



The Brighter Side

S. A. Swiggett



The Brighter Side:

The Bright Side Jack Riewoldt, 2023-11-01 In his inspirational memoir Jack Riewoldt reveals all about his remarkable AFL career and how a positive attitude helped him overcome his toughest moments on and off the field Jack's story is a compelling one and he tells us not only about his development as an elite athlete but also his maturation as a leader As a bonus this book provides the reader with an insider's view of the Richmond Football Club during its premiership years This memoir is one that all footy fans will want to own and read and re-read Peggy O Neal former president of Richmond FC After booting two goals to help the Richmond Tigers secure a drought-breaking premiership win over Adelaide in 2017 Jack Riewoldt jumped on stage at the MCG to sing with The Killers one of his all-time favourite bands The song Mr Brightside became his anthem When faced with challenges including the loss of his much-loved cousin Maddie and the misunderstanding that dogged much of his career his positive attitude pulled him through A far cry from his beginnings as a mischievous youngster Jack is now seen as a revered leader of the game In **The Bright Side** Jack dives into every important win and shares the lessons he has learned from the losses to help others find brightness during challenging times

The Bright Side Sumit Paul-Choudhury, 2025-01-07 In the thought-provoking tradition of Steven Pinker's *Enlightenment Now* and Yuval Noah Harari's *Homo Deus* a fascinating and reassuring look at the philosophy, psychology and practice of optimism and why being optimistic is a moral obligation even in the face of seemingly insurmountable challenges Scrolling through our daily newsfeeds we see violence and cruelty, turmoil and injustice, fake news and clickbait and worsening environmental and social crises just a few of the dark currents feeding a tidal wave of pessimism In the face of so many challenges how can we stay optimistic And more important why should we In **The Bright Side** Sumit Paul-Choudhury answers these pressing questions arguing that optimism is not only essential for overcoming the challenges we face but also fundamental to human wellbeing Drawing on a wide array of evidence from biology to history and from economics to meteorology he delves into the underappreciated roots of optimism examines its impact on mental health and professional success and discusses why it has a power that wishful thinking lacks Additionally **The Bright Side** shows how we can apply the principles of optimism to cope with environmental crises, artificial intelligence and social change From the polar reaches to the world's mightiest cities through inspirational figures including explorers, activists and scientists the book illustrates optimism in action A beacon amid dark times **The Bright Side** provides a lens through which we can see the challenges we face more clearly and it also offers tools for solving them to create a better future for ourselves and generations to come

The Bright Side Cathrin Bradbury, 2021-03-02 Anyone who has had their life completely gutted and rewired will adore this family story Bradbury's dark humour and gloriously upbeat voice makes it the perfect antidote to a tough year I loved it Plum Johnson author of *They Left Us Everything* The hilarious and moving story of how a modern woman's life can change utterly in a single year and how even when life whacks you in the head you can find yourself rewarded with grace Cathrin Bradbury's life imploded in the

space of a few months Her beloved parents died her marriage limped to an end after twenty five years her heavily mortgaged house turned against her and a promising new romance ended in crushing disappointment But somewhere in that year a new path or three or four began to open up As Bradbury navigates the setbacks her troubled brother makes an astounding recovery to health and sobriety She is reunited with her closest childhood friend after a long absence with deeply satisfying results She and her four siblings feel their way to becoming a new kind of family without their parents And her adult children emerge into sharper focus each gloriously and uniquely themselves Slowly she discovers that the path is steep the view obscured but there s light ahead Cathartic hilarious and profoundly moving The Bright Side broadens the way we think and talk to each other about the ordinary experiences we all share A master of the uncomplaining voice Bradbury combines grace and humanity to look at the world unflinchingly and see what makes it wonderful and absurd at the same time and to let us all in on the secret

The Bright Side Running Club Josie Lloyd,2022-02-08 A powerful tribute to the power of the human spirit in the face of hardship based on the author s own experience within the cancer community for fans of Mary Ellen Taylor s Honeysuckle Season A woman finds hope support and friendship in a runner s group following her breast cancer diagnosis in this amazing breathtaking and inspiring novel Jenny Colgan author of The Bookshop on the Corner When Keira first receives her breast cancer diagnosis she never expects to end up joining a running group with three women she s only just met Totally blind sided all she can think about is how she doesn t want to tell her family or step back from work Nor does she want to be part of a group of fellow cancer patients Cancer is not her club And yet it s running hot sweaty lycra clad running in the company of brilliant funny women all going through treatment that unexpectedly gives Keira the hope she so urgently needs Because Keira will not be defined by the C word And now with the Cancer Ladies Running Club cheering her on she is going to reclaim everything her family her identity and her life One step at a time Moving uplifting and full of hope this is a beautifully crafted novel about love family and the power of finding your tribe

Always Look on the Bright Side Allen Klein,2013-10-22 We often think of celebrations as centering around special occasions like Birthdays Christmas or other holidays But there is no need to wait for those times Everyday is a cause for celebration The very fact that you are alive the wondrous world around you and the special people in your life are all reasons to rejoice That s what this book is all about Over 500 suggestions for living life to the fullest A compendium of glass half full common sense these witty and wise words from both the rich and famous as well as the not so rich and the not so famous will I hope inspire you to make every day a special day Pianist Artur Rubinstein once said To be alive it s all a miracle Yes indeed it is all a miracle and all a cause for celebration

The Bright Side of Shame Claude-Hélène Mayer,Elisabeth Vanderheiden,2019-04-25 This book provides new ideas on how to work with and constructively transform shame on a theoretical and practical level and in various socio cultural contexts and professions It provides practical guidelines on dealing with shame on the basis of reflection counselling models exercises simulations specific psychotherapeutic approaches and auto didactical learning material so as to transform

shame from a negatively experienced emotion into a mental health resource The book challenges theorists to adopt an interdisciplinary stance and to think outside the box Further it provides practitioners such as coaches counsellors therapists trainers and medical personnel with practical tools for transforming negative experiences and emotions In brief the book shows practitioners how to unlock the growth potential of individuals teams and organisations allowing them to develop constructively and positively

Take a Walk on the Bright Side Eugene Bright,2016-09-13 Set against the backdrop of over one hundred years of world history Take a Walk on the Bright Side begins with the story of Eugene Bright s restless entrepreneurial grandfather Tom Bright who uprooted his young family in 1907 to travel west and build a homestead in Saskatchewan A few years later he moved on and started over again in Montana only to flee the United States when a confrontation with a neighbour turned dangerous Tom was a colourful character who was married six times twice to the same woman Eugene s father Ray Bright left home at eighteen to work as a cowboy in Montana before marrying Lottie Sampson and settling down in Ontario to start farming Although Lottie did not want any children they had four boys and four girls The family lived without running water or electricity but they ate like kings according to a hired man Eugene and his brothers and sisters walked across neighbouring fields to a one room schoolhouse run by an outstanding teacher Eugene worked hard on the farm and at school and he went on to attend bible college and university beginning a thirty one year career as a teacher a school principal and a master at a teachers college Told by the decade and extensively illustrated Take a Walk on the Bright Side is a multi generational tale brought to life by a keen observer

The Bright Side Of My Condition Charlotte Randall,2014-01-29 When the Captain find us stowaways and give us the choice between join the island or join the crew all of us to a man cry island island So he put us ashore with a few provisions and a trypot and sail away After escaping from the Norfolk Island penal colony on a sealing ship Bloodworth and his three fellow convicts are left on a remote southern island by a captain who promises to pick them up in a year s time It will be many years before they see another ship During that time four men with nothing in common but a desire to escape and a need to survive live together in cramped and freezing isolation Slangam believes hard work will see them through Toper puts his faith in the Divine Gargantua leans on his learning and Bloodworth watches both his fellow felons and the inhospitable environment Based on the true story of four convicts who spent more than nine years on the Snares Islands in the early nineteenth century Charlotte Randall s latest novel is a riveting intelligent and powerful work of fiction Also available as an eBook 2014 New Zealand Post Book Awards Fiction Pize finalist

The Bright Side of Things. A Word to the Weary Charles BECKETT,1865

The Bright Side of Prison Life S. A. Swiggett,2022-08-01 In The Bright Side of Prison Life S A Swiggett presents an introspective exploration of incarceration during a time of turmoil specifically the American Civil War Swiggett s narrative offers a unique perspective of the daily trials and the unexpected camaraderie found within the confines of imprisonment His literary style rooted in the personal experience narrative tradition captures the resilience of the human spirit amidst adversity The text serves not only

as a historical document but also as a study in the psychological and social dynamics of people living under extreme conditions representing a notable contribution to Civil War literature and prison memoirs of the era Swiggett's background and personal journey undoubtedly influenced his creation of this work While details on Swiggett's life are sparse his reflections imply a deep understanding of the era's political and social climate allowing readers a glimpse into the complexities of loyalty patriotism and personal conviction This book appears to be Swiggett's attempt to navigate his own experiences and extract a sense of purpose and positivity from a period of involuntary hardship thus offering a rare view into the stoic mindset of prisoners during the American Civil War *The Bright Side of Prison Life* is an enlightening read for those interested in American history psychological resilience and the power of hope in the darkest of times Scholars history enthusiasts and readers who appreciate nuanced first person accounts will find Swiggett's reflections a testament to the transformative power of human experience It is a recommended text for its literary merit and its ability to convey the strength found in unity and shared struggles even behind bars

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