without the aid of drugs,

>

>Then ... you are probably a golden retriever.