



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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From reader reviews:

Dorothy Payne:

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

Edna Barnett:

Hey guys, do you really wants to finds a new book you just read? May be the book with the concept Born to FREAK: A Salty Primer for Irrepressible Humans suitable to you? Often the book was written by renowned writer in this era. The book untitled Born to FREAK: A Salty Primer for Irrepressible Humans is the main of several books that will everyone read now. This book was inspired many people in the world. When you read this book you will enter the new age that you ever know prior to. The author explained their plan in the simple way, consequently all of people can easily to be aware of the core of this reserve. This book will give you a lots of information about this world now. So that you can see the represented of the world in this book.

Julie Chambers:

Reading a book to be new life style in this season; every people loves to learn a book. When you examine a book you can get a wide range of benefit. When you read publications, you can improve your knowledge, since book has a lot of information into it. The information that you will get depend on what types of book that you have read. If you want to get information about your study, you can read education books, but if you want to entertain yourself you are able to a fiction books, such us novel, comics, along with soon. The Born to FREAK: A Salty Primer for Irrepressible Humans offer you a new experience in reading through a book.

Daryl Radford:

Many people spending their moment by playing outside with friends, fun activity having family or just watching TV 24 hours a day. You can have new activity to pay your whole day by studying a book. Ugh, do you think reading a book can really hard because you have to bring the book everywhere? It ok you can have the e-book, having everywhere you want in your Mobile phone. Like Born to FREAK: A Salty Primer for Irrepressible Humans which is keeping the e-book version. So , why not try out this book? Let's see.

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