If Life Is a Game, These Are the Rules
by Cherie Carter-Scott

Excellent!

If you loved The Rules for Being Human attributed to Anonymous in the bestseller Chicken Soup for the Soul, you’re in luck. The author--corporate trainer Chérie Carter-Scott, Ph.D.---has stepped forward and written a follow-up book: If Life Is a Game, These Are the Rules. This book, a basic spiritual primer for what it means to be a human, discusses each of the 10 rules (e.g., There are no mistakes, only lessons, and Lessons are repeated until learned,) and discusses them with kindness, eloquence, and wisdom. For example, rule 1 is, You will receive a body. You may love it or hate it, but it will be yours for the duration of your life on Earth. Carter-Scott discusses the challenge of making peace with the body we’ve been given, and the lessons of acceptance (appreciating it as it is), self-esteem (viewing yourself as worthy, despite how your body looks or performs), respect (treating it like a valuable and irreplaceable object), and pleasure (indulging in the five senses to unlock the joy stored within you). Similarly, each of the rules has four lessons. You’ll read this inspirational book more than once, and mark quotes to tell friends. --Joan Price
Personal Review: If Life Is a Game, These Are the Rules by Cherie Carter-Scott

A friend recommended this book, and I must say that I was skeptical at first, because the design makes it look like a nice little "coffee table" book. I have read over 100 self-help books and feel extremely qualified to rate this book in an educated way.

This has easily become one of the best books on the subject.

I have a habit of highlighting important material so that when I want to go back I can re-read things, and this book is now a MESS of highlights.

I went and read all of the 1 and 2 star ratings, and I frankly can't believe them. All of those people want a book with THEIR rules for life in it, and judged the book on what they wanted it to say. That's what little minds do.

This book is wonderful, and I hope I come across more with such depth.

This is going on my top list- I really think this is a phenomenal book, and I hope the author gets it out to everyone.

For More 5 Star Customer Reviews and Lowest Price:
If Life Is a Game, These Are the Rules by Cherie Carter-Scott 5 Star Customer Reviews and Lowest Price!