



Alphabet Soup for Grown-Ups: 26 Ways to Not Worry (Really!), Be Happy (Truly!), and Get Over Yourself (Finally!)

By Anthony Meindl

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Do "inspirational" books often leave you feeling uninspired? Does your spiritual practice take a backseat to The Walking Dead? Do all the self-help books you binge on end up becoming shelf-help books that gather dust and never get their bindings cracked? Alphabet Soup for Grown-Ups: 26 Ways to Not Worry (Really!), Be Happy (Truly!), and Get Over Yourself (Finally!) is a book that just might change your relationship with the most important person in your life: yourself. It's a down-to-earth, accessible, inspirational book, without all the new age mumbo jumbo; just 26 simple and hilarious ways for people to stop postponing happiness and live their dreams now. Acclaimed author Anthony Meindl picks up where his first book, At Left Brain Turn Right, leaves off and gives readers 26 fresh and practical life tools for everyday people covering the A to Z's of "B"-ing! "It's a remarkably funny and wise little book." - Jonah Lehrer, author of Imagine and How We Decide

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Editorial Review

About the Author

Anthony Meindl is an award-winning writer, director, producer, and Artistic Director of Anthony Meindl's Actor Workshop (AMAW) with studios in Los Angeles, New York, London, and Vancouver. It was honored by Backstage 3 years in a row and named the Best Acting Studio in Los Angeles (Best Scene Study and Best Cold Read). Meindl's first feature film, "Birds of a Feather," won the Spirit of the Festival Award at the 2012 Honolulu Rainbow Film Festival, and he won Best Director at the Downtown Film Festival Los Angeles. It releases on iTunes and DVD in March of next year. He is a regular contributor to The Daily Love, Backstage, and various spirituality podcasts. He has been featured in ABC News, Daily Variety, LA Weekly, The Hollywood Reporter and the CW KTLA and has been a guest speaker at the GATE 2013 Story Conference founded by Jim Carrey and Eckhart Tolle and David Lynch's Masters in Film Program (Maharishi University of Management). He is also the author of the best-selling creativity book, At Left Brain Turn Right, which helps artists of all kinds unleash their creative genius within. Alphabet Soup For Grown-Ups is his 2nd book. Follow Meindl on Twitter -- @AnthonyMeindl.

Users Review

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Kelly Thompson:

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Carmela Williams:

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comes? The new book you know. You are thus out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these publications have than the others?

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