



Life in Small Bites: Moments in time...

Ted Dreisinger PhD

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'life in small bites – moments in time' is a series of vignettes that describe the richness of life when one says 'yes' to events and circumstances as they come into view. This book is about taking the moment to 'listen' and the willingness to engage them when they arrive. Most really satisfying experiences are NOT the ones we plan for. Often they are the ones we least expect that reward us most deeply...the unexpected story from the waitress when there is a little extra time to chat...the person sitting next to us on the plane, or bus, or in a meeting, or at a conference, or simply a child at play - sometimes personal loss. All of us look for the same things in life – we want to be happy; to feel that our lives have meaning and that we are important to someone...whoever that someone might be. This book is a series of life lesson and observations that have come from openly embracing the small things in life that build the fabric of the 'living novel' that becomes our life story. Ted Dreisinger brings the experiences 'of the moment' that have caught his attention. It is the small pebbles dropped into his mind, from the people he has known or met and the moments he expresses in the pages of this book, that will touch you. In them you will find 'yourself' - through the thoughts he shares with those who take the time to gently explore his mind.

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