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Poem

Vitamins for the heart

So much we investigate

Yet so much is never even questioned

Some not even mentioned

So much we put hard work into

Yet some things we take for granted

So much we speak

So little we listen

Sometimes we should just stop

And be silent

For at least a couple of moments a day

It would be like a vitamin injection for the heart

Most needed

- And so often forgotten

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Författaren Nina.K med Poeter.se id #22653 innehar upphovsrätten