

# **Messages to Inspire Your Day**

By

**Jenny Ford**

The Endless Bookcase Ltd

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## **Acknowledgements**

A big thank you to my family and friends for their continuous love and support on my journey. And to you, the reader, to whom I am so truly grateful.

If you find these messages Inspiring and uplifting, I would love to hear from you. Please leave your feedback at the retailer you purchased from, or email me at [info@jennyfordauthor.com](mailto:info@jennyfordauthor.com).

Love and blessings

## About the author

After a dramatic career change when diagnosed with Multiple Sclerosis, Jenny's life took a complete turnaround. Forced to give up her very successful business as a beauty therapist in her home town of Hertfordshire, in the UK, Jenny had no idea that she would end up becoming an author. Jenny says:



'No one was more surprised than me when I wrote my first book. I had no interest in writing at all, not even as a child. I literally just fell into it and it has now become my passion. I guess you could say I was Divinely Guided!'

'Through the process of writing, I have been extremely blessed to have written several books and even a play. I am a strong believer that 'everything happens for a reason' and truly believe that without the knocks and challenges, I certainly wouldn't be where I am today! The main focus of my writing is positivity - I love writing things that make people smile. I am continually inspired and gain motivation by the different people that I meet every day, which drives me to be the best that I can.'

'In 2017 I received my first business award, presented to me by St Albans Businesses, which I am very proud of. I feel so blessed, grateful and thankful for the life I have.'

**People come and go in  
our lives for whatever reason,  
and there is always a reason!**

**But we take away valuable  
lessons from that. It teaches  
us to be truthful to  
ourselves, and once we do  
that, then everything falls  
into place**

**So give  
Thanks, Grace and  
Gratitude for the  
Love and the Lessons**



*To Forgive others,  
we first need to  
Forgive ourselves*

*Once we Forgive,  
we can let go*

*When we let go,  
we can be Free  
and at Peace,  
to move forward to a  
Happier, Healthy life*