



This I Believe: Life Lessons

By Dan Gediman, Mary Jo Gediman, John Gregory

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Inspiring life wisdom from people of all ages—based on the *This I Believe* radio program

The popular *This I Believe* series, which has aired on NPR and on Bob Edwards' shows on Sirius XM Satellite and public radio, explores the personal beliefs and guiding principles by which Americans live today. This book brings together treasured life lessons of people from all walks of life. Whether it's learning the power of saying hello or how courage comes with practice, their intimate reflections will inspire, move, and encourage you. Filled with the valuable insights distilled from a wide range of personal experiences, *This I Believe: Life Lessons* is a perfect gift—for others or for yourself.

- Includes extraordinary essays written by "ordinary" people who share the story of an important lesson they have learned about life
- Shares a wide range of beliefs and experiences from a diverse group of contributors, including a physician, a roller derby queen, a corporate executive, and a homeless person
- Based on the popular *This I Believe* radio series and thisibelieve.org website

No matter what your age or circumstances, this book will give you valuable food for thought and important new insights on how others have learned from life's challenges.

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"Each writer in the book lets us into his or her life for a brief moment, and this openness gives the message added weight, to the point that even the most curmudgeonly reader cannot help but be affected."—Scott Coffman, *The Courier-Journal*, December 2, 2011

Review

“The authors of these brief essays—everyday people, young and old, rich and poor—read their works aloud in their own voices, providing the listener with a more meaningful and touching listening experience.”

—*AudioFile* [Earphone Award Winner]

From the Inside Flap

First created by Edward R. Murrow in the 1950s, the popular radio program *This I Believe* explores the core beliefs and guiding principles by which Americans live today. In this book, you will find an inspiring collection of personal essays from men and women of all walks of life who share the stories of important lessons they have learned over the course of their lives. You'll find personal experiences and profound insights from a roller derby queen, a physician, a corporate executive, and a homeless person. You'll read essays written by those with several decades of life experience and others from teenagers. You'll find ponderings on life's big questions, such as "Why am I here?" and "What is my place in the world?" as well as beliefs in the importance of saying hello, thank you, and I forgive you. There are revelations on the importance of listening to your inner voice and taking responsibility for your actions. And there are reflections on the resiliency of people who have lived through cancer, depression, or an accident—and came through it with spirits intact.

These diverse, engaging essays share valuable lessons for those just starting their adult lives or anyone dealing with life's challenges. Revealing much about what it means to be human, this book offers wisdom, guidance, and inspiration for all.

To read more essays and submit your own, please visit www.thisibelieve.org.

100% of editors' proceeds go directly to the not-for-profit organization *This I Believe, Inc.*

Users Review

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The experience that you get from This I Believe: Life Lessons may be the more deep you digging the information that hide within the words the more you get enthusiastic about reading it. It does not mean that this book is hard to comprehend but This I Believe: Life Lessons giving you joy feeling of reading. The article author conveys their point in selected way that can be understood through anyone who read that because the author of this reserve is well-known enough. This book also makes your vocabulary increase well. That makes it easy to understand then can go along, both in printed or e-book style are available. We highly recommend you for having this specific This I Believe: Life Lessons instantly.

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