



# Making Lemonade: 101 Recipes to Convert Negatives into Positives

*Neil E. Farber MD*

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## **Making Lemonade: 101 Recipes to Convert Negatives into Positives** Neil E. Farber MD

We all know the phrase "When God gives you lemons, make lemonade." But how exactly are we supposed to do that? Do we really need a recipe book to learn how to make lemonade? YES!

In this soon-to-be-bestseller, Dr. Neil Farber, author of *The Blame Game: The Complete Guide to Blaming*, reveals 101 recipes to make metaphorical lemonade. *Making Lemonade* is a guide to turning "bad" things into "good". Lemons have been given a bad rap; sometimes lemons are blessings in disguise. Just like our "problems", lemons aren't inherently good or bad; it's our perception and preconceived ideas that make them so.

Each chapter of *Making Lemonade* describes an apparent negative (lemon), lists ingredients and preparation instructions, and shows you the positive outcome (lemonade).

**Making Lemonade** provides you with the passion, inspiration, knowledge, and practical tools to start on a path to positivity.

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