

"A solitary state of mind"
Poetry from the concrete box

This is a book of poetry, that was written in the confines of a solitary confinement cell in the Texas prison system. Better known as administrative segregation. It's a journey from the sheer edges of sanity and life, all the way to love, hope, and a future. It wades through the addiction, the regret, the hopelessness and thoughts of suicide. It soars through the thoughts of love and being with that special person that you know God sent to share life's ride with. It's from one season in my life to another. It's raw, it's real, and it's ME.....

By: Shane Barnett # 1467433

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Coffield Unit

2661 Fm 2054

Tennessee Colony, TX.

75884

and

P.O. Box 79263

Fort Worth, TX

76179-0263

This book is dedicated to all those who have walked down dark roads in their lives. Whether it be the drugs, the chaos of life, or doing time in prison. This is dedicated to you. It may get real dark at times and you may not feel like life is worth living. but don't give up! If you'lli just hang on you'll see that life truly is a treasure more precious than gold. There is hope, take it from me, I have been there. Keep your head up.....

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"Ancient white walls"

ALL I have are my memories to recall,
As I sit and stare at these ancient white walls.
For all my mistakes made, I'm paying the cost,
My soul screams for all that was lost.
The lights dim and my sight fades,
In my mind I live in those last days.
I never dreamed I'd be back here again,
Without me my boys grow to men.
A job, money, and a family, I had it all,
Untill I got high and set myself up for a fall.
I lied, I cheated, and I shot dope,
With every prick of the needle I lost another ray of hope.
I destroyed a love that was meant to be,
A life and future with her I shall never see.
In prison I sit for only God knows how long,
Texas and I disagree, For I don't feel I belong.
These years they creep ever so slowly by,
The age I see in mom's face makes me want to cry.
This place, some call it prison and others call it jail,
But me I call it a place of misery and Hell.
I dream of those I love and a lost life,
Stuck in this box, this time cuts like a knife.
I look around feeling something is amiss,
Reality hits me-This is all there is.
They talk of parole, but I know it's just a joke,
It's just a twisted, mind numbing false hope.
On that day two lives were lost,
My actions weren't worth the cost.
The future, it seems so dark and vast,
But I don't live it, I'm stuck in the past.
I guess I'll grow old, bent, and gray,
Shackled to my fate, behind these walls I must stay.
I think that someday they might let me go,
But not 'till my lifes at it's end and I am old.
So I guess this is my destiny and my fate,
Giving my life to this fucking state.....

"Rain"

Dark, ominous, black and cold,
My choices put me on this road.
Bitter memories of misery and pain,
O' God, how I pray for rain.
My soul is stained a deathly black,
A life taken that can't be given back.
This evil is my souls dark cloud,
Regret and misery are my shroud.
My world is dark and my road long,
For my sins, I suppose I belong.
I hang my head and walk in shame,
Crying out for a soul cleansing rain.
Forgiveness and Grace are my need,
God's mercy to set me free.....

"Sea of empty"

You don't know what it's like to be me,
Aimlessly drifting in the sea of empty.

Constantly being beaten and battered by life's storms,
This misery has my soul feeling crushed and torn.

In this darkness I cannot see,
Lost in this sea, I just wanna be free.

I feel my time is at hand,
To find out what awaits in the promised land.

I cannot seem to catch my breath,
In my life, there seems to be nothing left....

"Good Morning"

I woke up feeling mean today,
Attitude fucked! Restraint blown away.

My souls dark and my moods black,
Frustration rolls like a train, No turning it back.

Nothing but malice in my heart,
Helluva way for the day to start.....

"Time Bomb"

Can you see the invisible blood I bleed?
Or hear the silent screams I scream?
I am stuck in a pit of rage,
I am consumed by the fires of hate.
This concrete and stainless steel,
Assure me that this nightmare is real.
Torn, shredded and ripped apart,
In life I left destruction and broken hearts.
I can't turn back though I wish I could,
Only ashes remain where those bridges once stood.
I've got no one to blame but myself,
I am paying for my sins in this Hell.
Shoulders back and head held high,
Too much pride to let these tears fall from my eyes.
Pent up anger and aggression I feel,
I am like a time bomb as the tension builds.
I've gotta vent and I've gotta release!
My God, I've gotta find some peace.....

"State of mind"

Can you tell me my state of mind?
Take a glimpse in my head and see what you find.
Do you see evil lurking deep in there?
Eternal flames casting shadows everywhere.
Alone, I feel trapped inside my head,
Chained to the memories of the dead.
Eyes wide open, yet I'm staring blind,
Can't escape this prison in my mind.
Life has turned to mirrors and smoke,
Hope and a future, Is just a joke.
In this state of mind how can I live?
I feel I have nothing left to give.
I once heard a piece of advise,
Say nothing, If you can't say anything nice.
So I just shut my mouth and scream in my brain,
Damn, I wonder if I am going insane.....

"The Demon's call"

Nobody knows or can understand,
The dark road I walk or the type of man I am.
In my life I got high and destroyed it all,
I gave in to the Demon's call.
He lives in my blood and whispers in my brain,
Screaming for dope, he has me feeling insane.
Who are you to judge me and condemn?
Innocence isn't found when you look in the mirror at him.
I have my demons and I know that you have yours,
Money, dope and the love of whores.
So don't cast your judgement down upon me,
Open your eyes to the world, so you can see.
This life is not all rosey and nice,
Evil lurks when the veins are full of ice.....

"Misery is mine"

Possessed within

Drowning in sin

Absolute criminal

Diseased and terminal

What's the prognosis?

Trapped in psychosis

Deceitful lies

pitiful cries

Terror filled nights

Hate induced fights

Narcissistic and blind

Paralysis of the mind

Lost in my head

Conversation with the dead

Screaming in rage

Unlock my cage

Misery is mine

For all time.....

"Mind your own"

Peop̄le put their noses where they don't belong,
You think I don't care, you're dead wrong.
Mind your own business & stay out of mine,
You're getting close, you're crossing the line.

You think I wont lose my mind & snap?
You picked the right one, I love a good scrap.
You keep fucking with the ones I love,
I'll introduce you to the good Lord above.

Can't you find some business of your own?
Just slide the fuck back and leave us alone.
Try & push me if you have no self regard,
Motherfucker, I go no holds barred.....

"Death's Call"

Have you ever heard death's call?

The screaming, taunting, and whispering,
Felt the way it made your skin crawl.

Have you ever seen your own funeral?

Played it in your mind a thousand times,
Seen the tears on the faces of those at the burial.

Have you heard the songs that you want them to play?

Maybe some christian and country tunes,
Like, "I will rise" and "He stopped loving her today"

Have you written all your farewell goodbyes?

Agonized over every single word,
Expressed your love and asked them not to cry.

Have you seen yourself laying in your coffin?

All dressed up with a smile on your face,
Fantasizing, agonizing, and thinking about it way to often.

Have you gotten tired of failure, misery and strife?

A shot of dope to stop the heart, a cut to start the blood.
Decided suicide is the only way to a better life.

Have you heard death's call?

Ready to hold his hand and journey into forever,
Give up and forsake it all?

Yes, I've heard death's call.....

"Spun"

Ever been spun out of your mind,
Eyes wide open, yet you stare blind?
Ever hear people whisper your name,
When nobodys there & the whispers are in your brain?

Ever been surrounded in the dead of night,
By shadows that hide when you turn on the light?
Ever thought - Man fuck this shit!
Then found out you were just to high to quit?

"No Mail"

I sit in this prison all alone,
Just waiting on a letter from home.
They say that many wish me well,
But to be honest, I cannot tell.
I feel like I'm out of sight, out of mind,
Like part of a past that's been left behind.
There are many that I love and miss,
It wasn't suppose to be like this.
I'd love to still share a piece of their lives,
Never hearing from them cuts like knives.
It's hard time to never get any mail,
Wondering, if anyone cares is hell.....

"Trent"

He was young, strong, and Cocky,
His attitude toward the world was, Nothing can stop me.
Of us, he seemed the healthiest of all,
He believed the sore throat was something small.
He said he'd get some medicine and he'd be fine,
The doctor said "It wouldn't be so easy this time."
My little bro learned what Hodgkin's lymphoma was all about,
The cancer ravaged my bro's body, No doubt.
He wasted away, A shell of the man he once was,
Body failed, strength gone, all that remained was love.
His pain was so severe it broke my heart,
This damn disease tore my bro's family apart.
He once asked me to help him find peace,
He cried as he asked me to give him his release.
I cried, as I realized my bro was begging to die,
He was asking me to help him commit suicide.
Saying no, was the hardest decision of my life,
My God, the pain still cuts me like a knife.
Everyone tells me he is in a better place,
All I see are those tears on his face.....

'Dope Fiend'

I was a dope fiend, a lie and a cheat,
Running and gunning in them dirty old streets.
To her I was never loyal or faithful,
I was an asshole, I was conceited and hateful.
I got high and I ran with my bro's,
We'd get to skitzing and chasing hoes.
We could roll the bowl or do us a shot,
Hell, we might fuck around and smoke some pot.
Was I addicted? Hell yes!
It was never a question, I didn't have to guess.
I always wanted to quit and do right,
That dope was like a vise, It just squeezed me tight.
So tight that I could not breathe,
Had me shackled, I could not leave.
It was killing me from the inside out,
Locked in a prison I could not escape out.
I tried and I tried so many times,
To leave behind the life of crime.
I've done shots so big that I should be dead,
Made my legs weak and my eyes bounce in my head.
I've felt the needles old familiar stick,
So strung out that I looked sick.
I'd draw up a big ol blast,
But the high never seems to last.
I'd try and escape my reality,
Never wanting it to catch up to me.
I've spent so much of my life wandering and lost,
For all the wrong turns taken, I'm paying the cost.
Life felt like quicksand, All I was doing was sinking,
I was killing myself with all the drugs and drinking.
Out of control, My life was way off track,
Damn, I wish I could turn the clock back!
If I could just change one mistake,
It's the speed I would never take.
I was hooked right from the start,
That shit tore my world completely apart.
Now I'm down and out, sitting in prison,
But sober, I see life with a clearer vision.
A dope fiend is not who I want to be,
I think there just might be some hope for me.
Though many years still lay ahead,
And I wonder will I make it out before I'm dead.
This time, it cuts the heart like a knife,
I pray for just one more chance at life.
I know deep in me, that's all I'll need,
Walking with God I know I'll succeed.....

"Twenty lost years"

You talk of all the dope and fun,
For me, let me tell you how it all begun:
I had a life full of promise and hope,
Untill I did that very first shot of dope.
What I thought was a helluva ride,
Was more akin to a slow suicide.
Shot by shot, one at a time,
I destroyed my life and my mind.
Everything that I loved and held dear,
Turned to madness, paranoia, and fear.
I let all my lifes dreams and plans,
Slip away right through my hands.
All the while I thought I was having fun,
Being chased by shadows and hiding from the sun.
Now, that life is over and I'm no longer high,
No longer determined to see myself die.
There's twenty lost years I can never get back,
I'm way late in life, but I'm finally on track.
I walked into the dope world and came out alive,
Many others weren't nearly as lucky to survive.
So I thank my lucky stars and God above,
For never giving up and all his love.....

"So much lost"
Without you in my life,
The world doesn't seem quite right.
Colors are dull and the sun don't shine
Everythings as cold & gray as the fog in my mind.
My heart is broken and empty,
Without your love I can't seem to find me.
There is no joy, life is broken,
Wasted ruin, lay dead & smoking.
I didn't know how much I could hurt,
All alone, life is worth dirt.
Without you in my life,
Just living is full of strife
Reality check, I'm not that strong,
With you is where I belong.
You'd be surprised at all I've discovered,
I dug deep in me & love is all I uncovered.
I am no longer that arrogant kid,
who ran from life and hid.
I'm a man with a treasure of love,
It's a gift from God above.
I know who I am, I finally found me,
I know the man I am suppose to be.
Not who I thought - Mr. Cool,
God I was such a fool.
I was suppose to be your husband & my kids dad,
That's the gift for me that God had.
Eyes closed and running wild,
A hurt, angry and dysfunctional child.
Parties, drugs, and alcohol,
To self medicate I used them all.
Please know it was never your fault,
In a dark world I was running and lost.
I'm more sorry than words can tell,
From all the loss my soul screams & yells.
Ten long years have already gone by,
It hurts! I could just cry.
I don't think I'll ever get another chance,
To fulfill my life's dreams and plans.
My love is true and it wont ever die,
To that the angels in heaven can testify.
I'd give the world to be able to hold you tight,
Bury my face in your neck & hold you all night.
Those are the good old days I miss the most,
The ones I spent holding you close.
I see you in my mind standing right there,
That smile is almost more than I can bare.
I miss your voice & your laugh,
All else is just noise compared to that.
I miss your feel & the taste of your kiss,
Only your love has ever made me feel like this.
There is no other quite like you,
I'm ashamed I ever hurt you and made you blue.
Why did I never see how much I care?
Missing you is more than I can bare.

"so much lost"
continued:

Words can't carry the depth of sorrow I feel,
This loneliness is my soul is painful & real.
It's said, time heals and life goes on,
In my life there's been no new dawn.
I just keep on living, It's all I know to do,
Everyday my mind and my heart think of you.
I'm sorry, i just want you to know,
This poems the only way I know to show.
I hope in your heart there is no hate,
But if there is I suppose I caused that fate.
I hope someday you can forgive me,
And know that my sorrow is with the utmost sincerity.
For you alone my heart beats still,
I love you and I always will.
keep your fiesty spirit and always remain strong,
That's the girl I see in every love song.
I guess It's time to bid you farewell,
You will always be my babygirl.
Please take care and be safe,
And wear that beautiful smile on your lovely face.
I love you.....

"The bluest eyes in Texas are haunting me tonight"

The past has come rushing back into my life,
Cutting my heart like a knife.
So many emotions & feelings, buried & hidden away,
To never again see the light of day.
Confusion! I don't know how I should feel,
Can the strength of these emotions be real?
Sadly, she can't be mine to have and hold,
Yet I do in my mind if truth be told.
She married and gave her life to another man,
Smarter than I, He took her hand.
I'd have to say, I have no hate,
But must admit, I envy his fate.
He has the girl that has my heart,
And of her life, I have no part.
Bitter sweet can't begin to explain,
How love can cause so much regret and pain.
So I'll do my time and live my life,
As she lives hers as another mans wife.....

"Window View"

I sit in prison locked up in my cell,
A concrete and stainless steel kind of Heli.

My only view of the world comes thru a small window.
A small patch of grass is all I see down below.

From brown to green and back again.
Through the grass I see each new season begin.

I hear the grass as it sways and dances in the breeze.
The music it makes is as sweet as you please.

Each new day I hear it yawn and stretch towards the sun,
Shaking off the morning dew to let me know the day has begun.....

"Blue"

Do you have a color that's special to you?
Here's a few things I think of when I see the color blue.
Freedom comes to mind as I gaze at a clear blue sky.
Love fills my heart as I think of her pretty blue eyes.

The color blue can take me twenty years in the past,
To the girl with those eyes & an old car that sure was fast.
My favorite color is definitely blue,
I hope you have a favorite color that makes you smile too....

"Forever"

Memories of her, rage like a fire,
Burning me with the purest of desire.

Intense...

The hour is late and the stars shine,
As I close my eyes, she fills my mind.

Silence...

Heart beats hard and mind spins fast,
Living in a time with her in my past.

Longing...

Without her, my life has been Hell,
Years of misery spent locked in this cell.

Pain...

My outlaw life took me far away,
Refusing to hear what my heart had to say.

Lonliness...

Youth is wasted on the young I see,
To blind to realize where I was suppose to be.

Misery...

All these years and her love still beats strong,
Meant to be, she knew it all along.

Forever...

"Halo"

She has a halo and I have horns,
Her love is sweet. Mines as prickly as thorns.
Her smile shines oh so bright,
It takes the darkness from my life.
To see my scowl & hear my growl, you'd never know,
How this angel has changed my life so.
I was bitter, angry, and alone,
Pain & regret, my only companions known.
She said" none of that matters, take my hand,
Through hell & back my heart belongs to just one man."
True love endures and lasts forever,
So I'll take her hand & we'll share life together.
She has a halo and I have horns.....

"BabyGirl"

The road was dark, my future black,
To many bridges burned to turn back.
I had no hope, Life was a loss,
Gave it all up as a lost cause.
Had it settled in my heart, life was over,
Never did find a lucky four leaf clover.
Then out of my darkness she came,
Her love washed over me like rain.
The love burried away is still there,
I never knew how much I really do care.
She says "she loves me and wants me to."
Told me "our life together is not through."
With my eyes now open, I see a new world,
All because of the love of my BabyGirl.....

"Missing Pieces"

Do you know, Do you understand?
All I ever wanted in life was to be your man.
From a kid to a man full grown,
My heart has beat for you and you alone.

There have been a few try and take your place.
But when I'd close my eyes, I only saw your face.
You were always the missing piece to my life.
You are the one that's suppose to be my wife.

God brought us together so long ago,
Though we tried, the love we could never outgrow.
Like a puzzle, the pieces are coming together,
I'm looking forward to a future with you forever.....

I love you.....

"Ode to love"

It is beautiful, precious, and came from above,
God has blessed us with a wonderful love.
To my face it brings such a smile,
It gives my spirit strength to go on mile after mile.
It makes me yell, shout, and scream,
Love this good, It has to be a dream.
A love like majestic treasure and riches,
It's the hope of many men's wishes.
There is nothing in the world that can compare.
To the love that our two hearts share.....

"All my heart and soul"

As I sit here and just stare off into space,
My mind drifts back to another time and place.
I close my eyes and it's your face that I see,
It's back in your arms that I dream to be.

I once held the world when I held you close,
I'd give anything for days again like those.
Babygirl, you've turned my world upside down,
I feel like a king and your Love is my crown.

I've never known a love this true and this real,
Had no idea just how wonderful life could feel.
Life is an adventure, are you down for the ride?
I need you to always be the one at my side!

Will you take my hand and be my wife

Will you take my hand and be my wife,
Be my everything for the rest of my life?
Through ups and downs, life may take it's toll,
I'll always be faithful and love you with all my heart and soul.....

"Can it be"

I am getting to old for this life,
It's time to step into a world I've never known.
I've got a love and a woman I want to be my wife.

I think we could be happy from here on after,
She is worthy of all my love and respect
My world isn't complete without her.

I don't want to make a mistake,
To many have already been made
Her heart. I refuse to break.

Can I do what I've never done,
Lay down my life
And seek after God's only son?

I am being drawn to a different life,
No lying, no cheating, and no drugs
One without the addiction and the strife.

Can she handle a world she's never known,
Will she stand by me through all this time
Together will we step into the great unknown?

Will she live her dreams along with mine,
Can it be just the two of us forever
Will she be mine for all time?

"Can it be"
continued:

Does she even have a clue

Just how much I love and cherish her?

I never knew that love could be true.....

"The best for last"

I know you are uncertain, scared, and a little afraid,
One to many times in life you have been played.
I can't erase the mistakes or the pain,
That you remember everytime you hear my name.
The past is a part of who we are,
Our love has been shaped by those scars.
This fire that burns is tangible and real.
Tell me, do you feel the way I feel?
Heart and soul, I am yours and yours alone.
To you, is where I want to come home!
If you'll trust me and put the past in the past.
I'll show you that God saved the best for last.
I want your hand and I want your heart,
Your love, your future, and a new start.
Will you take my hand and step into the great unknown?
I can't make all these dreams come true alone.
I need you to always be in my life,
My heart longs for the day you become my wife.....

"Off the deep end"

I jumped off the deep end with you,
I have never known a love so true.

I can't explain the depth of love I feel,
All I know baby, is it's real!

This time that we have to be apart,
Weighs so damn heavy on my heart.

I miss the taste of your kiss and the feel of your skin,
I can't wait for the day you're in my arms again.

Each new day thoughts of you fill my mind,
You truly are one of a kind.

I am a better man with you in my life,
I have always dreamed of you being my wife.

You say you're down, solid, and true,
That you'll be there when this time is through.

I want you to know that yes I trust you baby,
No ifs, ands, or maybe.

I know you have my back through this time,
I'm a blessed man to get to call you mine.

God brought us back together where we belong,
So hold your head high and be strong.

Just hang on baby untill I get home,
And never again will you find yourself alone.....

"Full Circle"

Take a minute and look deeply into my eyes.
You'll see no deceit and you'll find no lies.
Can you see the fire that burns deep within,
The burning desire for a chance to live again?

Do you truly see the man I am today,
Deep in your heart, do you feel the things I say?
Now knowing, I'm no longer who I used to be,
In your dreams, am I still the one you see?

~~Do you believe in forever the same as I?~~ seriously as I.
Tell me these dreams are real and not a lie!
I can't see my life or future without you,
Only you can make my dreams come true.

We took different paths to get to where we are,
Full Circle, our love led us like a guiding star.
Hand in hand we'll share this life together,
Only a love as true as ours can last forever....

"Long-lost Dreams"

It's strange to have these tears fill my eyes.
For I am a person that rarely ever cries.
I've never been one to show my emotions well.
I just took it for granted that people could tell.

This time. It's important to me that you know,
Taking nothing for granted. My love I must show.
I don't always have the words to describe how I feel.
I do know. I've never felt anything quite so real.

Do you know just how deeply I love you?
Look into my eyes and you'll see my heart shine through.
These tears that glisten are tears of joy and not sorrows.
They come from knowing you'll always be part of my tomorrows.

You really are my long lost dream come true.
And I Thank God each and everyday for you.
You are the one I always wanted to be my wife.
Thank you for bringing your love into my life.....

"A dream within"

Can you stand by me.
With this dream I have inside me?
I am missing you lonely.
Where I belong is with you only.

Can we somehow speed up time's clock?
Tick Tock!Tick Tock!Tick Tock!
These years. they stretch so far ahead.
I need to be out there with you instead.

My love for you hammers in my chest.
They say "time is the ultimate test."
Hand in hand and side by side.
Together with you sharing lifes ride.

Deep in me.I have a dream for my life.
And in that dream, You are my wife.
Can you stand by me.
With this dream you have inside me?

"Dark Days"

Lightning crashes across the sky.
As rain falls like tear drops from her eye.
The winds blow, howl, and rage.
Like a beast that has escaped his cage.
The thunder screams it's terror filled yell.
Like the cry of souls trapped in hell.
Blackness overtakes and swallows the day.
Like an evil presence that makes you want to pray.
Violently the storm presses in all around.
The invisible chains leave you feeling bound.
It feels like the end is near.
Like the voice of death whispering in your ear.
You feel your sweat bead and your skin crawl.
It's time! You have to either crumble or stand tall!
Will you let a little wind and rain break you.
Or will you hold tight and ride lifes storms through?
It's always darkest before the dawn.
But to see it you must hold on.
Life is a treasure more precious than gold.
Dark days are a part of a story that must be told.
Look through the storms to the other side.
Rest assured and let faith be your guide.
The worst of lifes storms all die and fade away.
As the sun cracks the sky to show you the way.....

I'd like to give a special thanks to God first and foremost for never giving up on me. I have done so many things in life that I should not have lived through. His saving Grace is real. I'd also like to thank my mom. I love you mom! You put up with more than you should have with me. I think I just might have it figured out this time. To my brother-Johnny. I love you man. I owe you more than I can ever repay. I have no idea how I could have done this without your help. I'm sorry for all the times I didn't show you how grateful I really am for all you have done. Barnett Bros forever! And to all my kids - You have all taught me how to love. I feel blessed to be all of y'all's dad. I hope y'all know just how proud I am of the people you are becoming. I'd like to give a shout out to my handsome little grandson Charles. I look forward to the day we get to know each other little man. Last but in no way the least. Renee. I love you baby! There is so much I could write and thank you for. You really are an amazing person. Full circle baby. :) We got this... ..

About the author of this little book of poetry:

Shane Barnett

I am Oklahoma born, but Texas raised. I am an Oklahoma Sooners fan. Boomer Sooners!!!

I am an inmate in the Texas prison system. (for the 3rd time) I still have a lot of years left to do, but it's cool. I have come to a place in life where I see the world through different eyes. I am sober and I want to stay that way.

This is my first book to ever write. It is short I know. (I never knew how much work goes into typing a book) This is the first of several I plan to write. It'll take me a while but you'll see more from me. My next one will be about my family, my friends and even my enemies. I hope that if you read my poems you were able to see that love is real and there is hope.....