Sharing lands him with 3 top literary works

papedal writer

Paul Pearsail has enjoyed writing special writer

Paul Pearsail has enjoyed writing since his high school days. But, he admits, he had no idea his first book would be so successful that it would receive book of the year hexors in England for its contributions to contemporary medicine.

After all, he'd only set out to share with others what he had learned from his clinical work.

Pearsail is the author of three best selling books, "Super Immusity," his first literary endeavor, "Super Maria Sex," which landed him a spot on the "Oprah Winfrey Show," and his litest release, "Super Joy," an immediate best seller.

"I don't mean better or stronger, I one them better or stronger, and the standard of the seller or stronger, and the seller or stronger in the seller or stronger. I mean to transcend or go beyond," he seller or stronger in the sell

not because they think super means extraordinary.

"The intent of my three books into so much how-to-de-th books, but maybe more how-not-to-do-th books."

Pearsall, 46, lives part time in Maul, Hawail, with his wife of 23 years.

Celeste, and their two soas, Rodger, 17, and Scott, 16.

People often think of Pearsall as a mystery man. He isn't seen at many social functions.

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"I'M A family person; I spend all of my time with my family," he said. Pearsail credits his parents for who and what he is today. They were less focused on what they of the same placed on what type of person be would be a good, kind and gentle. "Thank god for my parents," he said. "I slways knew that I wanted treach something that would help and the said. "Be well as the said that they have been something that they my books." Fearsail learned early in his child-hood to celebrate life. A sixth grade teacher at McDonald School in Dearborn had a great impact on him, be said.
"Mr. Wescott would talk about

orn has a great impact of all about what I'd call super-joy people to-day," he said, "We studied the heroes. We'd sing every morning and after lunch. We'd sing and laugh all

after lunch. We'd aing and laugh all differ the work of the man and the mortane of learning. I leved his class. The school day was too short. As Pearsall sees it, he was a good boy as child, "so good it was pathele." He worked hard for his family and drew satisfaction from seeing he smiles on his parents' faces. He also enjoyed making them proud of his academic successes, he said.

Theirs was a close family and his father's death it's years ago was the most eventful thing in Pearsall's life. "I realized how fleeting life is and every moment we fall to celebrate is a waste," he said. "The arguments, the bickering, the hassies, the fight-

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'Super Joy' celebrates life

Every day, there should be an emotional celebration. We are so concerned and meditative about what life means that we forget to enjoy and celebrate the intensity of just being allwe."

So says Paul Pearsall, author of the best selling book, "Super Joy" (Doubleday).

Most health care professionals study people who are sick and the effect the illnesses have on their lives. Pearsall's book, however, looks at health and daily life adjustments from a different perspective.

ments from a different perspective.

It studies people who are hardly ever sick. It explores how these super well, super healthy people think, behave, run their lives and deal with crists. From their lessons, we learn how they approach life.

"It fascinated me that some people have a great deal of trouble in their lives and they seem enhanced by it," he sald. "I interviewed a woman who was a survivor of the Holocaust and in spite of the most unimaginable horror that human belips have gone through, she wasn't sick and seemed to use that experience to strengthen her very spirit.

"It EGUIND it letersting that

"I FOUND it interesting that some people succumb to a cold, are almost debilitated by it for weeks, whereas some people seem to flour-ish during a crisis."

Pearsall stresses throughout his book that the key to "Super Joy" is the celebration of life and living. He interviewed more than 300 people on their death beds and found that when their death beds and found that when asked if they had any regrets, the al-most universal answer was that they would have taken more risks. They would have opted for a cheaper car, smaller house, less work and more time with their loved ones.

"We're always told to be well ad-justed, but adjusted to what?" he said. "The mood, the morale, the pace . . . what I'm suggesting is the things we fit into today's world by definition makes us sick.

"We are addicted to being effi-cient oriented. Let's get it done fast-er, let's do it better. We don't take the time to see the celt-ration. We are so used to stress that when we go home or on vacation we get de-pressed.

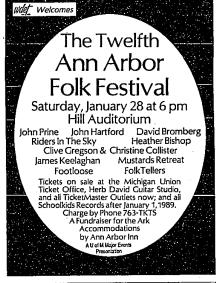
"I CALL it the sad cycle. How hard you work during the day, how many things you accomplish, people applaud that. We reward the suc-

"Super Joy" appeals to the reader, whether he or she is 18 or 86, to view each day as the best time of their lives. Never lead your life saying later. Later may never come.

"I say in 'Super Joy' that if you should die with the music left in your sout, never having sung your song, it will be a very tragic event," Pear-sull said.

Pearsall will be lecturing all over the world in the coming months, but he will be following his own advice. He will also be spending time at his home in Maui, Hawali.

His new book, "Family Loving: The Miracle of Us," will be in book stores next year,









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ing and some of the stuff I saw when I ran the PDL (Problems of Daily Living) Clinic, it's a waste of precious time.

"WE DON'T take time to cele-brate the important things in life

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