



The Eyes of Faith: How to Not Go Crazy: Thoughts to Bear in Mind to Get Through Even the Worst Days

Ben Stein

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An emotion common to humankind is fear. Fear dogs our days, makes us lose sleep, ruins our relationships, and takes the joy out of living. The strongest, best defense against that emotion is to see through the *eyes of faith*. As such, **Ben Stein** brings you 500 ways to look at life in this way so that you can triumph over fear.

Ben absorbed many of the positive thoughts within these pages at 12-Step meetings he has attended, he has applied them to his own life, and he's found that they work. They're simple, but extremely effective. For example:

- I do not know exactly why faith and surrender work. I just know that they *do* work.
- Say it to yourself and believe it: *My life is a great place to be today. I would rather be me than anyone else, and that's saying something.*
- Life is about waking up, breaking up, shaking up, making up . . . and meditation to keep the human spirit calm.
- There are two forms of worship: worship of God and worship of ourselves. Guess which kind works?

Taken regularly, concepts such as these will make your life easier, calmer, and definitely more enjoyable.

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