“Enjoy Every Sandwich”
by Lee Lipsenthal, M.D.

This is a beautiful book about gratitude and about living one’s life to the fullest. Lee was a well-known, prominent physician who worked with Dean Ornish in the prevention of heart disease and served as president of the American Board of Integrative Holistic Medicine. His life’s journey is captured with humor, clarity, insight and transparency. He describes his thriving practice as a doctor, his love for his wife and two children, his spiritual path, with its surprising twists and turns, and his unexpected terminal diagnosis of esophageal cancer at age 52. A tapestry of intimacy and courage is woven through his experiences with medicine, meditation, music, neuroplasticity, prayer yoga and Shamanic Breathwork.

Lee’s practical approaches to everyday living and to dealing with emotions of anger, anxiety and fear were deeply touching. In his personification of his anger as “a sleazy guy with the head of a squid,” he released and lightened his anger. His gratitude practice was grounded in the day to day; acknowledging and appreciating a good meal and running into a friend, among many. The HeartMath practice of Quick Coherence is elaborated on. He writes of creating of an inner house of subpersonalities based on Assagioli’s work. There are so many practical tools I can use in my own life. I will use one of them as I sit in the dentist’s chair tomorrow to get a crown on my 6 yr. old molar.

‘Enjoy Every Sandwich’ is written with wisdom, generosity and integrity. Through his eloquent and thought provoking words, he illuminates the importance of our own personal work and that “Love is the juice that fuels it all.”

Reviewed by Anne Miller R.N. WHNP

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