

# A Life of Living

Pages: 40  
Format: pdf, epub  
Language: English

---

[ [DOWNLOAD FULL EBOOK PDF](#) ]

---

A Life of Living *Finding Peace in a Stressful World* RONALD LEE HAMMOND

Copyright © 2014 Ronald Lee Hammond All rights reserved. ISBN: 1499796986 ISBN-13: 978-1499796988

## INTRODUCTION

This book is non-fictional. The contents deal with true life and the reality of living it. Hopefully, it will give you encouragement and guidance. It may answer some of your questions. Read it carefully with an open mind.

The book was written because the author has compassion for others as well as life itself. This book was not written to replace spiritual or professional help nor to judge or bring condemnation to anyone. You should seek spiritual or professional help if needed.

The cover photo was chosen because it depicts certain elements of life's journey. The dirt road represents life's bumps, curves and detours, yet sometimes it can be smooth, dusty or wet. The far distance represents life's destiny or eternity. The grass along the sides of the road represents great things in life, but the weeds are bad things that show up while looking at life without knowing what lies ahead. Everyone, young or old, will travel down this road in each of their lives.

As you begin to read, keep an open mind but have a sincere heart. Evaluate and apply the contents of "Life Is Worth Living." Hopefully, the book will help you to have a different outlook on life.  
--Ronald Lee Hammond

## CONTENTS

Introduction iii

1 Live is Fair 1

[2 The Two Journeys of Life 3](#)

[3 Understanding the Meaning of Life 7](#)

[4 Facing Life's Challenges 13](#)

5 The Importance of Forgiveness 17 6 Accepting Responsibility for Your Actions 19 [7 You Are Precious 25](#)

## LIFE IS FAIR

Life begins as early as when a heartbeat is detected. Reality of life begins when the first breath is taken. As a baby, you see smiles and feel the warmth of soft, gentle touches. The care and comfort you receive offer a sense of security and trust. Progressing through the childhood stage, life becomes an adventure and a challenge.

As a child, life begins to be a learning process; hearing what is said and seeing how others live. A child hears what is said, but listens more to how others live. This is the time in life that determines a child's destiny. Growing up is a process that teaches a way of life.

As a teenager, life becomes an experience and excitement; doing things that are wrong, but only to be noticed and feel important. Or doing the right things, but not realizing the rewards that were received. Privileges are limited because of times past, not because of personal character. Also, the inner thought that "life isn't fair" begins to surface. Experiences from the past have influenced the present-day way of living.

Between the ages of 20 and 40, life becomes an experience of self-satisfaction and filling life with things that weren't received in times past. Life is fair, but you begin not to be fair to life at this stage. Children, like you once were, are hearing what is said, but listening more to the way an adult lives. The fairness and the way you live will predestine your life ahead and the children and teenagers who are within your environment.

As the age of 40 passes, life begins a journey of uncertainty; remembering the good and bad times from the past. Thoughts begin to surface such as, "if I had looked at life differently, where would I be now?" or, "if I could change all the things that were wrong, how would life be? If I could only turn back life's journey and begin anew. Maybe I can make a difference now, but still not know the future."

As the age of 55 rolls around, you begin to realize the value of a day and the importance of others in your life. At this time, what you have learned from past experiences begins to surface. The process of evaluating life's journey starts and the action you take will make a difference in the results. At this point in life you have been through hurt, loss, discouragement, stress, deceit, depression, mistrust, abuse, neglect, physical pain, mental confusion, lack of self-esteem, achievements, rewards, being at the top and down at the bottom.

## 2 THE TWO JOURNEYS OF LIFE \*

---

This book is non-fictional. The contents deal with true life and the reality of living it. Hopefully, it will give you encouragement and guidance. It may answer some of your questions. Read it carefully with an open mind.

The book was written because the author has compassion for others as well as life itself. This book was not written to replace spiritual or professional help nor to judge or bring condemnation to anyone. You should seek spiritual or professional help if needed.

The cover photo was chosen because it depicts certain elements of life's journey. The dirt path represents life's bumps, curves and detours, yet sometimes it can be smooth, dusty or wet. The far distance represents life's destiny or eternity. The grass along the sides of the road represents great things in life, but the weeds are bad things that show up while looking at life without knowing what lies ahead. Everyone, young or old, will travel down this road in each of their lives.

As you begin to read, keep an open mind but have a sincere heart. Evaluate and apply the contents of 'A Life of Living.' Hopefully, the book will help you to have a different outlook on life.

---

Life in the Presence of God - InterVarsity Press - Living the Life More Fabulous - a Handbook in Beauty, Style and Empowerment for Older women. A book about how older women might have the very best third The Act of Living: Street Life, Marginality and Development in - Book ID : pPxeFoly0wbc13N Hacking Life - Anticancer living is built on a belief that self-care is health care and that greater "The health care revolution continues with a great new book . . . a valuable Living Proof Ministries - Perhaps we can delay its coming by sleepwalking through life, but our ultimate awakening is as inevitable as the birthright of our existence. There is also the My Life Is Like A Book - Preparing for life's journey is the mission of every young person. But too often, education is focused on accumulating skills and knowledge DonateLife Book of Life - Marine Conservation Society Books on Google Play - This book is for those who think for themselves and want to have a spiritual life without the baggage associated with organized religion. Bokma Life Changing Books to Read in Your 20s - Best selling author Karen Salmansohn shares longevity secrets in her book Life Is Long so you can live longer, healthier, younger. The Best Books On Frugal Living You Need To Read in 2020 - Our Book Deal! Visit Our Book Deal! "Living the RV Life" Official Announcement Get Our Book : <https://www.amazon.com/dp/B000000000> Order " Farm Sanctuary - The title of Will Schwalbe's new book, Books for Living, is a nod to its predecessor, the bestseller that shot this author to prominence, his 2012 [Pdf] [Book] Download Living Life With Little Stress Free - File-3 - Most times, you can't just throw somebody into a book on mindfulness and of his own life and how meditation has helped him live with more compassion and

---

## Relevant Books

---

[\[ DOWNLOAD \]](#) - Read Brooke's Cougars: Five Older Women Bent Over for

Rough Sex free

---

[ [DOWNLOAD](#) ] - View Book Unveiled Voices, Unvarnished Memories: The Cromwell Family in Slavery And Segregation, 1692-1972 free online

---

[ [DOWNLOAD](#) ] - Victory: Book 3 of the Legacy Fleet Series pdf

---

[ [DOWNLOAD](#) ] - Buy Book Switchgrass: A Valuable Biomass Crop for Energy pdf

---

[ [DOWNLOAD](#) ] - Online Locks & Padlocks in Italy: Market Sales free pdf, epub

---