

# How to Balance a Book on Your Head

## Megan Garrett

First

It has to be a book from the bookshelf of your mother. And before you were even four years old you knew that it had stories, information and surprises that helped you to grow taller. And as you grew older you could put your own books on her bookshelf and she would read them too, just to understand you better. Even when walking up a steep flight of stairs in your home, the book should balance from the sheer memory of the title on your head and the people and places inside. Because by that time many of the people and places in the book will be in your head as well as on your head and that will help to keep your back straight and your mind level. It can also make your mother smile at you when you cross the room without dropping it. And if you almost drop it and you catch it in midair, your mother might read it again, or at least a few pages out loud to you because it's a favorite or an important book that will someday be on your bookshelf. You can also read your favorite part out loud to her if the moment seems right. If your big sister has also read the books from your mother's bookshelf and sent you a duplicate copy of some of them for your own bookshelf, you will be able to balance those books even with your eyes closed. I believe this may have more to do with some type of mother, sister, daughter book magic than anything else, so I won't try to explain that tightrope act. When you have mastered balancing the books, it will be a rare occasion in which you might drop them as they are so valuable to your life and the memory of your mother that each step you take may hold a thought of laughter, love, tears, courage, power, struggle, compassion, hate, dreams, childhood, womanhood, blatant facts and mystery. These thoughts will be essential to understanding the world and yourself and helping you to further evolve into your best self. If the aforementioned is not available to you, I have listed a modest collection from my bookshelf that once you have read them may also help you balance a book on your head, if added to your bookshelf. Please remember that the weight, shape, size or newness of the book is irrelevant. Even if the cover is gone and your mother has created one out of a brown paper bag and written the title in her own handwriting, it should still work. Happy balancing!