

REVIEW BY WALTER I. ZEICHNER

Having myself written a book that employs autobiographical vignettes to demonstrate concepts, Ted Mouradian's *Best In Life* had a familiar feel to me as I read through it. It is obviously a very personal project. Enjoyable bits about Mouradian's life, his wife and daughters, and their experiences are dispersed throughout the books, and they are very effectively used.

The basic message of the book is not a new one: love yourself, conduct yourself with dignity, take responsibility for yourself and your actions, do no harm, live and let live, and not only will you be a happier person, but one who adds joy to the world.

Mouradian also has a buddy, Humphry the Camel, who exists as a cartoon character in the book and as a stuffed toy/business metaphor in Mouradian's work as a motivational speaker. Humphry is referred to many times to illustrate points like

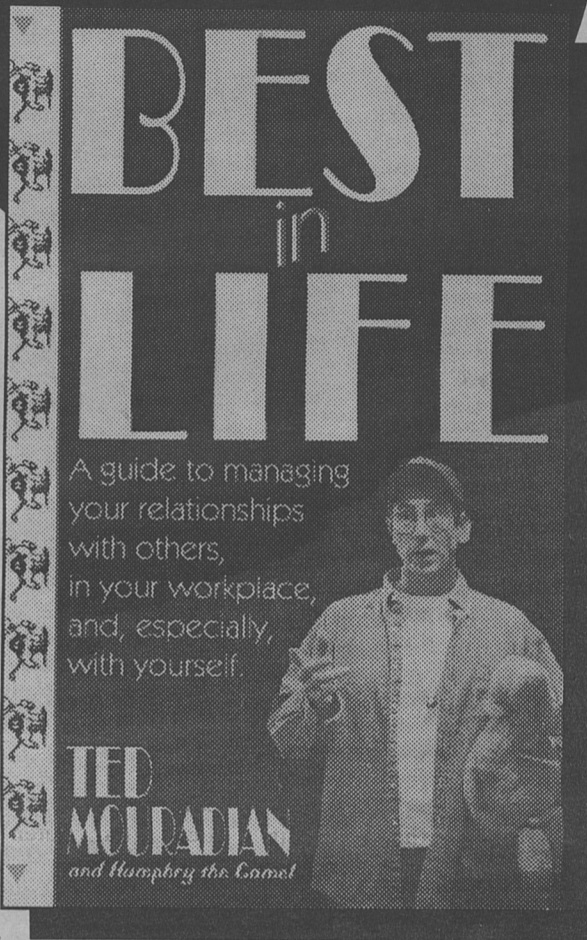
"Humphry knows he isn't the best looking of creatures, or fastest or smartest, but he's proud of being the best camel he can be."

My only criticism is that in an effort to get through to as many of his readers as he can, Mouradian is a bit simplistic. This book is deceptively simple, in fact, because the life lessons Mouradian explores and expounds upon are all of a profound nature.

*Best in Life* is a lighthearted, friendly book. I would most heartily recommend this book to people who have not been steeped in modern psychology or the self-help movement. For those people, however, *Best in Life* can serve as a pleasant reminder to do what it takes to be conscious and to take care of oneself as a route to healthier, more satisfying relationships with others. ▼

**BEST in LIFE**

Ted Mouradian  
Maritimes Arts Projects Productions, pub.  
168 pages,  
mass market paperback  
\$13.95



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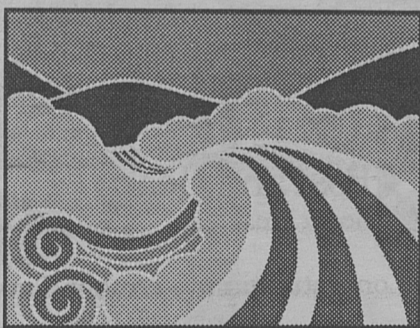


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