

Vitality Knocks - Short Stories to Enrich Your Soul

By Anita Heidema

Message to the Reader,

Welcome to the life of Vitality.

Life is a journey to be fully experienced and enjoyed. We are meant to learn and grow, often on our own, at times together. In the learning sometimes comes the proverbial “knock on the door” to encourage us to be open, and to pay attention as circumstances unfold in our life. Unfortunately there are those that resist this and miss the lesson and/or blessings that await all of us. How sad it must be not to enjoy life and relish in all the experiences that come with it; to be held back by fear, and lose out on the *vitality* of life.

With age is supposed to come wisdom, but this is not always necessarily so. I have met many young people much wiser than their years; then others who have not gained those healthier perspectives you’d imagine would come with more time.

When I look back, I see that I have become more aware of learning from my experiences, for which I’m thankful. Although many moments have been tough, they’ve brought me to the wisdom and peace I know now. I have embraced all that life has given and taken, and loved with all my heart; and I continue to grow and enjoy every opportunity and twist in the road that comes my way.

That’s why I decided to write this book, to encourage you to do the same. I invite you to join Vitality on her journey of self-discovery as she works her way through life. Each story can be read in a few, beautiful, digestible minutes—each a mini-escape with gentle reminders.

You’ll recognize Vitality’s desire to makes sense of things, especially the challenges she faces. You’ll see that she takes a break now and then to reflect and refresh. You may learn with her, or simply relate given your life experiences so far. Ultimately, you will want to celebrate with Vitality when she comes out on top; life is no longer controlling her, and she is at the helm.

My wish is that you also find some hidden gems of truth and encouragement for your life’s path, here in *Vitality Knocks*.

May you always dream big, and enjoy every moment with the ones you love, doing what you love.

Anita Heidema