

TAKE HEART

A Conversation in Poetry

*Edited & Introduced by Wesley McNair,
Maine Poet Laureate*

This favorite poem from a past column is chosen by Patricia Davis of Litchfield, who writes that Bob Brook's "On Getting Up" is "a jazzy and compassionate depiction of the human condition," adding that the poem "says so much so simply."

On Getting Up

by Bob Brooks

Some days it's all you can do
to get up in the morning.
Some days you get up in the morning –
it's all you do.

Some days are all morning,
some mornings all day.
Some days it's all up, all *can do*.
Some days it's *get up, you, it's morning*.

Days you can get up, you do.
Some days all morning.
Some days all day.
You do all you can do...

All in all, some days
get to you.

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