



To Hold the Sun (Paperback)

By Chas Watkins

Charles Watkins, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A book that can change your life! This delightful and engaging story outlines the experiences of a young, poor, and disillusioned reporter who is enticed to do a series of articles about Paul, an unconventional philosopher and motivational speaker. In lieu of payment, he gets to travel to and dive on Roatan, arguably one of the most beautiful, pristine islands in the Caribbean. Through a series of meetings, the reporter gets to know Paul's innermost philosophies. He learns an alternate way of living from a man who strives to perfect handstands on a dock and practices the art of happiness. The author developed the book as a guide to help his children live their lives in a way that would allow them to enjoy the journey. Drawing on wildly diverse disciplines including stoicism, neuroscience, skepticism, behavioral economics, and spirituality; the reader is taken on a journey that exposes the author's philosophy of life. He demonstrates that happiness is indeed a choice. All places detailed on Roatan exist and are more beautiful than described. Photos are by kind permission of Shawn Jackson.

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