



Stressed is Desserts Spelled Backwards: Rising Above Life's Challenges with Humor, Hope and Courage

Brian Luke Seaward

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Brian Luke Seaward remembers an epiphany -- a turning point in a childhood filled with incredible stress caused by two alcoholic parents. His grandmother handed him a plate of freshly baked cookies with these loving words: "Now, remember, stressed is just desserts spelled backwards!" He realized that humor and compassion go a long way toward easing both stress and sorrow, and made it his life's work to remind people that "we have the power to move through, or around, our problems, and eventually transcend them."

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