

BOOKSHELVES

WELCOME THE RAIN

Choosing to See Beyond Life's Storms

By Michelle Sedas

A BUSINESSMAN IS DRIVING to work and sees the first raindrops come down on his newly washed car. Rolling his eyes with disgust he lets out a sigh of anger. Traffic is going to be congested and he'll probably get his new Italian leather shoes wet. He thinks: Why me? Why Today?

Outside of town, a farmer calls the rest of his family to celebrate the first raindrops they've seen in weeks. His crops will at last receive the sustenance that it needs so badly. He thinks: What a wonderful turn of events! We are so blessed?

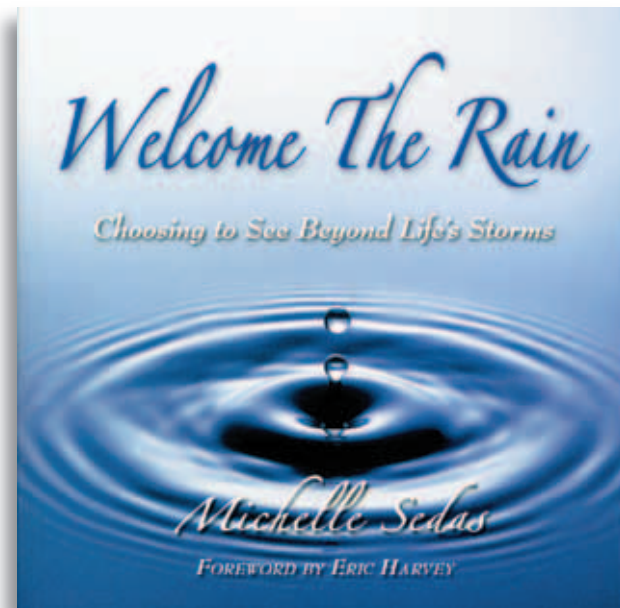
Welcome The Rain asks the question "when your rain comes...will you choose to be the businessman, upset at how the storm has inconvenienced you? Or will you choose to be the farmer who knows that while rain has the potential to be destructive it also brings growth and new life?"

The purpose of *Welcome The Rain* is to help us understand that we are ultimately in control of the way we think about and respond to life's events. Each of the 13 short chapters are devoted to a different type of Rain...*Inconvenience, Delay, Challenge*. The idea is that by changing our perspectives and our attitudes, we can turn these so-called negatives into positives.

Women's Edge recently had the opportunity to speak with Michelle Sedas.

W.E.: *Welcome The Rain* is a very inspiring book. What motivated you to write it?

Michelle: My personal story is a lot like the *Welcome The Rain* story. Six years ago, when I was 25, I was hospitalized for the second time for depression. This was the darkest part of my life. When I left the hospital I told myself that I would never be back there again. I was going to move forward. I was going to do what ever it took to not be in that position again. My first step was to begin counseling. My second step was to ease back into life and get a job. My major in college was finance. So it seemed logical



to interview with banks. But finance wasn't my passion. During this interview process I saw an ad for a position with WALK-THETALK Company. I interviewed with them and knew immediately this would be a healthy environment for me. I wanted to go where I'd be happy and where I'd be around positive people. They offered me the position five years ago and I have been there since. I started in customer service and then became an editor for the company. My childhood dream was to be a writer. I have always been in awe of people who were able to persevere through tough times and come out triumphant. I wanted to write a book on life's challenges and how we can come out of them...changed for the better.

W.E.: What advice would you have for others who need to overcome adversity?

Michelle: This may sound cliché, but never give up. When it's stormy in our life, I know how difficult it is to see beyond the storm. Often, that's all we can see. But it's important to remember that obstacles in life do make us stronger. I'm living proof of that. My bouts of depression, which was my darkest time in life, allowed me to get to a place where I have experienced my greatest professional joy. Had I not been depressed I might not have ever found this joy of writing. I'm getting to live my childhood dream.

When you deal with life's ups and downs, it's important to choose to see beyond life's storms...because it is only after the rain that you will find your rainbow!!

For more information about Michelle Sedas or to order her book, visit www.michellesedas.com. You can also order her book and see a FREE preview of her inspirational movie at www.walkthetalk.com.