

Crunch

When you are in a crunch
Problems come in a bunch
You feel like digging a trench
And hide from the life's stench.



Every phase in life is not the same
Ups and downs are part of the game
You need to learn on how to tame
Putting the hurdles to shame.



All thru it's important to stay positive
In any situation, complex or primitive
Even you become emotionally negative
Deal with them by being creative.



Remember, you cannot run away
And have to face it, what may
Have faith in God and pray
To emerge victorious one day.



Put focus on your efforts
And hope in your prayers
It's only hard work that matters
For you to punch and put the crunch in tatters.

Girish Elchuri

**You and only you, have a solution to
every problem.**