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Your Daily Walk with the Great Minds

Richard A. Singer, Jr.

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Reviewed by Carol Hoyer, PhD, for Reader Views (8/11)

As a person in recovery trying to make sense of my life and to identify changes I need to make, "Your Daily Walk with the Great Minds" is one of the best books I have read. Author Richard A. Singer did an excellent job in writing easy-to-understand terms to help us walk the path. Singer expresses that if he can just change one person or inspire him or her to make positive changes he has done his job. I believe he has done his job.

The book is very inspirational and uplifting. For each day of the week Singer has given words of wisdom from people like Einstein, Mother Teresa and Abe Lincoln. The book starts from January 1st with a quote, a meditation and, most importantly, a journaling exercise. He has provided an author's index with the date to find the desired information. In addition, there is a subject index by date, i.e., for 'adversity,' 'appreciation,' 'can't.' It is easy to find what you are experiencing in the here and now. For each month there are suggested books to read, most of which one can find at the library.

What I particularly liked, in addition to the above, is this is a great book to use for reading groups. As I reviewed this book, I felt hopeful that I could put these techniques to use to make positive changes in my life. Readers will enjoy "Your Daily Walk with the Great Minds." It really is a must read, making notes along the way, then stop to look at what one really wants out of life.