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To Hold The Sun

Chas Watkins

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To Hold The Sun

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To Hold The Sun Chas Watkins
The **award winning** book that can change your life!

The book outlines the experiences of a young, poor, and disillusioned reporter who is enticed to do a series of articles about Paul, an unconventional philosopher and motivational speaker. In exchange, he gets to travel to and dive on **Roatan**, arguably one of the most beautiful, pristine islands in the Caribbean. Through a series of interviews, the reporter gets to know Paul's innermost philosophies. He learns an alternate way of living from a man who strives to perfect handstands on a dock and **practices the art of happiness.**

When the author realized his children were leaving home to begin their journeys through life, he wrote this story for them. He developed it as a guide to help them through life in a way that would allow them to **enjoy the journey.** Drawing on wildly diverse disciplines including stoicism, neuroscience, skepticism, behavioral economics, and spirituality; the reader is taken on a journey that exposes the author's philosophy of life. He shows that **happiness is indeed a choice.**

All places detailed on Roatan exist and are more beautiful than described.
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