

POLITICAL PMS

If this can help one person, then it's a good thing. There can be a comparison between today's political climate and experiencing PMS and/or menopause. We're living in a time when many men and women are supercharged, not only one week a month but about all the time.

As a woman well experienced in not only dealing with but overcoming (SOMETIMES?) the PMS and menopause situation, let me give a few tips: It can be good to dial down, let some things go for awhile. But get ready to get criticism for not doing all that others want you to do.

Have time alone with God, reading the Bible and praying, also praising. Learn the order of things and stay in that order.

Do good to others. It is by doing good that we overcome.

Also be a thankful person. There's much to be thankful for.

PMS can be conquered, political or otherwise!