

## *Life Lines – A selection of thoughts and poems*

### **Publisher's Note**

*Life Lines* may be from another time and place in the author's life, yet most readers will find resonance in Rod's soul-stirring words as they may remind them of their own journey in part.

"To find the truth, stop living to find it and you will have found it!" is a quote from the poem titled *Man*. Need one say more? His writing explores the edges of life. He talks about suffering in silence, and brings to light that many still do. Although there is much more dialogue around mental health, we still have a way to go. Kudos to Rod for unveiling these thought-filled and provocative words to us, and perhaps encouraging us as to put pen to paper to explore our innermost thoughts . . . and heal.

"The gentleness of nature, stripped by humans, exists for itself, by itself. And humans can challenge it and either win or lose!" This is from the poem, *Nature*. I imagine you'll agree that Rod was wise before his time.

I encourage you to sink into *Life Lines*, and reread anytime you could use a little perspective or company on your journey.

I C Publishing is humbled to be working with such a seasoned and accomplished author and journalist.

Sheri Andrunyk  
Publisher, Author, Speaker, Mentor  
Insightful Communications (I C) Publishing  
Committed to Quality Content, Design, and Platform

[ICPublishing.ca](http://ICPublishing.ca) / [ICBookstore.ca](http://ICBookstore.ca)