

## ★ ★ REVIEWS

### BOOKS

#### **MESHE, HESHE, MISON & ORBIT**

What My Grandmother Taught Me About the Universe

by Karen Deborah Farris

This is an enlightening tale about Kaydee, who is making the transition from child to young lady. Her well-traveled grandmother is her mentor and we are taught about the “four Complete Words from which all life [can] be understood” through Kaydee’s delightful, real-life, young girl experiences and the selfless guidance of her wise grandmother.

The book’s philosophies are about nurturing individuality and appreciation of the “here and now” while incorporating the reality of others into your life. The importance of goal-setting, creating and writing down your goals, wishes and dreams is encouraged in a unique approach. Instead of a traditional goals and objectives list, you are taught how to create a colorful chart to which you can add as you grow. There is a companion pullout journal poster included with the book where you can practice right along with Kaydee and her grandmother.

This book is full of wonderful and practical tools for living and learning. It gives lots of examples and reasons for reflecting, savoring and fully appreciating life and everything it has to offer. There are a number of sections I plan to review and use for practical application in my own life!

—Sonia von Matt Stoddard

•New Millennium Publishing

