



All That I Need: Or, Live Like a Dog With Its Head Stuck Out the Car Window

Teresa A Fritschi

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All That I Need, or Live Like a Dog With Its Head Stuck Out the Car Window offers up a heaping plate of gratitude. In the best memoir fashion that is also part travel journal, Ms Fritschi plucks the ripe fruits of happiness from her own experiences as examples for all of us to embrace. All That I Need takes the reader on a wondrous journey of sensual discoveries first made in childhood and imparts the wisdom of maintaining (or re-learning) the ability to be satiated with these small pleasures as we age and eventually face our own mortality. She successfully mixes the contents of Mary Poppins carpet bag with Tinkerbell's faery dust, the Boston Red Sox with ancient Greek and Roman philosophy, contemporary musical and literary references and learning to swim as an adult to shine a spot-light on the beauty and delights our lives are meant to be. The foreword in All That I Need was generously offered by esoteric philosopher, author of Strategy, Leadership and the Soul, and business thought leader Jennifer Sertl. Who sums up her reading of the manuscript with, "Ms Fritschi writes with the nuanced complexity and magic of a Disney movie. Each reader will take something different and meaningful from All That I Need depending upon their own experience and point of reference." The soft cover book features cover art by Scottish artist Iain Clark. Mr Clarks' other work can be found in the permanent fine art collection of the Scottish National Portrait Gallery and private homes of such celebrities as comedian Billy Connolly, Dallas and I Dream of Jeannie actor Larry Hagman. Susan Colodny, the books' graphic artist, brought the delight of zoopraxiscope to bear on the interior lay out of the book. When the book is held and 'thumbed through' the black and white graphic art of Mr Clarks' image of the Border Terrier appears to be running. Extra wide margins provide room and encouragement for the reader to make notations, express thoughts. Providing the perfect gift for someone embarking on a new direction for their lives, a companion journal in precisely the same physical size will soon be offered exclusively on Amazon. Early praise for All That I Need: "Terri's 'wow, let's go' attitude jumps off every page; her book is the literary equivalent of a who can make the biggest cannonball in the pool! She has vividly captured her own journey from a recreational swimmer to one in racing form and for speed. All That I Need will be especially inspiring for every adult swimmer longing to tap their inner Dana Torres or Michael Phelps." Tim Auerhahn Aquatics Director for Midtown Athletic Club "Ms. Fritschi is a master painter of life's everyday occurrences, both extraordinary and relevant. In the spirit of ancient storytelling, and with the freshest of contemporary expression, she tweaks our inner senses of nostalgia and reminds us of the incredible gift of being sentient humans." Christopher P. Lopez, AIA, AICP PLAN Architectural Studio "Pay attention All That I Need is GENIUS wisdom beyond superlatives! Unprecedented and unusually inspirational, I couldn't put it down." Karen Mungenast Senior Manager at Wipro Consulting Philippe Petot, head of business development/custom fabrics for Glen Raven, mirrored Ms Sertl's words, "Ms Fritschi's wonderful writing transcends gender and country of birth. I was feeling a bit grim but in just one chapter I cheered right up. I am now ready to take on the world... one more time." After reading All That I Need the author hopes you will be too!

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