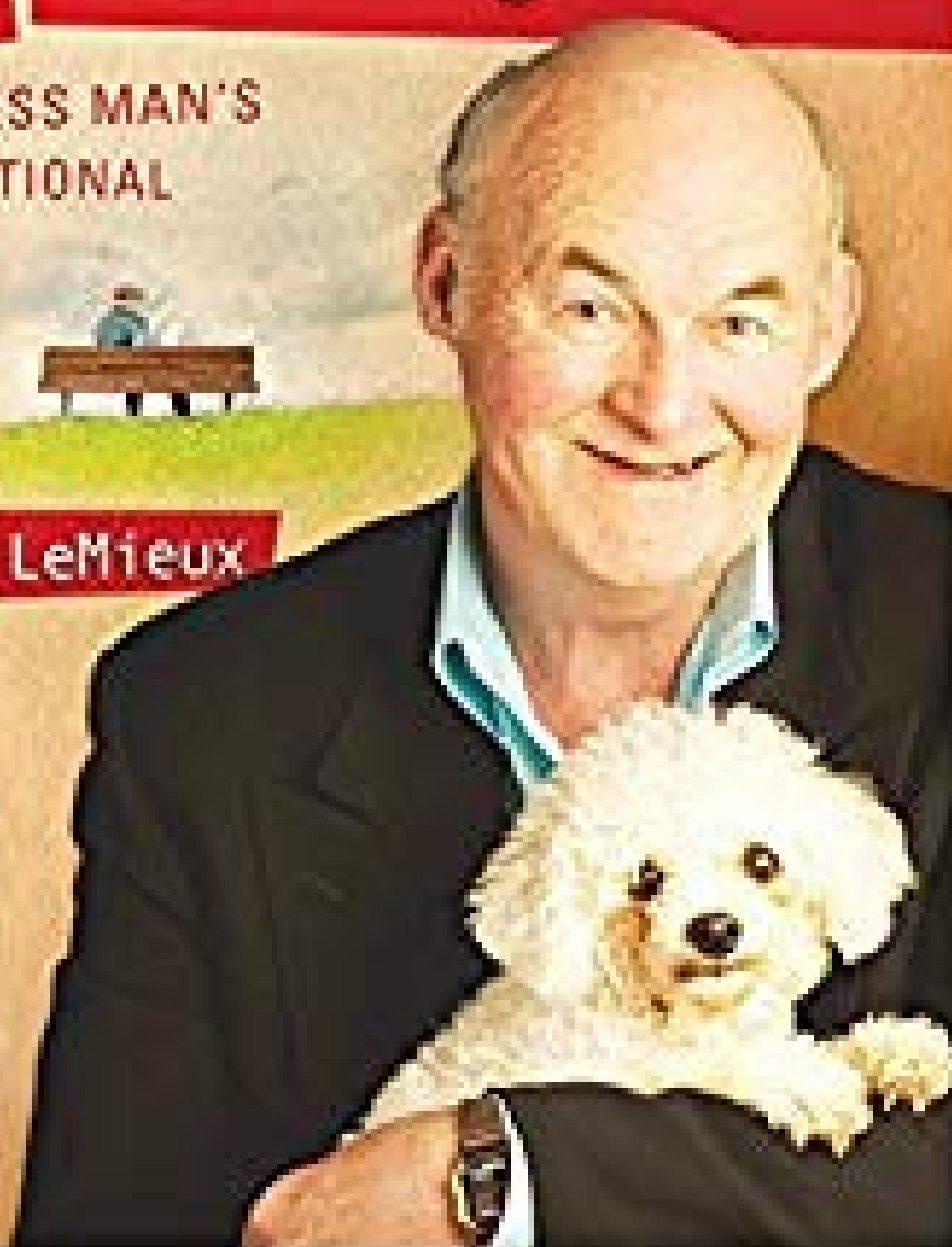


"Reads like a novel . . . . But it has the ring of truth,  
and an uplifting message that endures."  
—*The New York Times*

# Breakfast at Sally's

ONE HOMELESS MAN'S  
INSPIRATIONAL  
JOURNEY

Richard LeMieux



Richard LeMieux

## Breakfast at Sally's: One Homeless Man's Inspirational Journey



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Includes a new foreword by the writer and a heartfelt endorsement of the publication and its objective by Washington State's First Lady, Trudi Inslee! Breakfast at Sally's), tries suicide, and is treated at a mental hospital where he is diagnosed with depressive disorder. Evicted from his house in 2002 and coping with his pet dog, Willow, in a beat-up older van, LeMieux discovers himself penniless and estranged from his friends and family. He dines at the Salvation Army (aka Sally' In this astonishingly heartfelt memoir, he describes his descent into homelessness and his battle to survive personal and financial disaster. Composing on a secondhand manual typewriter, 1st at a picnic desk in a public recreation area, and then wherever he is able to, LeMieux describes his odyssey and the quirky, different, and endearing cast of personas discovered among the homeless folks of Bremerton, Washington, and, by extension, just about everywhere else. Once a happily married businessman, avid golfer, and the proud owner of many luxury vehicles and three boats, conservative-minded Richard LeMieux saw his fortune switch almost immediately.s is a rare inside-look at how the other America lives, and how one man, beaten straight down and alone, was able to reconnect, find good people, and ultimately, making use of their help, to persevere.



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The Story of Willow the sweetness Dog and Her Human Richard Richard's tale affected me, on an even I never expected. He does meet some interesting and crazy folks on the way. In pursuing Richard's journey we see that there are really "angels" among us and occasionally angels are put on this earth by means of a homeless person or a person who doesn't suit our standard of living. The individuals in the reserve were all very interesting each in his very own unique way. After reading this reserve I recognize how everyone, including homeless people, have an objective in this lifestyle. from his golf partners to his loving wife & most sadly, his dear kids. This book will make you think differently about the homeless. An astounding accounts of 1 mans homeless journey Every once in awhile we read a reserve and that book becomes the treasure we could keep throughout our trip. Just what a tragedy. Many instances in our busy lives we come across homeless people and we frequently take the life of a homeless person for granted. I do believe the devotion and love he previously for his doggie, Willow, forged his path forward and pulled him from the depths of despair and total hopelessness. By the end of his publication I am left thinking that Richard LeMieux is usually a better man because of this unwanted trip. I couldn't place it down and now I can't stop great deal of thought. This book will touch your heart some way, and if it doesn't, then your heart is made from steel. It Offers whole new understanding of the trials to be homeless. An inspiring reserve. The second form of enlightenment comes as Richard is telling us about his past. He was a successful businessman who got the globe at his ft. Between the sprawling house, the fast vehicles, the luxurious vacations, he was without doubt living the wish. While on this route, he was also considered a good friend to many, a wonderful partner and a father that was looked up to and loved. I came across myself viewing depressive disorder and homelessness through different eyes. After his unfortunate turn of events everyone was gone; He produced me laugh aloud at his descriptions of the individuals and their tales, and sometimes he produced me cry. LeMieux had the courage and the dedication to share his journey with us. Once the money was gone, therefore was the undying love for his or her father. As sad and despondent as Richard was, no one from his previous, including his children were there for him. Breakfast at Sally's is that book for me personally. Homelessness is an awful artifact of our society's structure - one that most of us would rather ignore. It really is sad to think that if tomorrow we were abruptly homeless and penniless, who be there for all of us? Would we become an embarrassment to your children? Would our friends no longer have enough time to invite us to their homes? Would our wedding ceremony vows no more have meaning? I hope that you will have the inspiration to learn Breakfast at Sally's. I am happy I read it. I cringe to think that his childrens love for Richard was in abundance while the money machine was doing his thing. Understanding homelessness. Witness to humanity In addition to George Orwell's Down and Out in Paris and London that was written in the early 20th hundred years, this book can be an artless account of a guy deprived of the securities of life that reveals daily aspects of the homeless and their circumstances, which have not been drastically changed because the Orwell's time frame. No man is born to be homeless, but his situation plunges him into such deprivation. So you can hardly ever judge a homeless person based on your assumption that he must have caused his personal downfall. It's not that easy. It's a public phenomenon that all of us are somehow responsible for. But this book was not created with a fist clenched in anger but with affection for humanity the writer felt and distributed to his friends at the Salvation Army, the pastor who manifested the milk of human kindness forthwith, and Willow, the author's faithful canine (Bichon Frise) companion. Richards meets many angels on his trip. A terrific read - 4.5 stars The topic for this book isn't one you typically see addressed in literature (or much in journalism, for that matter). Richard writes about how he gave the most

effective he previously to his children and provided for them an extremely extravagant life-style while he could. The systems that we have set up have left large gaps by which people fall during hard times due to misfortune, medical crisis, mental health problems, etc. It really has altered my view of folks experiencing homelessness...Richard LeMieux does a lovely job describing this world in a thoughtful, interesting, and non-academic way, installation of the tale of his own experience during the time he was homeless and the tales of several he met on the way. It's touching, thought-provoking, well-written, respectful, introspective, and a fascinating and easy read. An average or Rare homeless Guy? This was a satisfying read, very personal telling of author's life as a homeless man. His spiral from a assured, nonchalant married man, father, husband, and wealthy business owner to homelessness is definitely well documented in this revealing, heartfelt book. LOVE this tale., I was reminded of a similar event regarding my church years back. Our pastor insisted on leaving the church door unlocked offering homeless folks shelter for the nights. He fulfilled with objection and worry from church users concerned about harm and liability – points raised by the author in this story. It is a dilemma. Our church was burned down with the reason being cigarette butts. Nobody was injured, but it makes a unfortunate circumstance become a heartbreaking one. Trying to become kind Christians will not always make homeless people responsible or grateful. I'm pleased Mr. Lemieux was both. Unique look at from the homeless side of things I really enjoyed getting immersed in the experiences of Richard and individuals he met. The streets are house for veterans with PTSD, single mothers, the untreated mentally ill, runaways. Life changing Thank you to Richard for posting his story. Despite the fact that this is a hard subject, it was positive and uplifting and sometimes heartwarming. It helped me to be more empathetic toward homeless people and has inspired me to attempt to help. All lives are valuable and everyone whose route we cross can instruct us a lesson. I am so grateful that Mr. This man's struggle with unhappiness, guilt, and sorrow is normally interwoven with the encounters he has, individuals he meets, and the dog "Willow" who's ever at his side. The reader cannot miss the dependence on more accessible health care, shelter and education for unlucky people. No-one should be left out in the elements without food or a secure place to sleep. I learned there are several reasons to end through to the streets. Ancient wisdom tells us, "The poor will be around permanently." I was reminded we are able to choose to ease suffering. Powerful and Poignant This book was chosen for our book club and even though I was initially hesitant to read it, I loved it and couldn't put it down. A perfect family, living the American wish. The writer shared his personal trip with honesty and compassion for the close friends he met along the way. In our busy lives we have a tendency to dismiss people whom do not live up to our standards or even better, have nothing to provide us. I recommend this reserve to everyone, but especially those who find themselves quick to judge the homeless they spread the streets and those who experience their lives absence meaning and value. When he tells about the assisting hands that arrived when needed, specifically the minister permitting him to stay overnite in the church, use the shower, refrigerator etc. I know I am a better person because of Richard's journey, and I will never appearance at a homeless person once again without Richard's insight, love, compassion and gratitude. And most of us need to adjust our thinking of this type. If this doesn't make you cry and your heart break, you aren't living. Many lives will permanently be changed because of this book. Certainly one of the best books I have ever read. I am not a spiritual person and neither was Richard but after reading this publication I feel no matter who or what your belief can be in, we have to take care of each other. Great book Loved the book as I live in Bremerton Wonderful book! Really opened my eyes to the plight of the homeless and gave insight to their real life and needs. I am forever changed due to this reserve

and I thank God I examine it!



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