

The Nurse in the Delivery Room Slapped Me... Once

D. Anthony

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Reviewed by Richard R. Blake for Reader Views (1/08)

“The Nurse in the Delivery Room Slapped Me... Once” is an adventure in self-examination, self-discovery, and self-actualization. D. Anthony has packed the pages of this book with motivational and inspirational stories that offer the reader help for unlocking their amazing potential, for achieving excellence, and implementing change.

The book is designed in a way that allows the reader to read one or two short chapters at a sitting for inspiration, reflection, and assimilation. It can also easily be read in one or two sittings to stimulate some thoughts for later retrospection or study.

I found myself reading with a notebook at hand to record principles I wanted to remember, the mission or action statements I wanted to incorporate in my daily activities, and the insights I wanted to reflect on again at a later time. In this way the book has become a tool for further reflection, for revitalizing my faith, intensifying my purpose, and giving power to my dreams.

Throughout the eight sections of the book Anthony reminds the reader of the importance of developing a winning attitude, a positive mindset, and being true to who you are. The readings are a compilation of poetry, sage bits of wisdom, adages and inspirational stories arranged in an easy-to-read-and-remember format. These readings are arranged randomly and often are building blocks reinforcing an important idea from a variety of vantage points.

I was reminded to always look for the win-win situation in the game of life, and I discovered nuggets of truth on “re-evaluating some deep-rooted, widely-accepted perspectives involving competition,” about staying humble, impressionable, about integrity, and about faith.

I particularly liked the “Mission” assignments at the end of each section and the Introduction to the following section. Action steps, for the lessons learned, provided a practical real-life application for the precepts just considered and the introduction to the new section gave a glimpse of the adventure to follow. These action plans are not about time but about experiencing life-affirming pursuits, creativity, and spiritual replenishment, about personal touch, communication, and gratitude.

Stimulating challenges and perceptive questions help shed new light on preconceived conclusions, limiting thoughts, and paradigms helping the reader cultivate new attitudes of behavior and a more

purpose-filled life. Anthony's observations and writing becomes a conduit for implementing important changes in mindsets, attitudes, and perceptions. It can also become a "life affirming, life enriching, self-empowering tool."

"The Nurse in the Delivery Room Slapped Me...Once" gives promise of "unlocking your amazing potential that will foster monumental change in yourself and the people around you." I am confident that daily affirmation of the principles D. Anthony shares in his book will produce the promised results. Anthony's book is more than a book of motivational stories. It is an enriching spiritual experience.