

SHORT TAKES

The form consists of a central column of three yellow rectangular boxes with rounded corners, stacked vertically. On either side of this central column are two vertical columns of small, empty square boxes. Each of these side columns contains 12 squares, for a total of 24 squares per side. The entire form is enclosed in a thin black border.

“LORD, DON’T LET ME GET OLD PRAYER”

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Short takes are information crammed into a small space/time frame. For example, in film, the “movie” may be only three minutes long and still pack a powerful punch. The subject can be anything.

In publications such as newsletters, ebooks and magazines, up to one page is a short take. As you will see in these pages, a topic is presented in short take format. This gives you enough information to kick start the thinking part of your brain.

It is up to you to take it from there, if you so desire.

That in a nutshell is a short take.

Enjoy ours...

Disclaimer: Nothing in the book is meant to be medical, financial or legal advice. It is for information purposes only and it is your decision whether to act, or not act, on any of it. Always, repeat always, contact a competent professional in the field in which you are interested/involved/active.

I love this to the point poem. I hope you do too. Enjoy!

Lord, Don't Let Me Get Old Prayer

**Now I lay me down to sleep
I pray the Lord
My shape to keep.**

**Please no wrinkles
Please no bags
And please lift my butt
Before it sags.**

**Please no age spots
Please no gray
And as for my belly,
Please take it away.**

**Please keep me healthy
Please keep me young,
And thank you Dear Lord
For all that you've done.**