



How to Save Your Own Life: 15 Inspiring Lessons Including: Finding Blessings in Disguise, Coping with Life's Greatest Challenges, and Discovering Happiness at Any Age

Michael Gates Gill

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The author of the *New York Times* bestseller *How Starbucks Saved My Life* perks up America with inspiring lessons on finding true happiness at any age and any stage of life.

Michael Gill's lemons-to-lemonade memoir chronicled his transformative year working at Starbucks after losing his high-powered job, his marriage, and his health (he developed a brain tumor). In response to overwhelming requests from readers who wanted to know how they, too, could weather downturns, he has distilled his wisdom into fifteen meaningful lessons, including:

? Leap...With faith: Sometimes it pays to leap without looking and say "yes" without thinking (Gill accepted the Starbucks job immediately, on a whim).

? Let . . .Yourself be Helped: pride is even more paralyzing than fear.

? Lose . . .Your Watch (and Cell phone and PDA!): Our obsession with productivity produces madness, not gladness.

Offering living proof that extraordinary happiness is found in ordinary moments, *How to Save Your Own Life* provides empowering words and hope for anyone facing a reversal of fortune. True fortune, Gill discovered, lies not in fate but in discovering the innate capacity we all possess to rescue ourselves.

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