

## **An Influential Read**

FIVE STARS for *A Path Revealed*

*A Path Revealed* by Carlen Maddux pulled me in and welcomed me to stay, learn, and reflect on my identity, family, and relationships.

I felt invited and comforted by the author's willingness to be humble and honest about his feelings, doubts, anger, fears and more—he openly shares entries from a journal he kept. I found myself crying, laughing...relating. Relating even though I haven't lost a loved one to alzheimer's disease. Even though I'm not Christian. Even though my life is awesome today.

The author's journey touched me and though he may not have intended to, he has influenced me by his own actions, and I've made the following changes to my life:

1. I start each day with twenty minutes of meditation.
2. I've done an inventory of things/events/people that have created stress in my and my partner's life—past and present—and this awareness has made me more patient with and gentle on both of us.
3. I'm acknowledging my fears: addressing the ones I can do something about and not applying my energy to the ones I can't fix.
4. I'm acknowledging the capabilities and limitations of people who have harmed my loved ones.
5. I value the time I have with loved ones. I'm texting less and calling more. I'm unplugging from technology to be present in person.
6. And the greatest take away for me is I'm less focused on what I think should happen and more receptive to what will.

I've been receiving this author's newsletter for several months and when he asked if anyone was willing to write a "fair and honest" review of his book in exchange for a free-copy to help future buyers know if the purchase would be right for them, I jumped at the chance. I'm so glad I did!