



# BOOK NEWS & NOTES

## If There's One Thing I've Learned

(NAPSA)—If you don't make choices in life, life chooses for you—and you may not like the choices you've been given.

That's the message in "If There's One Thing I've Learned" (Sound View Publishing, \$19.95), a book about living life without unnecessary regrets.

Author James Green knows all about the power of choice. He left an unfulfilling career in insurance to become a successful pilot for one of the world's largest airlines. His passion is to travel and he's visited dozens of countries and 45 of the 50 states. He swam with the reef sharks in the South Pacific, climbed mountains in Africa, ran atop the Great Wall of China and stood in the King's Chamber of the Great Pyramid of Giza.

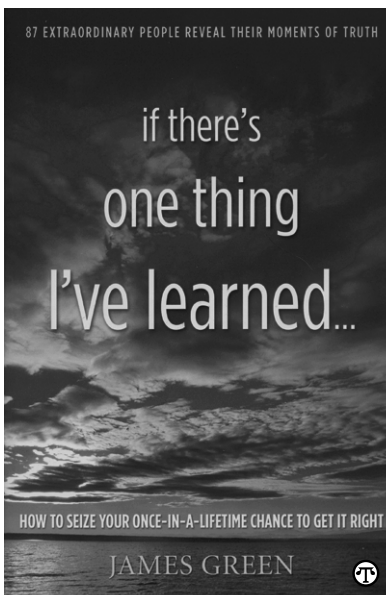
But Green is not done. He keeps an ongoing list of all the things he'd like to accomplish.

"We always think we have forever," says Green. "But time does pass and some opportunities slip away unless you chase after them. Through the stories of others, we can see how people fail to hear the crack of the starter's pistol—and because they don't start running, time runs out."

For the past few years, Green has collected stories from hundreds of people. In their stories, he says, you can get a glimpse of your own future, what you might change while there's still time.

"The stories—whether of regrets or triumph—are glimpses of what could be in store for any of us," says Green. "It's up to you to decide. It's never too late to be who you might have been."

Green asked those he inter-



**Whether it's a career change, finding a lost love or overcoming fear, people can change, says a fascinating new book.**

viewed what they would do differently in life if they could do it all over. That simple question elicited a compelling, life-affirming collection of truths as people recalled pivotal moments in their lives.

"If There's One Thing I've Learned" points out how there are many things you can do, many actions you can take now to steer yourself toward a better fate and live a life without regret. Many stories show how people turned their negative situations into positive ones.

Green concludes, "The past can never be undone, but you can learn from your own lessons and the lessons of others."

For more information, visit [www.soundviewpublishing.com](http://www.soundviewpublishing.com).