

BOOKS WORTH READING

Learn To Throw Away Your Grievances And Grow

(NAPSA)—A new book may help people read more into everyday events in completely new ways. The result, says author Ardath Rodale, can be a new approach to finding love, hope and joy.

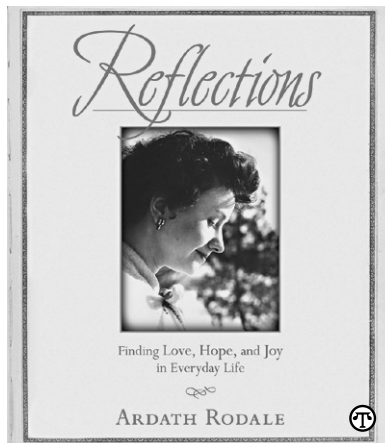
“Sometimes we need to be emptied before we can be filled.”

Ardath Rodale

Rodale says simple things, including smelling the grass after the spring's first sun shower, enjoying a child's smile or soaking in the pleasure of an autumn sunset can deeply enrich people, both mentally and spiritually.

Every month Rodale shares her unique message with three million *Prevention* magazine readers in her popular column, *Reflections*. Her new book, also called *Reflections* (Rodale, \$12.95), features 50 of her most popular stories of healing and everyday miracles.

Rodale's fans say they can easily connect with her and draw strength from her personal wisdom because they sense she's "earned her stripes" as a survivor. The author has endured more



A new book encourages readers to welcome the “doors” in life’s journey and “weave” their experiences into a “blanket” of courage.

than one bout with cancer, the loss of her son to AIDS and the shocking, premature death of her husband, Robert Rodale. Yet, through it all, she says she has remained grateful and in awe of the “wonders of life.”

Rodale, a self described teacher, nature lover, devoted mother, grandmother, organic gardener,

and successful Chairman of the Board (at publishing company Rodale Inc.), uses *Reflections* to draw the reader into her world and experiences. She describes her “sacred bond” with her garden, family and history and writes about the rejuvenation of a budding flower's growth and the transformative powers of ritual and shared experience.

“The book's mission is to show people they can use the power of their bodies and minds to improve their lives,” says Rodale. “*Reflections* invites the reader to walk in my garden and hear warm, resonant memories of life and loss.”

Rodale says it's her goal to help readers learn to master the “transcendent art of weaving loose strands of pain and confusion into a beautiful blanket of courage, strength and resilience.”

In fact, before closing each essay, she encourages readers to spend time reflecting on their own lives and to reach out to others to make connections that can help people remember treasured moments that “bind us all together.”

For more information, visit www.rodalepress.com.