



This I Believe: Life Lessons

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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Tara Thornton:

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