



Valentina Tsoneva

Do you like active or lazy summers? Are you a fan of traveling, swimming, water skiing & more Or do you prefer the shade of the pool deck, cold drinks & soft music? Whatever you do as long as it is away from your job, it will be relaxing and recharging. We all deserve it. I had some of those exhilarating summers.

But not this one. We never schedule for bad times; they just happen and throw our world upside & down. If you had one of those times—you are not alone.

There is never a good time to hear the gut-wrenching news—the death of a parent. In June, I lost my father suddenly. My kids and I flew to Bulgaria to help my mom with the funeral. Three months later, I still do not believe he is gone. I know I am in denial, and I do not know when I will accept it. I am taking it one day at a time...



Like this was not enough, simultaneously, my beloved dog, Myla suffered a series of misfortunes and they are still going on...She cut her back foot probably on a glass or an open can under the community trees while she was running for fetch. She limped a little bit, but we noticed how bad it was when by the end of the day she could not stand on her feet. So, we carried her to the ER in bath towels. Following: antibiotic & other remedies.

Next, started the itching & she voraciously licked all her feet and joints, to the extent she caused herself to open wounds. Another doctor's visit! An allergy injection & more pills...

I thought we were done, but NO...there is more...Her tongue became sore on both sides. The doctor was puzzled. Unless we do a bunch of expensive testing, we do not know what it is. For now, we are observing it and will act accordingly...So, it's an open-ended story...But there is something positive: Myla got spoiled even more 😊 Here are two novelties of her enjoyable daily routine:



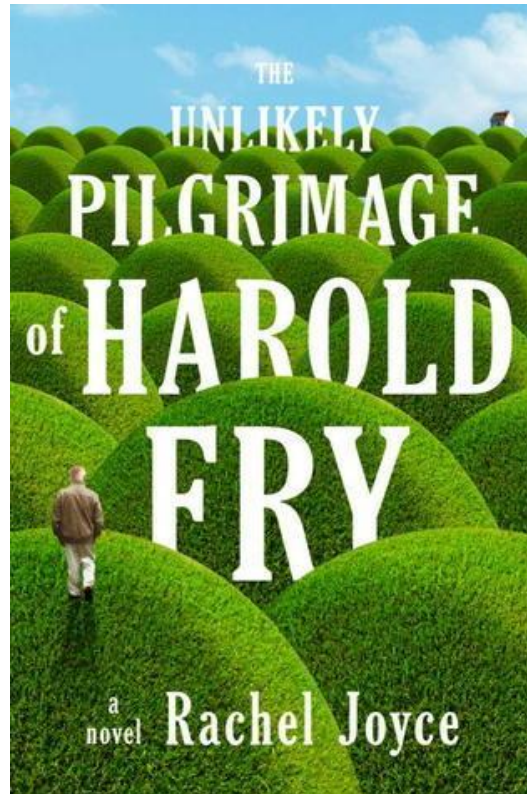
A - Breakfast in Bed



B - Spa - Heating Pad Before Bed Time

For two months, I could not focus on reading anything but the news, and I barely wrote anything structured, but journal entries. Only a month ago, I started reading some poetry: Rumi & contemporary, but I also fell upon a beautifully written novel that suited my state of mind, and I could not recommend it strongly enough. There is plenty of praise about the book, but it is one of those rich in images and ideas books where each person would find something different to reflect upon and marvel at. The main character is an ordinary man, who embarks on an extraordinary journey. It is a story of hope, transformation, and growth. To the film fans, the movie is coming soon too.

"The Unlikely Pilgrimage of Harold Fry" by Rachel Joyce



When browsing through books, trust your instincts that you will pick the right one that will match your emotional needs. And if you do not know where to start, join a book club at your local library. (which I did) 📖

Oh, and I saved my amazing news for the end: My book "Cursed Beauty" (Stories of Strong Women) has been approved by the [Hillsborough Public Library and added to their circulation!](#) Yeah! 😊

"Cursed Beauty"- check out the book here! :)

Wishing you the best to your families, and pets, and to find the right book that will always be there for you ~

Till next time,

Warmly,

Valentina

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