



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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Michael Gill's lemons-to-lemonade memoir chronicled his transformative years 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 lessons 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.

·**Look...with Respect at Every Individual You See:** Gill was raised to avoid eye contact with those who were different, cloistered in a privileged world. Now he realizes the potential in all who cross his daily path.

·**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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Gregory Polster:

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