

Six years before Covid, I suffered acute respiratory distress and was intubated and spent four weeks in a medically induced coma. It wasn't Covid, but the treatment was similar.

I recovered and after a couple of years was able to swap my wheelchair for an electric bike. The experience made me ask questions. What's really important? What matters? What is a good life?

Several years later, I am in a more restful, purposeful, and fulfilled place than ever before. I've found my daily bread. I think many of us do, eventually, and adversity refines our views.

I put what I learnt in this book.



Glenn Myers is a prize-winning writer and author of around 20 books. He lives in Cambridge UK with his wife. They have two grown-up children. glennmyers.info

Fizz
BOOKS

5.06 x 7.81
198 mm x 129 mm

.300
7.62mm

5.06 x 7.81
198 mm x 129 mm

Content Type: Black & White
Paper Type: White
Page Count: 140
File Type: PDF
Request ID: CSS3158240

BREAD
GLENN MYERS

BREAD

My search for what
really matters



GLENN MYERS