

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Legacies and Adventures Teach the Importance of Pursuing Your Dreams**

**By Lisa M. Hendey**

**Legacies and Adventures Teach the Importance of Pursuing Your Dreams by Lisa M.**

**Hendey**

Legacies and Adventures Teach the Importance of Pursuing Your Dreams

Book Review - Saint Brendan and the Voyage Before Columbus by Mike McGrew

Reviewed by Lisa M. Hendey

Many parents want to teach their children the importance of identifying and pursuing their dreams and the value of a strong faith in God. In the new book Saint Brendan and the Voyage Before Columbus (Paulist Press, December 2004, paperback, 32 pages) author Dr. Mike McGrew and illustrator Marnie Saenz Litz share the story of St. Brendan and his legendary voyage to North America.

Through lyrical prose and vivid illustrations, this book recounts the life history of Saint Brendan, the Irish monk who spread the message of Jesus Christ in his own land of Ireland and, legend states, beyond to the land of Tir-na-n-Og and to its native "painted saints", a thousand years before Columbus set sail for North America. Whether fact or fiction, Brendan's voyage has sparked the enthusiasm and adventurous spirit of many, including sailors who count him as their patron saint.

The great value in providing children with the images of concrete role models is that it helps them see that they too can capture their dreams. McGrew shares Saint Brendan's story with zeal and energy, stressing the saint's reliance on God's protection and his appreciation for God's hand in the nature surrounding him and in his brother monks. Children who might not sit still for a dry recitation of the facts of a saint's life will be drawn in and inspired by this book and its message to trust in God and pursue your dreams. Aimed at children ages four through eight, the book will also be enjoyed by older adventurers and those interested in the lives of the saints.

For additional information on Saint Brendan and the Voyage Before Columbus visit

<http://www.amazon.com/exec/obidos/ASIN/0809167050/digitalcropper-20>

Lisa M. Hendey is a mother of two sons, webmaster of <http://www.catholicmom.com> and <http://www.christiancoloring.com>, and an avid reader of Catholic literature. Visit her at <http://www.lisahendey.com>

Lisa M. Hendey is a mother of two sons, webmaster of <http://www.catholicmom.com> and <http://www.christiancoloring.com>, and an avid reader of Catholic literature. Visit her at <http://www.lisahendey.com>

## **Good Grief, I Learned a Lot, Charlie Brown!**

**By Jim M. Allen**

### **Good Grief, I Learned a Lot, Charlie Brown! by Jim M. Allen**

For 50 years the daily comic strip 'Peanuts' entertained millions of readers. Every day, the adventures of Charlie Brown, Snoopy, Linus and the whole gang provided many laugh-out-loud moments while at the same time offering a daily inspiration and lessons on life.

With the recent death of 'Peanuts' creator Charles Schulz, I reflect on how much I enjoyed sharing the adventures of the 'Peanuts' gang and I remember the many lessons they taught me...

1. It's okay to be afraid... just don't let your fears control you. Charlie Brown often sat in bed and spoke of his fears, but no matter how scared he was, he always did the things he wanted to do.
2. Persistence wins out. Charlie Brown often lost, failed at much, but he never gave up. Even though he knew Lucy was going to pull the football away before he could kick it.... Even though he knew the tree was going to eat his kite... Even though he knew his team would lose the ball game, he kept on trying.
3. It's what you think of yourself that counts. Linus carried a security blanket for years and his friends laughed at him. They also laughed at him because he believed in the "Great Pumpkin." Pigpen was a walking cloud of dust and dirt and was often regarded unkindly. Both characters,

however, were always proud of themselves and believed they were as good as anybody else -- and they were right.

4. Sometimes you need to talk. One thing the 'Peanuts' gang understood was the importance of talking things out. Whether leaning up against Schroeder's piano or atop the brick wall, they always had someplace to discuss what was of concern to them.

5. Sometimes you need to listen. Even crabby, self-indulged Lucy knew the importance of listening. She started the famous 'Psychiatry Booth' where any and all could come and be heard.

6. Do what you love to do. Through all their adventures, Schroeder remained constant in his appreciation of Beethoven and his love of playing the piano. He loved to play piano and that's what he did, regardless of the circumstances. Charlie Brown flew his kite, played baseball and football, not just to win (he knew he wouldn't), but because he loved to do those things.

7. It's important to have friends that care. The 'Peanuts' gang was made up of individual characters, each with their own foibles and talents, but through it all they were always there for each other.

8. Big dreams lead to big things. Snoopy was the biggest dreamer of them all, but his wild imagination often led to even wilder, more fantastic adventures in real life. Snoopy knew that you must have a big dream if you are going to lead a big life.

9. Action creates reality. As Charlie Brown was reminded time and again after prodding from Linus: it takes action to bring about change. Though he often failed, Charlie took action quite regularly... and every now and again things would go his way.

10. Laugh every day! While the kids themselves may not have seen the humor in the things they did, Schulz made sure that we did. Life is only as serious or as humorous as YOU make it.

Lighten up. Go play softball. Fly a kite. Dance with your dog. Smile... it makes people wonder what you're up to.

Jim Allen is a professional life & business coach. For more ideas, subscribe to his free bi-weekly ezine, THE BIG IDEA, by sending a blank email to: [SubscribeGA@CoachJim.com](mailto:SubscribeGA@CoachJim.com)



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**