



100 Ways to Beat the Blues

Tanya Tucker

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"This book is like a good song; it will reach so many people right where they live." ----Tanya Tucker
How do you beat the blues? We all have moments in life when we're down, lonely, or just plain sad. It's part of being human. Just as everyone is different, everyone has a unique way of beating the blues. For anyone who needs a bit of inspiration, a smile, or a friendly pat on the back, Tanya Tucker and ninety-nine friends offer this heartwarming collection of their personal recipes for beating the blues. Whether through family, friends, nature, music, or maybe even a little Jack Daniel's (as Nobel Prize winner William Faulkner recommended), the collected voices in this timeless book remind us of all the happiness and joy life has to offer. President George H. W. Bush yells at the television. Loretta Lynn makes herself a fried bologna sandwich. Sir Arthur C. Clarke explores the infinite universe of fractals. NASCAR's Geoff Bodine cleans the house. Seventy celebrities such as Kris Kristofferson, Jerry Orbach, and Garth Brooks and thirty ordinary folks such as a farmer, a private detective, a doctor, and a retired gospel radio-show host share what lifts their spirits and puts them back in the game of life. From George Jones's practical "Around the Farm Blues" to "Weird Al" Yankovic's funny "The Warm Weather Blues" to Cathie Pelletier's soulful "The Sunday Blues," "100 Ways to Beat the Blues" is an inspiring guide to finding happiness no matter what the blues may bring.

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Frederick Rothman:

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Jason Cook:

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