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Enjoy Every Sandwich: Living Each Day as If It Were Your Last

Lee Lipsenthal

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This book is a culmination of what I've learned. I hope it will open the door for you to embrace your humanity, accept uncertainty, and live a life of gratitude. —from *Enjoy Every Sandwich*

As medical director of the famed Preventive Medicine Research Institute, Lee Lipsenthal helped thousands of patients struggling with disease to overcome their fears of pain and death and to embrace a more joyful way of living. In his own life, happily married and the proud father of two remarkable children, Lee was similarly committed to living his life fully and gratefully each day.

The power of those beliefs was tested in July 2009, when Lee was diagnosed with esophageal cancer. As Lee and his wife, Kathy, navigated his diagnosis, illness, and treatment, he discovered that he did not fear death, and that even as he was facing his own mortality, he felt more fully alive than ever before. In the bestselling tradition of *Tuesdays with Morrie*, told with humor and heart, and deeply inspiring, *Enjoy Every Sandwich* distills everything Lee learned about how we find meaning, purpose, and peace in our lives.

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From reader reviews:

Carol Berry:

Have you spare time for a day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a wander, shopping, or went to the Mall. How about open or maybe read a book eligible Enjoy Every Sandwich: Living Each Day as If It Were Your Last? Maybe it is to get best activity for you. You understand beside you can spend your time using your favorite's book, you can better than before. Do you agree with it is opinion or you have some other opinion?

Felix Talarico:

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