



**Survival Lessons
and Offbeat Tales**

Bob Guns, Ph.D

Author of 'Rewire Your Brain, Rewire Your Life'

Bob Guns Ph.D.

Slammed Again!: Survival Lessons and Offbeat Tales



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Bob Guns has had to deal with a stroke (brain surgery), prostate cancer (42 radiation treatments), arthritic back again (spinal medical procedures), and severely diminished hearing. Ironically, living longer exposes growing amounts of people to several serious disease or chronic medical condition. These experiences have made him delicate to others confronting multiple health threats. His book, *Slammed Again! Survivors need to address both forms of 'Stuff' to be able to bring a healthy balance to their lives.* is divided into two parts, *The Heavier Stuff* (Survival Lessons) and *The Lighter Stuff* (Offbeat Survivor Tales).



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From One Who Has Been Slammed Again! Having been someone who offers been "Slammed Again", myself, several times, this book was a "web page turner", for me !. I've learned from becoming Slammed Again myself, I'll not allow my afflictions define who I am and allow them rob me of my quality of life. Bob Guns has put into words the thoughts that experienced my mind so many times, frustration, anger and, "Why Me?" The second part of the publication should make people realize that even though times are trying, there still are those times that may make us laugh. I've read this wonderful book twice now and have laughed and cried each time. It's a read that is really hard to put down and I would suggest it to anyone who has been offers been "Slammed Again." Great book for anybody to read! Great book for everybody to learn! Bob Guns writes with humor and "how to's" as you encounter a "new normal" analysis in your life.. Anyone would appreciate and benefit from reading this book, regardless of how hard or frequently you have already been slammed in life! Humor and Wisdom for All As the stories and advice in Slammed Again are targeted especially to survivors of multiple physical afflictions, they unquestionably are relevant to and inspiring for all since we all have to confront multiple challenges in life which slam us down. Uplifting, engaging and fun to learn....to tears and laughter. A book that will move you.. and, eventually, to a new appreciation for the strength of the human will. Well Bob Guns did write it straight down and he did an excellent job of it I'm not a stroke survivor but I am slammed with the loss of life of both parents, divorce, arthritis, knee substitute with complications, and lifestyle.. Well Bob Guns do create it down and he did a brilliant work of it. I examine Bob's book cover to cover in one seated and I laughed, cried, and had several "ah-ha" moments. Is an excellent read for anybody who offers sat in a doctor's waiting space, looking forward to the doctor to describe your test results, resulting in an entirely new plan for your daily life once you leave their office. An excellent read for anyone whose been Slammed by.! I've often thought "I will compose this down". I read the book in one sitting . Thanks Bob! Is a good read for anyone who offers sat in a doctor's ... Slammed Again! Slammed Once again is really as sincere, kind, and humorous as Bob himself.cried, smiled and outright laughed. We all get slammed in existence, not to the degree of the writer or others with severe medical conditions, but with everyday activity, or the usual issues as we age.. I have known Bob for a long time in fact it is fantastic to see that his feeling of humour has carried .. I have known Bob for a long time in fact it is fantastic to see that his feeling of humour has carried him through those occasions.. Is a real lesson in how positive considering and humor will get you through a lot of life's ups and downs.. All of us have been there, either individually or with a loved one. Challenges not merely build personality they reveal the true character. Continue boogieing, Bob! LOVED the book Great book Being a stroke survivor myself, I could relate to the majority of what Bob wrote.! engaging and fun to learn An inspiring guidebook to living each day to it's fullest despite whatever your daily life (and health) might throw in the right path. Bob Guns writes with wonderfully quirky, candid and life-affirming humour in conjunction with practical and sensible guidance.



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