

## Chapter 1 : Lean Forward into Your Life - The Breast Care Site

*Lean Forward into Your Life is an ode to living a purposeful, creative life. Readers of Anne Lamott, Brene Brown, Oriah Mountain Dreamer, and Sheryl Sandberg who haven't heard about this book yet will love it.*

Share All of us have problems in life. Life is not about having problems but it is all about facing life boldly. I have seen certain people who are very bold in life and have noticed how they are successful in life. So I thought I would share them with you. The first tip is that when you have a problem different people will tell you different things about how your problem can be solved. Some may even say you are a fool and did not apply the right or best method. Do not be affected by all that people say or do. Just think each one has a right to his or her opinion. You are the best judge to know about the problem, yourself and the solution. Do give a thought to all that they tell you, but take your own decision. The next tip to face life boldly is to place your full faith on the Almighty God, who will definitely give you a solution if he has given you a problem. Just believe he will give you all the strength to face up to it. It is a very valuable tip for all of us to think of all the positive points we have like being a good housekeeper, being good at writing, or even being a good singer. Our positive points help us to feel better which would definitely help you get the mental strength to face the problems of life. The next most worthwhile tip is that it is very vital that we should not stay where we are when we fall. We should think about other alternate methods which we can use to rise. Every fall should be a stepping stone to tell you where you are wrong and it should also enlighten ourselves of our weaknesses and to rise. This is very vital to face life. One of the best tips which anyone should follow to be really fit to face life is to have great confidence on ourselves and our values. This should not however mean that you should be arrogant or proud. This is only to build a determination never to give up on lives problems and face life confidently. It is very important to have a high self-esteem. This confidence could be enhanced by spending time with positive and encouraging people and avoiding those who are over critical or negative in thought and action. Life is not a bed of roses, but it contains thorns too. To face life boldly we have to just follow the tip to relish the thorns, remove them as they prick you and end life pleasantly with those good smelling roses.

## Chapter 2 : Mary Anne Radmacher quote: Lean forward into your life catch the best bits

*Mary Anne Radmacher, in Lean Forward into Your Life, invites you to set aside a sense of obligation and instead, celebrate in a personal way, one that makes sense to you. Live From Your Heart.*

## Chapter 3 : Lean forward into your life – Light For Life Inspirations

*Or as she says, Lean Forward into Your Life is a commonplace book for leading an uncommon life. An uncommon life need not include fame and fortune. An uncommon life means living with intention, paying attention, celebrating, taking care of yourself, risking love.*

## Chapter 4 : Lean Forward Into Your Life: Begin Each Day as If It Were on Purpose by Mary Anne Radmacher

*She is the author of Lean Forward into Your Life (Conari Press, ), and Live Boldly (Conari Press, ). Sh Mary Anne Radmacher is a writer and an artist. She conducts workshops on living a full, creative, balanced life, teaches Internet writing seminars, and works with individual clients.*

## Chapter 5 : Lean Forward into Your Life - A Review - Wellness

*Lean Forward into Your Life is an invitation, a reflection, and a set of prompts to help you remember the questions you want to ask yourself. In the words of artist and author Mary Ann Radmacher, Lean Forward into Your Life is a "commonplace book for leading an uncommon life.*