

A Salad of Essays for a Healthy Mind and Spirit

Jerry Fabyanic doesn't just live life. He is always thinking about life and its nature, its challenges, and its idiosyncrasies. Jerry does so with a vast and colorful flair for language.

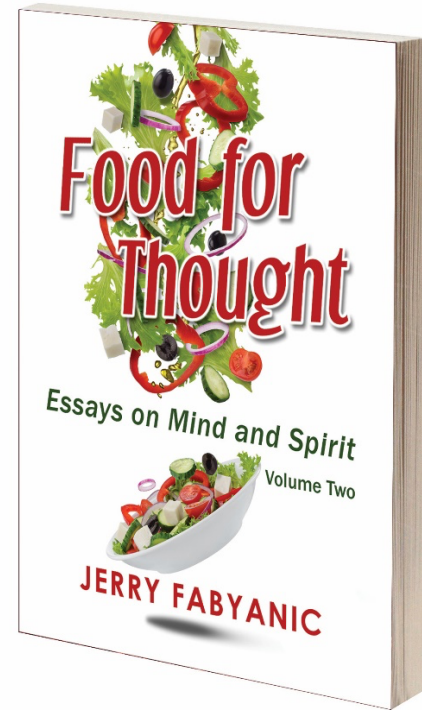
– Dr. William Patterson, Educator, High School Principal, and District Superintendent

The contents provide comfort, while at the same time inspire me to revisit books and movies from years past, consider other perspectives, and challenge me to think in new ways.

– Julie Frese, PhD, University Faculty/Mentor, and Online Course Designer and Reviewer

Jerry Fabyanic is adept at using commonplace experiences as a doorway to greater emotional and spiritual growth. His essays are poignant, engaging, and often humorous. They challenge you to make U-turns and give you permission to explore beneath the surface of your mundane life.

– Linda Taylor, Journalist, Proofreader, and Author of *Comings and Goings*



Food for Thought: Essays on Mind and Spirit, Volume II is a healthy salad of essays on topics from philosophical and contemplative to heartwarming and lighthearted. Guest essayists add zest to the mix with poignant, literary, and delightfully humorous musings. As a diet of fruits and vegetables are requisite for a healthy body, so too are thought-provoking readings on subjects from serious to mundane for an intrepid mind and undaunted spirit.



Jerry Fabyanic is the award-winning author of *Sisyphus Wins* and *The Lion's Den* in the Sisyphus Series, *Food for Thought: Essays on Mind and Spirit, Volume One* and *Volume Two*, and the novella, *Chacolata*.

Read more about Jerry and his works at <https://jerryfabyanic.com/>