



# John Melnick

## September 6, 2012

### "RISE ABOVE"



#### In This Issue

[Message from John](#)

[IF - by Rudyard Kipling](#)

#### Quick Links

[John's Website](#)

[Mood Disorder  
Association of Manitoba](#)

[John Melnick email](#)



[Additional Resources](#)

Dear John,

"My friend Piper and I send you greetings".

We hope that you will enjoy reading the poem "If" by Nobel laureate Rudyard Kipling.

The poet is speaking to a young boy, but I believe the advice is good for boys, girls, men and women. It seems to help put a lot of things into a healthy perspective.

Keep well and "Rise Above".



So often I am asked for more resources, so if your interested please click the link below or email me at

[john@johnmelnick.ca](mailto:john@johnmelnick.ca)

[RESOURCES](#)



## If

If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or, being lied about, don't deal in lies,  
Or, being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise;  
If you can dream - and not make dreams your master;  
If you can think - and not make thoughts your aim;  
If you can meet with triumph and disaster  
And treat those two imposters just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to broken,  
And stoop and build 'em up with worn-out tools;  
If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breath a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: "Hold on";  
If you can talk with crowds and keep your virtue,  
Or walk with kings - nor lose the common touch;  
If neither foes nor loving friends can hurt you;  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run -  
Yours is the Earth and everything that's in it,  
And - which is more - you'll be a Man my son!

Rudyard Kipling

DOB: December 30, 1865

DOD: January 18, 1936



**John Melnick**  
Distinguished Toastmaster  
Phone: 204 471 8816  
email: [john@johnmelnick.ca](mailto:john@johnmelnick.ca)  
[www.johnmelnick.ca](http://www.johnmelnick.ca)

*FOR MORE INFORMATION ON MENTAL HEALTH OR TO PURCHASE ONE OF JOHN'S DVD'S  
PLEASE CLICK HERE [DVD](#)*

[Forward this email](#)



Try it FREE today.

This email was sent to [jmelnick@mymts.net](mailto:jmelnick@mymts.net) by [jmelnick@mymts.net](mailto:jmelnick@mymts.net) |  
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

John Melnick (Mental Health Speaker) | Kendale Drive | Winnipeg | Manitoba | Canada