



WHEN A CITY GIRL *goes country*

By Annette Bridges

Besides being a cattle rancher with my husband, I like to make things. My first inclination when I am creating is to make what I need, as well as create what makes me happy.

I have made a few things that feature the phrase "Mamma Said So."

This also is the title of a book I wrote that highlights some of the many things my mamma said to me that I never wanted to forget.

I was inspired to write this book shortly after she passed away a couple of years ago.

The subtitle for this little book is "20 Pearls of Wisdom from a Southern Sage."

Indeed, my Georgia peach mamma was definitely a southern sage. She shared her wisdom with anyone and everyone she thought needed it.

My book also features sassy illustrations an artist friend created from photos I provided of my mamma that I felt went along with each pearl being shared.

I have no doubt that we all had mammas or someone that was a mamma mentor in our lives who did their best to steer us in a good direction.

In case you never read my book, I thought I would share with you Mamma's pearls of wisdom. I suspect many will sound familiar because mamma wisdom is undoubtedly universal.

1. Ask yourself, "But what if you could?"
2. Love the heck out of 'em. (In other words, love anyway. No matter what, in spite of, even if you don't want to.)

3. Whatever makes your soul smile, do that.

4. Find your beach.
5. Your world isn't supposed to be lived in black and white. Add lots of color.

6. Be thankful for what you've got, and you'll have enough to be thankful for.

7. Happiness is found by loving the life you live.

8. Don't forget to have fun.

9. Life is meant for good friends and great adventures.

10. Everything you do doesn't have to be planned. Just go.



"Mamma said so" tote. (Photo courtesy Annette Bridges)

11. You're never too old to try something you've never done before.

12. Yes! You can! You always have a choice.

13. Follow your heart.

14. Be unapologetically you.

15. Move your body any and every way you can.

16. Stop fretting over what's not important. Good enough is perfectly fine.

17. Don't let anything or anyone take your joy from you ever.

18. Do what you can do.

19. Never give up.

20. You're never alone, honey.

Whether living in the city or in the country, when I was young or now not so young, I have learned my mamma's advice always finds a way to be relevant to my life.

I am pretty sure she never dreamed her baby girl would grow up to be a cattle rancher. Heck, I never imagined it either, but I know she was thankful I married a good man who was hardworking and honest. 🌻