

Essays that Are Comfort Food for the Mind and Spirit

As the inanity of life in our fast-paced, technological society intensifies, it is easy to lose sight of our essential humanity. Despite buffeting winds and swirling currents that can overwhelm and cause us to separate from and depersonalize others, the fact remains we share a common bond: our humanness. It has been many millennia since our ancestors roamed the African savanna, but one thing has not changed: We still experience the feelings, wants, drives, proclivities, and urges they did.

Food for Thought: Essays on Mind and Spirit is a smorgasbord of essays that remind us to think and laugh, reflect and wonder, and rediscover the forgotten self. The broad range of topics—from the pitfalls of modern life to magical moments and from narcissism to ice cream slices—is both an intellectual feast and a thought-provoking romp through the human condition. Both finger food for the mind and a feast for discussion with others, it is a thoroughly delightful read that just might make the reader want another helping.

Jerry Fabyanic's writings are reflective, engaging, and desperately needed in a world that is moving away from personal connection and independent thought.

– Dr. Jason C. Steinle, Author of *Upload Experience*

Fabyanic picks up where Brené Brown left off, exploring our life's journey through thought experiments that drag us consciously down the rabbit hole with him.

– Steven Craig, Author of *Waiting for Today*

With Fabyanic's gentle, conversant style, these brief essays become rhetorical origami: neatly crafted philosophical creations where simplicity meets beauty.

– Sandra S. McRae, Author of *all the way to just about there* and *The Magic Rectangle*



Jerry Fabyanic is the award-winning author of the novel *Sisyphus Wins*. He is also an essayist and podcaster. Jerry is an erstwhile teacher of English and social studies.