

Praise for
CHERRY PICKING THE GOOD / SHAWN TRAUTMAN

"Shawn Trautman is one of the best storytellers I've ever come across! Not just stories, he shares real life experiences that make you happy, sad & everything in between. Get your thinking cap on be ready to engage as you just might find yourself in a few more conversations because of him."

-TAMMY COLEMAN

Director of First Impressions at *The Coleman Library*

"Shawn has a penchant for turning ordinary experiences into extraordinary teachable moments. In this book, seemingly unpretentious ventures will awaken your senses to the nuances of life, how to embrace them and truly live abundantly."

-BETSY WOLFE, RN

Chief Inspiration Officer at *Duo Dalmatians*

"Shawn Trautman's portrayal of positivity from his broad perspective as a gifted writer, speaker, teacher, husband and father is inspiring! His ability to discover something positive, even when life isn't perfect, is a true testament to its reality. Shawn's decision to capture the highlights from a lifetime of experiences and share them so creatively is proof of his dedication to focus on "the good" and a profound invitation for all of us to take that first step toward more positivity in our lives."

-RUTH HARTMAN

Instructor / Educator / Standardized Patient / Mentor

"Shawn Trautman, these stories brightened my very existence. The stories in this book practically shout: POSITIVITY SHALL WIN THE DAY!"

-AMY HAMMOND

Freelance Author and Ghost Writer

"Shawn Trautman has a way with words. If you find yourself weary or your heart is burdened, he can tell you a story that puts a smile back on your face and restores your faith in your fellow man."

-GLENDA YORK

Librarian, Bibliophile, Linguaphile, and Omnilegent Practitioner

"This is such an uplifting book filled with positive stories. You will laugh and open your mind to the great joy life offers."

-DIANE SURRATT

Event Technologist for *When Life & Dance Happen*

"Shawn has an innate perception of people, actions, and life in general. This book is no surprise to me and has been a long time coming. Now you can reap the benefits of his writings and observations that take you on a ride of entertaining proportions."

-ART KOCH

Author of *When Swing Was King*

"Shawn's stories are captivating as he has a unique way of drawing you in and making you feel like you're there. I have always encouraged Shawn to put his stories in a book and am so glad he finally did it."

-MO HENSLEY

Head Designer at *McGuire's*

"Having had the pleasure of working with Shawn for nearly a decade, I can attest to this man's take on life being the mentality we should all strive for. Family first, never wasting moments, hard working and always doing more for his fellow man than what 99% of us do. Extremely well spoken, Shawn's words resonate with goosebump triggering emotion I can only wish more of the world would take the time to read his stuff."

-CLAYTON MAYO

Owner at *Idea Swell*, *Freelance Designer & Videographer*

"Shawn has long been sharing his experiential perceptions with a dose of life lessons, and sprinkle of humor. I was always fascinated by Shawn's narratives about peeling back the onion to expose facets of interpersonal interactions that most of us are too busy to absorb, process and learn from. Several years ago I suggested to Shawn that he should capture some of these observational stories and publish a Book and I'm so glad he did. Shawn is a STORYTELLER in the spirit of Garrison Keillor (Prairie Home Companion) and Will Rogers with a dash of Erma Bombeck... Buy it. Read it. Laugh. Reflect. Learn."

-MARK WELSH

Marketing & Sales Leader / Passionate Advocate for *Veterans & Foster Children*