

## Poetry out loud. You Can Choose How You Respond by Leah Lubin

Poetry out loud. You Can Choose How You Respond by the artist and Featured Poet Leah Lubin. Enjoy this Saturday, Yareah friends.



Wild Storm by artist and Featured Poet Leah Lubin

### You Can Choose How You Respond

Life's challenges, so called  
"lessons" of pain and sorrow.

How do you survive when the worst  
you can think of actually happens?

Well, you can choose how you respond.  
It might not get better, but you keep going  
and as Churchill told us "Stay calm".  
Respond with truth.

Take a deep breath.  
Hold on tight.  
Don't let go of life,  
but stay who you are.

My message.  
I hope you get it.  
That we're in this together.  
Our world that we share.



### About [Leah Lubin](#)

[Leah Lubin](#) is an author and artist. Born in Haifa, Israel in 1951, she moved to England when she was six years old. By the time she was 14, she knew that she wanted to be an artist, and at the age of 17, she enrolled in the Barnet College of Art, part of the London University system. She moved to the United States in 1979, and became an American citizen in 1986. Leah now makes her home in California.