



Born to FREAK: A Salty Primer for Irrepressible Humans

Sarah Bamford Seidelmann MD

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Praise for Born to FREAK:

I have never ever EVER seen a book create such genuine FUN and combine it with meaty, juicy, deep content. The author makes it look easy. I love the writing, the graphic, the design, the loose easy feel, and how each little nugget of the substance is so interesting and helpful.

Here's the thing: This book will make you remember that you are in love with yourself. And THAT will make you make our world an even lovelier place. That's why I'm buying copies for EVERYBODY. ~A Born to FREAK reader via Amazon

I am a huge fan of Sarah's work. The thing is, I read the book thinking it would be helpful in working with my coaching clients who like to live life "outside the fray." Unlike the hipster freaks in my life, I've often considered myself boringly unfreakish, unbrave, and uncool.

However, this unbelievably funny, poignant and insightful book opened my eyes to the fact that we are ALL FREAKS. Learning to identify, embrace, celebrate and broadcast our unique gifts and experiences is how we heal ourselves and heal the world.

I will no longer hide my "muchness."

This book is full extremely powerful, life-changing stuff... all couched in fascinating and highly entertaining stories from Sarah's fabulously interesting life. I bought a copy for myself, and after I read it, ordered several more to share with others. ~Coach Jill Farmer, Author of There is Not Enough Time and Other Lies We Tell Ourselves

If you are a parent or a grandparent of a youngster or young adult who alternately delights and drives you a bit crazy, this is an excellent resource. If that child or adult is ADD, this is a both entertaining and absolutely honest book about those particular joys and frustrations. The ABC format is attractive, the author has a great sense of humor, and she does not shirk being vulnerable about her own life and experience as a person with ADD, not discovered until she was a mother of several children. This book offers hope, affirmation, and encouragement to those who feel "out of place" - and to those who know and love them. Most of us who have raised children and watched a generation or two grow up know that the kids who don't feel they fit in are often the most interesting and go on to offer the world the sort of gifts we didn't even know we needed.....Lest we forget, Ms Seidelmann has a wonderful list of these in her book. ~Family Therapist via Amazon

It's funny. You know SARK? An author I found years ago who wrote these very inspiring books on creativity. I was thinking to myself recently, I need a new book that makes me feel like her books made me feel and wa la.....I'm on page 51 and I'm just drinking it in! I'm so excited!

It's my new favorite book, it's like candy for my monkey brain, fly monkey fly....

~A Born to FREAK reader via Facebook

I love the part about choosing the most beautiful doors - because, of course, there are so, so many. And the chapter on Fail. Brilliant. My rubber band has been pulled way back - look out when it lets go... and when it does, I have all your incredible words to help me fly. To say nothing of Alice and all her wisdom.

Thank you. This will help unleash so much good in the world. ~A Born to FREAK reader via Amazon

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Anna Wright:

The book Born to FREAK: A Salty Primer for Irrepressible Humans give you a sense of feeling enjoy for your spare time. You can utilize to make your capable much more increase. Book can for being your best friend when you getting stress or having big problem together with your subject. If you can make looking at a book Born to FREAK: A Salty Primer for Irrepressible Humans being your habit, you can get far more advantages, like add your capable, increase your knowledge about a few or all subjects. You can know everything if you like start and read a book Born to FREAK: A Salty Primer for Irrepressible Humans. Kinds of book are several. It means that, science publication or encyclopedia or other folks. So , how do you think about this book?

Jennifer Klein:

The knowledge that you get from Born to FREAK: A Salty Primer for Irrepressible Humans is a more deep you excavating the information that hide inside words the more you get serious about reading it. It doesn't mean that this book is hard to comprehend but Born to FREAK: A Salty Primer for Irrepressible Humans giving you excitement feeling of reading. The article writer conveys their point in specific way that can be understood by simply anyone who read it because the author of this reserve is well-known enough. That book also makes your own vocabulary increase well. That makes it easy to understand then can go with you, both in printed or e-book style are available. We recommend you for having this particular Born to FREAK: A Salty Primer for Irrepressible Humans instantly.

David Fern:

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