

## You Don't Defend, Explain, or Justify by Leah Lubin

Today, enjoy this amazing poem by American author Leah Lubin. Enjoy your summer day, Yareah magazine readers. Art is Everywhere!



Painting by the artist and poet Leah Lubin

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While sitting alone in my room,  
wondering how I got here,  
I ponder the changes and  
different aspects life expects  
you to go through.

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Is it the same for everyone  
or are artists especially challenged?  
Van Gogh was.  
So were most of the writers  
we know and love.  
It seems to be part of the course.

—

The development stage  
that seems never ending.  
So what to do?  
All I know for sure is that  
you don't defend, explain, or justify  
you life choices.  
They are yours to make and break.

—

The challenges simply continue.  
Then, when it's over at some point, you  
find peace, and hopefully happiness too.

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So keep going.  
Nearly there, but not quite.