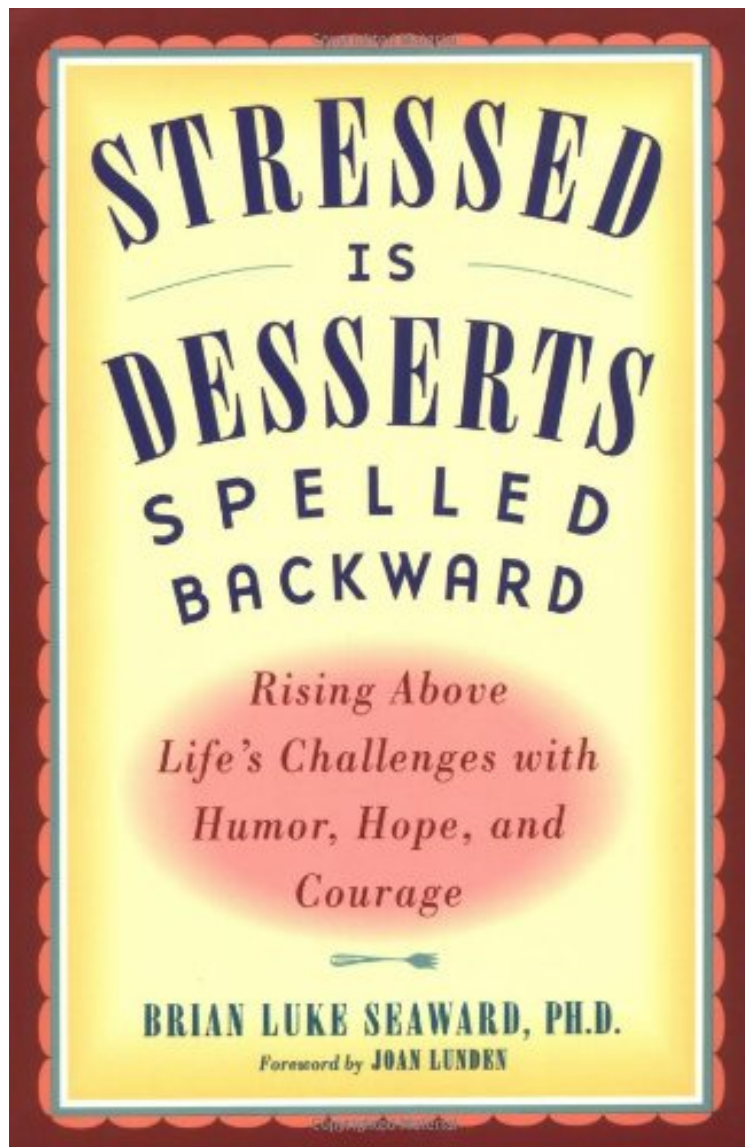


[Free] Stressed is Desserts Spelled Backwards: Rising Above Life's Challenges with Humor, Hope and Courage

Stressed is Desserts Spelled Backwards: Rising Above Life's Challenges with Humor, Hope and Courage

Brian Luke Seaward

*ebooks | Download PDF | *ePub | DOC | audiobook*



DOWNLOAD



READ ONLINE

#753283 in Books Conari Press 1999-07-01 Original language: English PDF # 1 .98 x 5.30 x 8.021, #File Name: 1573241660260 pages Great product! | File size: 36.Mb

Brian Luke Seaward : Stressed is Desserts Spelled Backwards: Rising Above Life's Challenges with Humor, Hope and Courage before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stressed is Desserts Spelled Backwards: Rising Above Life's Challenges with Humor, Hope and Courage:

0 of 0 people found the following review helpful. poorly maintained
By TELICIA WRIGHT
Book pages are grossly stained and have folds.
0 of 0 people found the following review helpful. Great way to relieve that stress!
By carrickfergus
Great book...my daughter loves it!
5 of 5 people found the following review helpful. A personal and revealing account of stress and life.
By A Customer
After reading this book, I hold firmly to my belief that we all experience many of the same feelings, and that a mentality of separateness is the cause of many of societal ills. I applaud Dr. Seaward for revealing a personal side of stress in what I believe is an effort to heal many through the exposure of one's struggles in life and the resultant successes. I am reminded of Lance Armstrong as I get caught up in my self-created daily worries. Attitude is everything and Dr. Seaward certainly shows that with the right attitude, the blessing in every situation will be revealed. I have also read "Stand Like Mountain, Flow Like Water" and feel that this book is excellent follow-on reading. I think that this book helps remind us of the big picture of life, and will hopefully help many people get out the petty details that fritter life away and open our hearts.

Brian Luke Seaward remembers an epiphany -- a turning point in a childhood filled with incredible stress caused by two alcoholic parents. His grandmother handed him a plate of freshly baked cookies with these loving words: "Now, remember, stressed is just desserts spelled backwards!" He realized that humor and compassion go a long way toward easing both stress and sorrow, and made it his life's work to remind people that "we have the power to move through, or around, our problems, and eventually transcend them."