



Lean Forward into Your Life: Listen Hard, Live With Intention, and Play With Abandon

Mary Anne Radmacher

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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. It is self-empowering and inspirational and...it makes a great gift for almost any special occasion.

In the words of Radmacher, ". . .this is a commonplace book for leading an uncommon life. An uncommon life need not include fame and fortune. To live an uncommon life is to pay attention, take care of yourself, live large from the heart."

The chapters form a to do list for living this way: live with intention/walk to the edge/listen hard/play with abandon/practice wellness/laugh/risk love/continue to learn/appreciate your friends/choose with no regret/fail with enthusiasm/stand by your family/celebrate the holidays that make sense/lead or follow a leader/do what you love; live as if that's all there is.

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Charles Wright:

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