

BOOKS WORTH READING



Stuff Happens—And Then You Fix It!

(NAPSA)—As good as life is, it shovels some dirt on you every now and then. Stuff happens.

There's not much you can do to prevent stuff from happening but there is a lot you can do about how you respond to what happens. An upbeat blueprint may be found in a new book, *Stuff Happens (and then you fix it!)* by John Alston and Lloyd Thaxton (John Wiley & Sons, \$19.95 hardcover).

The book is a helpful guide on how to deal with life's rough spots and turn them into positive, personal growth opportunities.

The authors' no-nonsense, humorous style takes the sting out of self-improvement and gently simplifies the "reality check" process people must make to change their lives for the better.

"Reality Rule #3—Knowledge is Power: Some get it, some don't. Some will, some won't. Those that do, do. Those that don't, don't," Alston says.

To help those that don't, the authors provide nine reality rules that help deal with many of life's problems—job loss, career choice, divorce and failure.

"Applying these principles to your life can positively change your life," says Alston, an internationally known author, speaker and performance strategist.

No matter how good life is, there are always going to be curveballs (Reality Rule #4—Be Prepared: Some Stuff will happen for sure. Sometimes it's to remind you of what you take for granted).

"Stuff happening is the result of living, and if a person is prepared for the bad stuff as well as for the good stuff, then they will be able to handle whatever is thrown at them," said Thaxton, who has written and produced over 200 segments for *The Today Show*.

Alston and Thaxton explain

"Every once in a while a book comes along that is both simple in its presentation and profound in its impact. This is such a book."
Jack Canfield, coauthor, *Chicken Soup for the Soul*®



It's not about what happens to you, say the authors of a new book, but how you respond.

that being ready means having knowledge, keeping an open mind, maintaining a good attitude and being thankful for the life a person already has.

When life gets people down they must remember that the alternative to stuff happening is nothing happening, say the authors.

All the little stuff that happens helps people grow.

To show how adversity can transform a life, the book also includes inspirational stories of people who have weathered bad stuff and used these principles to make a new and better life.

"Throughout life, stuff happens—some good, some bad. When the bad hits you, read this book," says producer and former American Bandstand host Dick Clark. "It can help you bounce back and feel like dancing again."