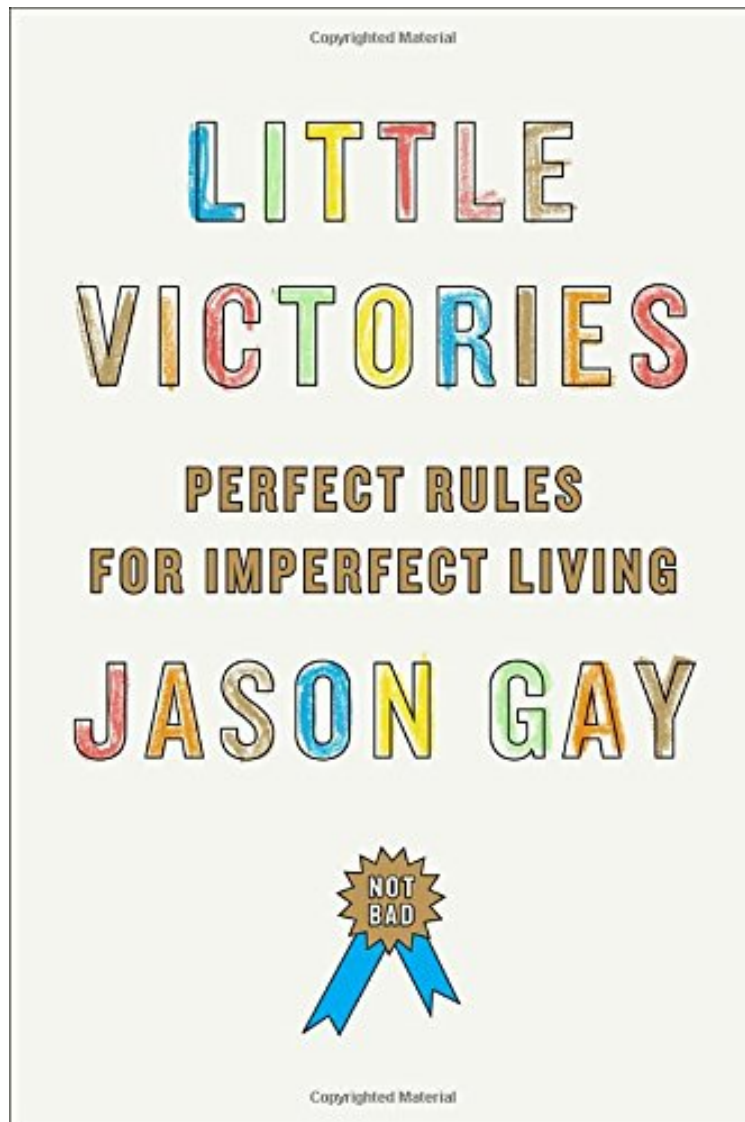


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## Little Victories: Perfect Rules for Imperfect Living

Jason Gay

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#167730 in Books 2015-11-03 2015-11-03Original language:EnglishPDF # 1 7.60 x .90 x 5.30l, .0 #File Name: 0385539460224 pages | File size: 15.Mb

**Jason Gay : Little Victories: Perfect Rules for Imperfect Living** before purchasing it in order to gage whether or not it would be worth my time, and all praised Little Victories: Perfect Rules for Imperfect Living:

0 of 0 people found the following review helpful. Jason Gay's writing reminds me of what's good about sports; here, he mixes it with tales from his lifeBy Andy OrrockI enjoy Jason Gay's writing in the Wall Street Journal and his appearances on 'Men In Blazers.' He reminds me of what's good about sports. In these days of meldonium cheats, spousal batterings by our heroes, fixed football matches and other depressing realities, Jason connects me to why I

loved sports growing up and to the joy that hasn't yet been sucked out of big time sports today. "Little Victories" combines that passion for sports with stories from Jason's personal life, notably his battle with testicular cancer and his father's death from pancreatic cancer. In the wrong hands, these could make for excruciatingly uncomfortable reading. In Jason's hands, the tone is pitch-perfect -- celebrating his Dad's life while mourning his passing, and taking the good away from his own battle. Lest you get the wrong idea, "Little Victories" is most of all a very funny read. Here's one passage I pulled that is representative of Jason's humorous take on an aspect of parenting: "If you have young children, you know it is impossible for them not to be drawn to and completely fascinated by a smartphone. And yet if you hand a child a phone in a public setting, people look at you like you've just given your kid a sack of enriched uranium. You are lazy, you are ceding parenthood to the machines, you are not actively building organic fun. The parenting magazines and blogs tell you to set limits, and this is useful advice, but I am not setting limits on, say, an airplane. If it means a peaceful cross-country flight without dirty stares from every other passenger, I will let a two-year-old watch Scarface." 0 of 0 people found the following review helpful. Funny guy By cfreedhunt Not a story, more of a Life Guide book - I have read him in WSJ - very amusing. I wonder if he does stand-up? He has had an interesting life and shares it well. I would buy more books from this author. I also bought one to send to my brother, who is a big sports fan and first told me about Jason Gay. 2 of 2 people found the following review helpful. It's not "water-skiing kittens", but it'll have to do By Customer Great little book! Truly funny yet thoughtful and sometimes poignant. I've always enjoyed Jason Gay's writing in the Wall Street Journal, but this was even better as I felt I really learned about him as a person. And he seems to be a genuinely kind and 'real' person; the kind I like to learn from and be around. Even though I'm more of a 'water-skiing kittens who solve mysteries' genre kind of guy, I loved the book and think most people, including older teenagers, would as well.

The Wall Street Journal's popular columnist Jason Gay delivers a hilarious and heartfelt guide to modern living. "The book you hold in your hand is a rule book. There have been rule books before—stacks upon stacks of them—but this book is unlike any other rule book you have ever read. It will not make you rich in twenty-four hours, or even seventy-two hours. It will not cause you to lose eighty pounds in a week. This book has no abdominal exercises. I have been doing abdominal exercises for most of my adult life, and my abdomen looks like it's always looked. It looks like flan. Syrupy flan. So we can just limit those expectations. This book does not offer a crash diet or a plan for maximizing your best self. I don't know a thing about your best self. It may be embarrassing. Your best self might be sprinkling peanut M&M's onto rest-stop pizza as we speak. I cannot promise that this book is a road map to success. And we should probably set aside the goal of total happiness. There's no such thing. I would, however, like for it to make you laugh. Maybe think. I believe it is possible to find, at any age, a new appreciation for what you have—and what you don't have—as well as for the people closest to you. There's a way to experience life that does not involve a phone, a tablet, a television screen. There's also a way to experience life that does not involve eating seafood at the airport, because you should really never eat seafood at the airport. Like the title says, I want us all to achieve little victories. I believe that happiness is derived less from a significant single accomplishment than it is from a series of successful daily maneuvers. Maybe it's the way you feel when you walk out the door after drinking six cups of coffee, or surviving a family vacation, or playing the rowdy family Thanksgiving touch football game, or just learning to embrace that music at the gym. Accomplishments do not have to be large to be meaningful. I think little victories are the most important ones in life." — From the Introduction

.com An Best Book of November 2015: Jason Gay, a popular and funny columnist for the Wall Street Journal, was driven to write *Little Victories* after his father's diagnosis of cancer. But *Little Victories* isn't just another treacly exhortation to enjoy this precious existence or else. It's a curation of snapshots of Gay's "many life mistakes," demonstrating that life's little victories are made up of "small, perfect moments," even—or perhaps especially—when we ourselves are not perfect. Anxious parents in particular will benefit from Gay's philosophy, whether it's his thoughts on youth sports to how to set limits on kids' usage of digital devices: "If it means a peaceful cross-country flight without dirty stares from every other passenger, I will let a two-year-old watch Scarface." Some chapters are laugh-out-loud funny (the family Thanksgiving chapter should be required reading at this time of year); some are poignant. All are self-deprecating and wry. There are a lot of books out there on how to stop and smell the roses. This is a crowning addition to that genre, making us laugh at our ridiculous human self-importance and showing us how to savor the everyday little victories. —Adrian Liang "[H]ilarious.... [A] tasty collection of advice about, for instance, mastering the office Christmas party or how to dress a slightly exhausted hipster dad." —People "Gay makes his debut with a hilarious, heartwarming set of essays covering such mundane topics as parenthood, exercise, office life, travel, and the holidays. He presents the book as a riff on his popular Wall Street Journal sports column, organizing the entries around his rules for life (which include 'don't serve soup at a dinner party,' 'spend a little more money on flowers,' and 'you really should listen to more Stevie Wonder'). He frames these rules with two key events: the birth of his children, Jessie and Josie, via in vitro fertilization, and the shockingly swift death of his father from pancreatic cancer. Along the way, readers will alternately feel the urge to laugh and cry at Gay's irreverent, witty writing. His

insights on each topic are spot-on yet gentle. Any readers who pick up this book will finish it convinced that following Gay's rules will make their lives more enjoyable, and perhaps even make them better people." —Publishers Weekly "A title for everyone, not just sports fans, and all will root for Gay and his "little victories" and feel inspired, too."—Booklist "Gay...balances insights with a droll, self-deprecating outlook....no small feat given the difficulty in providing guidance that is at once relevant--neither too specific nor too vague--and also genuinely funny.... [A] rollicking good read." —Kirkus "I loved this book. Jason Gay's Little Victories is funny, wise, direct, deceptively straight-forward and incredibly moving. As soon as I was finished reading it, I put it in the mail to my father, along with a reminder of my love. Such reminders, after all, are what we are here for, as this story—well—reminds us."—Elizabeth Gilbert, bestselling author of *Eat, Pray, Love* and *Big Magic: Creative Living Beyond Fear* "Jason Gay's rules for living will make you laugh out loud, and also make a whole lot of sense. This is an advice book that doesn't take itself too seriously and is all the more valuable for it."—Charles Duhigg, bestselling author of *The Power of Habit* "The thought of leaning in makes my neck ache, and taking seven steps to accomplish things only makes me want to lie down. Thankfully, Jason Gay has written a life guide for people like me—and you. He can't get the hang of grilling corn—and he's okay with that. He's faced cancer, unemployment, the death of a loved one, and fathered two kids after many setbacks—I think pretty much all at the same time—and has written a unique, heartfelt book about what he's learned from it all. Thanks to Jason, I've crossed trekking to the South Pole off my to-do list. Instead I'll focus on something that'll really make me happy: eating brownies while listening to some pre-1978 Stevie Wonder. See? You can do this! We all can!"—Diane Muldrow, bestselling author of *Everything I Need to Know I Learned from a Little Golden Book* "Little Victories manages to be hilarious, helpful, and profound, in one unpredictable mix. It made me happy." —Gretchen Rubin, bestselling author of *The Happiness Project* and *Better Than Before: Mastering the Habits of Our Everyday Lives* About the Author Jason Gay is a sports columnist at *The Wall Street Journal* and the MVP of Super Bowl XLIX\*. He has written for publications including *Vogue*, *GQ*, *Rolling Stone* and *The New York Observer*. He lives in Brooklyn, New York, with his family and a passive-aggressive cat.\* Okay fine. Tom Brady was the MVP of Super Bowl XLIX.