

# Favorite BonBons to Sweeten Your Daily Life



Faith Lynella

Favorite BonBons to Sweeten Your Daily Life

Faith Lynella (aka Lynella Grant)

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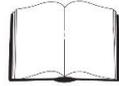
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*Turning Notions into Motions since 1994*

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## THESE BONBONS COME FROM TWO BOOKS OF MINE

*BonBons to Sweeten Your Daily Life: Wisdom that Works*, © 1996 and

*BonBons and Tasty Treats that Nourish Your Spirit*, © 2017

Both can be purchased in softcover or Kindle versions from Amazon.com

Nutrition Facts	
Serving Size: Heaping	
Servings Per Container:	
Bottomless. Enjoy all you like.	
Good Source of Insights.	
Provides All Essential Mental Nutrients.	
High Energy. Zero Calories.	
Not Filling. More Fulfilling.	
Promotes Healthy Relationships.	
Light Without Fluff.	
Rich and Life-Enriching.	
<b>INGREDIENTS:</b> Laughter, Joy, Reflections, Delight, Kindnesses, How-To Suggestions, Word Plays, Fresh Ideas, Candor, Wit, Fun, Wonderment, Creativity, Insights, Determination.	
RDA: % DAILY VALUES	%
Insights	100%
Grumbles and Gripes	0%
Violence	0%
Enjoyment	100%



## BONBONS ARE WISDOM IN BITE-SIZED PIECES

These are calorie free, fun, uplifting, and totally satisfying for your mind and heart. They enrich your day, gladden your soul, and provide a fresh awareness of your wondrous life.

### Help Yourself

While this is only a BonBon Sampler, each of them has the power to touch you deeply. Although this is like a box of candy, it is anything but fluff. Nibble, savor, revisit. Each time, these short BonBons will have fresh insights to impart as they nourish you deep inside.

**Warning: When consumed and acted upon,  
BonBons have the power to change your life**

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## LIFE IS BUT A STREAM

*A BonBon · Faith Lynella*

*From BonBons to Sweeten Your Daily Life © 1994*

Everybody starts life as a curious, creative, endlessly exploring bundle of energy. Gradually we are tamed—civilized to live in a home, a family, a risky world. Somewhere along the way the taming shuts down our abilities to explore and create spontaneously. Such impulses become dammed up behind the structures we create and that are imposed upon us, for our own good of course.

Like a free-running stream that is channeled and then piped, the water may still trickle out at the end—but it's not the same stream. It is still water, but what has become of the meadow, the birdsong, the rippling surface, the minnows, the bundle of energy that made the stream vibrant and sparkling? These count for nothing if you only measure the stream as gallons of water.

That dammed-up stream is like the gifted child that resides below the surface of our daily lives. Beauty, fun, a world of wonder are sacrificed within the “shoulds” and “should nots” that dictate our lives. Yes it may be the same stream, but in every way that relates to beauty, or fun, or a world of wonder for the little live and growing things, there is no comparison.

As adults we rarely question our confinements. We move freely it seems; but in reality, it is from tank (home) to cistern (work) to holding tanks (our various activities) by pipelines (routes, decisions) established long ago.

**Yes it is still life, our life—if measured by quantity. But what has become of the rest?**

Take time every day to let loose the curious, creative, endlessly exploring child within. Read a book. Solve a mystery. Be creative—quilt, sew, build an engine, fly a kite, or just meander down a path or sit by a stream.

There is a MUG available with this slogan:

*Get the Mug* - <https://www.etsy.com/listing/555445099>

## OPPORTUNITY KNOCKS

*A BonBon · Faith Lynella*  
From *More BonBons and Tasty Treats* © 2017

Opportunity knocks—but not the way you expect it to. It doesn't come up to your door like a well-bred guest, asking for admittance. *Opportunity knocks you down*. As you lie there, feeling beaten, you have several choices:

- Fume and grumble—maybe even get angry
- Move on as quickly as possible and dismiss the whole thing
- Feel really bad about how this could have happened to you

Try to figure out if it might be an opportunity being offered (actually, shoved at you)

When ambushed by adversity and disappointment, you are forced to see yourself and everything around you a little bit differently than usual. You get a chance to make a fresh start, set off in a new direction—coupled with the motivation to try it.

By knocking you down, something is trying very hard to get your attention. And the harder the whack, the more urgent is the message. Pay attention! You've been stopped, derailed, disconnected from your familiar routine. So pause a moment before moving on again. Take a good look at the people involved, the less-than-welcome situation, and the way it all relates to you. Notice intensely, giving attention to *all* the pieces. It just might be opportunity knocking.

There is a MUG available for this BonBon:

<https://www.amazon.com/dp/B01MSLCX47>

## OPPORTUNITY KNOCKS—AGAIN

*A BonBon · Faith Lynella*  
From *More BonBons and Tasty Treats* © 2017

One way opportunity knocks is to knock you down to get your attention. Opportunity also knocks in a muffled and thumpy way. It keeps niggling at you, for a little while, just out of hearing, an intermittent ka-bump. It flirts with you, only to vanish as you attempt to listen harder. But it returns—alluring but illusive.

If you ask someone else about it, they will strain and hear nothing. This is a summons just for you. It is for you alone to answer its beckoning—or dismiss it. It is as individual as a key to a lock. Actually, it is a key for your lock, but you won't know that unless you respond and pursue it.

Logic, good sense, and your existing commitments will feel no patience with such a wild goose chase. But if something in your nature is compelled to respond, you just might be able to grasp it. At that moment, *opportunity becomes destiny!*

## OPPORTUNITY KNOCKS—THE THIRD TIME

*A BonBon · Faith Lynella*  
From *More BonBons and Tasty Treats* © 2017

Opportunity sometimes knocks you down. Or it can lure you into seeking out what calls to your heart of hearts. But opportunity can also knock you solidly in the gut. Ugh!

We like to think of opportunity making us more likely to succeed. We imagine opportunity arriving in an intelligently-coherent way, with several attractive options. Assuming we like what's offered, we could go for it.

Hold on. That's not how opportunity works. It's not a business scheme, even a profoundly satisfying, long-term one. Something more significant is at stake, for opportunity relates to *the reason you're alive*.

The mortifying anguish that follows a major loss or disappointment knocks the stuffing out of you. Oomf! You're reeling and emptied out, and your confidence is nowhere to be found. The gnawing at the gut spawns despair and uncertainty—or is it the other way around?

Trust that! Don't deny it, avoid it, or put a pretty face on it. Don't look for blame or make excuses. Crashing to the bottom feels like having nowhere left to turn.

Wait... That's not the bottom. *That's precisely where opportunity hangs out*. At your darkest hour, and within your deepest core resides something both real and solid that is *not defeated*. It's the side of yourself that transcends the finite and personal. It is not destroyed by life's setbacks, but rises above them.

Watch that power surge to the forefront—which seldom happens when life goes on as usual. Being flattened calls that quiet strength forward. Its presence resonates with clarity and new possibilities.

The door to untapped reserves and fresh beginnings is hidden on the other side of defeat. No wonder nobody intentionally seeks that route to success.

Being pummeled by circumstances may feel like all is lost. But perhaps something crucial is found. Opportunity knocks you into standing up with a fuller sense of yourself. It *sets free who you really are*, beyond the limits of personality. That's where trustworthy self-confidence resides.



## OPPORTUNITY KNOCKS—YET AGAIN

*A BonBon · Faith Lynella*  
From *More BonBons and Tasty Treats* © 2017

Opportunity sometimes knocks every well-laid plan to pieces. Real opportunity is messy. It makes a shambles out of your elaborate intentions for the future. It upends your hopes and dumbfounds your assumptions.

But it also breaks down barriers that limit you and keep the brakes on. Such turmoil brings an abrupt re-shuffling of what *could* happen.

Along with the flash of disappointment comes a sensitivity to changing prospects. What was ignored in more stable times is now considered a godsend or a brilliant stroke of luck.

That reordering of possibilities also alters what you consider to be your strengths. You're being compelled to try new things and grow in entirely unfamiliar ways. Different or additional abilities will be called upon now—ones you're less confident about—ones never relied on before.

What follows disappointment and loss involves how to pick up the pieces. Consider the possibility that the broken plans and pieces scattered about are not the ones you should be picking up again.

What new paths or priorities are being opened up after it feels like all is lost? Look around for them, for they are waiting in the wings. How eager are you to seek them out?

Disruption also brings freedom. Not just *freedom from* what mattered to you before, but *freedom to* write your own ticket to something only dimly glimpsed.

Why not

- Make it grand in scope?
- Make it ambitious?
- Make it worthwhile?
- Make it satisfying?
- Make it uniquely yours?

**The unblocked door that stands open briefly is called “Opportunity.”**



## DON'T SMELL THE ROSES

*A BonBon · Faith Lynella*

*From More BonBons and Tasty Treats © 2017*

“Stop and smell the roses.” How often have you heard that one? Please don’t just smell them. There’s so much more to be experienced—a world untapped in every blossom.

Discover a totally new relationship with flowers, the stuff of nature, whatever is around you that’s seldom noticed. Start by *deciding to notice*. Make the background of your busy life front and center. Pay attention, now. Focus the full horsepower of your sensory apparatus on a single flower, for instance.

Hold on. Wait... don’t rush this.

**What do your eyes see?** Shift magnification, noting shades of light and shadow, the colors, the textures, the closed still-unpopped buds, the wobble in the breeze, its rootedness into the earth, the bugs crawling on the stem or buzzing around it.

**Touch it**—gently now. Is it warm from the sun? Moist from the dew? Do the bloom and leaves gently yield to your fingers, while being springy on the bud, yet tough and resisting in the stem? Can you imagine how much more a blind person would be “seeing” with their touch?

**Listen.** A flower may be silent, but it grows in a world that’s anything but. Bend down—eye to eye, ear to bloom, with it. Stand still, your ear as close as possible. Get quiet, really really quiet. Turn off the hum of mental chatter, your personal Muzak. Can you hear the flower now? The buzz of insects, the chirp of birds, the rustling of the wind in nearby branches, the purposeful footsteps of someone going by, the hum of traffic in the distance. You might even hear the rubbing of the fabric in your clothes as you breath in and out. Quiet? No way!

OK, now **smell it**. Really do it right, with your eyes closed—slow and deep. Don’t just smell the blossom, but also the leaves, buds, seedpods, noting how the various parts seem the same—and different. Compare the part that’s in the sun with the same part that’s in shadow. Is it mustier? Crush a leaf or a petal and inhale the essence released. Let your mind run free. What associations come bubbling up? Are you transported back to grandmother’s garden? What emotions flood in?

**Taste it.** Knowing that some plants are poisonous, think twice about chewing and swallowing. Build on what your nose unlocked. Is the taste familiar? Like an herb? Bursting with succulent life force? Roll it around in your mouth and explore its texture with the tongue, against the lips. Notice all the associations and emotions unleashed. Drag it out.

Five senses—infinite observations. And that’s just the beginning—that’s the flower as each sense takes it in. Now step back (physically and mentally) so you can experience the whole flower with the whole of you. Doesn’t awe and wonder bubble up? Don’t you, for a moment, feel the magic of “seeing” like a young child? There are no ideas about the flower—just the enjoyment of it, as you respond to its delicate beauty.

Take a quick check out of the corner of your eye, in the back of your mind. Life’s problems are nowhere to be found—for now. They’re eclipsed by the splendor of a flower, along with your taking the time to put something else ahead of them.

That’s just one flower, but an encounter very worth your time. It’s one that every flower offers—and any object that’s experienced sincerely can provide.



## ART, MUSIC AND BEAUTY

*A BonBon · Faith Lynella*

*From BonBons to Sweeten Your Daily Life © 1996*

Art and music are about beauty. They have to do with the way we experience our world—not as something isolated and set down by the masters in the great classics. We turn our attention to the colors of the evening sky, the subtle shades and shadows of a loved one’s face, the silhouette of a bird perched on a light pole.

We hear the music in the sounds and rhythms of the falling rain, the laughter and squeals from a playground, the chirping of a cricket.

Art is all around us, and yet it is not the things we experience. Art is in us—in our ability to notice. An eye or an ear tuned to lovely things will always be surrounded by them. The more that we have the urge to notice, the more power beauty will have to touch our lives.



## INNER WORK IS HARD WORK

*A BonBon · Faith Lynella*

From *BonBons to Sweeten Your Daily Life* © 1996

### **Inner work is hard work.**

- It is not daydreaming.
- It is not introspection.
- It is not wishful thinking.
- It is not dogma or beliefs.
- It is not creative visualization.
- It is not self-judgment or criticism.

Inner work is learning about yourself from the INSIDE. It reveals to you what works for you and what doesn't. You begin to see your limits with candor and acceptance. You find and repair damaged and hurt places. You discover strengths and virtues you didn't know you had. Your goal is not to change, but to truly understand yourself, as you *already* are.

Too often, people are not satisfied with themselves and spend considerable effort trying to change into being someone they would like better. Those efforts to change are very different from what is required to know yourself. Yet, attempts to change are doomed unless they include an awareness of what is already in operation. The better way to grow is to value those qualities which are already functioning and enhance them. Then you are building on your strengths, using your resources to greater advantage.

Inner work is the difficult but solitary effort to “take your invisible mental clothes off” and see yourself naked and undistorted. As you eliminate all pretense, all muddled thinking, all preconceptions, you see your own real self—honestly and with love. The combination of courage, vulnerability, trust and gentleness necessary to “Know yourself” is hard to achieve. But inner work cannot occur without them.

**Get the Mug** - <https://www.etsy.com/listing/671015405>

**Get the T-shirt** - <https://www.amazon.com/dp/B07MRM38KV>

BLACK - <https://www.amazon.com/dp/B07MH8KJ9D>

# IN PRAISE OF BLUBBERING AND YAMMERING

*A BonBon · Faith Lynella*  
From *More BonBons and Tasty Treats* © 2017

Everyone experiences life in three ways—logically, emotionally and physically. Early on, we learned to let the logical side do the talking. It's good at it and people are more likely to pay attention.

Since our logical side controls the mouth it assumes it calls the shots. But it edits out information that doesn't make sense to it—information that isn't rational. What it deletes is primarily related to the body and emotions.

When our emotional side tries to speak up and be “logical” it blubbers. When our physical side tries to speak up and be “logical” it yammers. Neither of which comes across as articulate—but that doesn't mean the body and emotions don't have anything worth saying.

Neither blubbering (hurt feelings) nor yammering (body hurts) come across as persuasive or coherent. To the extent their message gets through at all, it's likely to be embarrassing for both the speaker and the listener. The point is almost always lost because it's made so ineptly.

Our logical side wants to leap in and tidy up the information since it, too, doesn't “get it.” That's why the blubbering or yammering started in the first place.

So, here's the dilemma—whether to persist with belaboring the issue that's putting you in a poor light, or to drop it—let it go, resolved to “forget the whole thing.”

When it comes to verbal expression the body and emotions are woefully inept—they're accustomed to keeping quiet. So when they do speak out—however awkwardly—pay attention. Listen. Trust there's something being said that your logical mind didn't notice or can't address. But it's something you need to be aware of, nonetheless.

Respect the sincerity of what's being expressed, however illogically. Don't attempt to turn it off. Listen beyond the words, for the underlying message. Muzzle your own smooth-talking logical point of view that's eager to edit or correct. Consider the blubbered or yammered information relevant, since there's a core of truth in it—truth that would be so easy to ignore.

It takes courage to let yourself blubber or yammer. It takes even more courage to listen and respect the perplexing message. Yet you'll be amazed by what you'll discover about yourself on those channels you've assumed carried only gibberish or static.

Tune it in, don't tune it out.

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This BonBon has a MUG and T-shirt that says: Blubbering and Yammering is a Good Thing  
**Get the Mug** - <https://www.etsy.com/listing/555536067>  
**Get the T-shirt** - <https://www.amazon.com/dp/B07HSJTH98>



## FAT HEAD

*A BonBon · Faith Lynella*

*From BonBons to Sweeten Your Daily Life © 1996*

“I’m too fat,” “I’ve got to diet,” “My clothes are too tight,” “I’m eating too much,” or even “I’m too thin.” Such recurring mental chatter has a way of creeping in throughout other activities. It colors the enjoyment of many things other than food: our friendships, our job, our leisure activities. It tears at our self-confidence and redefines our self-image.

Yet, the solution is not primarily related to what to eat—or even how much to eat. Changing eating habits, or resolving to change them, would make little real difference. The problem of weight control has less to do with your eating habits than you think. It has less to do with will power than you think.

It has less to do with genetic disposition than you think. Each of those, and all the other areas of our ready excuses, are only secondary. So it’s no wonder that placing your attention and resolutions on them has so little effect.

Food, and the way you relate to it, have become **TOO CENTRAL** in your life. Eating (or not eating) doesn’t deserve to be your primary concern. Figure out what you prefer to have as your central concern. Find a guiding passion, a commitment to something you *really* feel strongly about. Put more time and energy there. Find ways to make it central to your daily activities. Invest yourself in that pursuit—think and dream about it.

As something more significant fills your attention, your preoccupation with food or your weight recedes. It then takes its proper place in your life. Once food ceases to have an overriding influence, you can enjoy it and stop treating it as a stick you use to beat yourself.



## ALLIGATOR WATCH

*A BonBon · Faith Lynella*  
From *More BonBons and Tasty Treats* © 2017

*When you're up to your ass in alligators, it's hard to remember you came to drain the swamp. Author Unknown*

Sometimes alligator attacks seem like they'll go on forever. No sooner have you dealt with one crisis, then there's another, then another, then another. Each attack insists on being taken seriously and handled NOW. Alligators seem to come in bunches—triumph over one and there are many more in line.

When beset by the need to bail a sinking boat or solve a crisis, speed and endurance are critical. Your ability to do anything the “right” way, let alone the “carefully planned” way, is a routine casualty.

The assaults that come with living in crises mode are draining and soul deadening. “If I can just get through this, then...”

Anything that's less urgent gets pushed into “then...” Life as you'd like to live it inevitably goes on “hold.” If you dare to wonder “How much more can I take?” you needn't wait long to find out.

Fortunately, such trials help us to find strengths seldom used and to discover what matters most. The need to find “those things that endure” becomes paramount. Trivialities fall away, and you get to find out who your true friends are. Such discoveries are the upside of the downside.

As you drag on, enduring, struggling, fending off whatever form the alligator of the moment takes, what could possibly seem like progress? As long as there's yet another alligator, you're vulnerable to their persistent influence. You can be pulled into the fray repeatedly—rather than rising above it.

Take heart—look at what you've been through, and survived, and discovered (although the value of that comes later, in a more reflective mode).

Recognize that the swamp is a bit less swampy—and the original goal is not as far off as it was.

Notice, too, you're now only up to your knees in alligators. Can ankles be far behind?



## TRUTH COMES IN MANY FLAVORS

*A BonBon · Faith Lynella*  
From *More BonBons and Tasty Treats* © 2017

The first truth to know about truth is that there are a lot of different kinds. All are true to a degree—but they're not equally genuine, accurate, and reliable.

### **1. Everyone knows.**

That's the common wisdom of the world; accurate and inaccurate all mixed up together. That's what we're taught as kids and pick up from those around us. Although we don't question it as it comes in, we spend the rest of our lives discovering what just 'aint so. Still, it's considered "close enough."

### **2. What I know from my own experience.**

While it's true you had the experiences, it's seldom that any of us make the effort to see them within the whole picture. Besides, we're dynamic and alive. So what we know and understand changes with time. The truth as understood by a child is very different from the truth understood by an adolescent, or the parents, or the old folks. All versions of what happened can well be true as far as they go. But each is limited by perspective and experience. Trusting experience adds up to a whole lot of gray area and very little certainty.

### **3. What I believe—the truth you've bothered to check out and commit to.**

You've grappled with it, scratched your brain and asked sincere questions. This is your best shot at nailing down the truth, so you're willing to rely on it. It's still a mix of truth and half-truths, dogmas and illusions. But, hey, they're yours. And besides, they will change as you go along.

### **4. Fudge—what's true because I prefer to think so.**

Oh no, not lies exactly. But it carries a bit of bias we close our eyes to—pretend we don't see. It would be random distortions, but notice there's always an unacknowledged element of self-dealing. Not much scratching beneath the surface or double-checking to get the facts, either. Quiet assertion or hype—same difference.

## 5. Scientific truth and reasoning.

Now here's where objectively reliable truth can be found—or so we believe. Science attempts to analyze and define what's lawful in the world. But its methods are limited and the scope of topics narrow. There's a lot that science doesn't know or can't find out. We've been oversold what rationality and the scientific method can deliver, so settle for facts that are “statistically significant.”

## 6. Big T Truth—the eternal, big-picture truths, like the virtues, honor, and courage.

These aren't garden-variety trifling, subjective, defined-by-the-situation truths. These speak to our higher nature and make us rise to life's possibilities. They can make us stretch. So we don't take them off the place of honor and dirty them up in everyday concerns. No—we save them for special, in a safe place, where they get dusty from lack of use. Respected, quoted, revered, but without day-to-day relevance.

There's not a lot of demand for big T Truth. Most people are satisfied with what they've got already—whether it came as religious dogma, a profound aha! experience, or wise philosophies. Those who bring Big T Truth (visionaries and prophets) are seldom welcomed and often scorned. That message is usually an affront to all the other truths people are satisfied with. And it's always disruptive—challenging “what everyone knows” and “what I believe.”

## 7. Fresh Truth.

Beyond even Big T Truth is fresh truth. It's discovered and expressed by a person attempting to actually live the larger truths (which aren't in service to their ego). Through their devoted struggle to live in accordance with their over-arching reality, the person stretches beyond the truth they know. That brings truth alive. Perhaps only for a moment. But that's the majesty of living truth—an authentic force for mankind.

One individual at a time...  
One opportunity at a time...  
One truth at a time...

And that's how one can keep truth relevant, fresh, and vibrant.

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*End of BonBons*

## GETTING THE MESSAGE

A book is long, a BonBon is shorter, but a slogan brief enough to fit on a mug or a T-shirt is shortest of all. Yet it's possible for each of them to deliver the same heart-warming or insightful message. And the words can make you feel the same clarity inside. The test is, Do the words strike a spark of insight in the reader?

Please take my words to heart, whether they come in printed form within two covers of a book, in “chocolate” form as a BonBon, or when on printed on a mug or T-shirt. They have an energy that speaks to the human experience - to the highs and lows that each of us encounters.

I hope what I have to say can brighten your day, lighten your load, and strengthen your relationships, both now and for the long haul.

Many more people will read a T-shirt that's worn in public than will ever read my books. Same sentiment, different format. Same binkle or energy, but it's much easier to share. That realization led me to turn some of what I've been writing over the years into slogans that can be printed on products.

### [SEIZE THE SPARK ETSY SHOP](#)

My one-of-a-kind designs of my slogans are offered on mugs, T-shirts, and other products. All, except T-shirts, can be found here:

<http://etsy.com/shop/SeizeTheSparkShop>

With hundreds of unique slogans, you're sure to find something that speaks to you. Designs that have matching T-shirts are being offered on Amazon.com. The link to such T-shirts is shown on the related mug page. **NOT ALL MUGS HAVE MATCHING T-SHIRTS.**



## WANT MORE BONBONS?

This is simply a sampler, a few tasty morsels for you to see how well you like them. There are several books of BonBons, but many BonBons appear in the various books I've written. And I'll continue to write more.

### *BonBons to Sweeten Your Daily Life* © 1994

- Kindle or e-book – ISBN 978-1888739046
- Softcover – ISBN 978-1888739633

### *BonBons and Treats that Nourish Your Spirit* © 2017

- Kindle or e-book – ISBN 978-1-888739-13-8
- Softcover – ISBN 978-1-888739-14-5

## COME BACK FOR MORE

I also post Bonbons on these websites from time to time

- <http://faithlynella.com>
- <http://seizethespark.com>

See all my books listed on **my author website**: <http://faithlynella.com>

Or my **Amazon author page**: [amazon.com/author/faithlynella](http://amazon.com/author/faithlynella)

Any of my books now in print can be purchased from Amazon.com

## OTHER BOOKS OF MINE THAT YOU MIGHT LIKE

Each of these is available in both Kindle and paperback versions from Amazon.com

And more titles are almost ready for publication. Watch for them at my website:

<http://faithlynella.com>

**Pockets of Air: Finding breathing room in an upside-down world** © 2014

**Naked Visionary: Seize your sparks of inspiration** © 2012

**How to Survive a Spiritual Hangover: A practical guide to holding steady in a wobbly world** © 2007

**FICTION The Binkle and the Catawampus Compass** – For the joyful child in us all - Fantasy with gnomes and magic © 2008 @ 250 pages