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June 2018

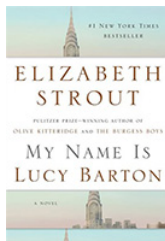
Smith Falconer Financial Group

August 2018 eUpdate



Hi Friend,

Summer is finally here! It's become a tradition to share our team's favourite summer reads. Whether it's for a weekend on the beach or a rainy afternoon inside, here are some of the books we recommend this summer.



Lois recommends *My Name is Lucy Barton* by Elizabeth Strout.

With complications following surgery, Lucy is hospitalized for months. Her estranged Mother comes to visit and stays with her for 5 days. Their conversations cross the class divide that has caused friction in their relationship. Lucy loves that her Mother is with her and more than the words exchanged, she is just so happy to hear her voice. In some ways a tragic story, we can celebrate Lucy's ability to see kindness in others and notice the beauty of nature around her. It is her salvation.

My Name is Lucy Barton is the author's fifth of six books. It's a compelling story written in the first person, and the author captures Lucy's voice brilliantly. I found it engaging from the first page. This is a powerful narrative about a profound mother-daughter bond, the desire to become a writer, her marriage and her childhood. It is deeply human and truly unforgettable. A compelling read for anyone! It was long listed for the Booker Prize in 2016 and was adapted to become a play in London starring Laura Linney as Lucy Barton that has received great critical acclaim.

[Learn more about *My Name is Lucy Barton*](#)

Rodney recommends *Everyday Heroes* by Jody Mitic.

Our July 11 *Find More Best Clients* workshop is full. Don't miss out. **Sign-up** to receive early-bird notification of our upcoming speaking events.

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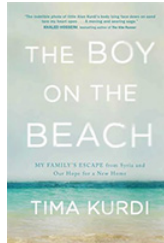
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This book is a collection of personal stories of men and women who have served (or are serving) in the Canadian Armed Forces. These stories are about courage, sacrifice and perseverance. We all have bad days, but this book was a wonderful reminder to me of how lucky I am to live the life I do and to live in the country I do. Men and women

sacrifice their lives daily so that we can enjoy the freedom we do and it was a wonderful experience for me to read and learn more about these amazing women and men and what they have done and are doing for their country.

[Learn more about *Everyday Heroes* »](#)

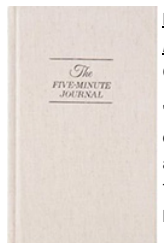


Lira recommends [The Boy on the Beach](#) by Tima Kurdi.

We all remember the picture of the little boy's lifeless body that washed up on the shores of the Mediterranean Sea in September 2015. The photo opened our eyes to the reality of the Syrian refugee crisis and their desperate plight.

The little boy's name was Alan Kurdi and *The Boy on the Beach* is the story of his family, as told by his Aunt Tima who now lives in British Columbia. When war overtook her homeland, her family was forced to flee their homes. Tima worked tirelessly to help her brother Abdullah escape war-torn Syria, lobbying to secure their entry into Canada. As they waited, her brother's impatience proved fatal as he lost both his wife and sons attempting to cross dangerous waters to Greece in a rubber dingy. This book was as haunting as the picture, but I am glad to have read it. Their story provided a glimpse into life as a refugee, something we will never experience but need to see.

[Learn more about *The Boy on the Beach* »](#)



Meredith recommends [The Five-Minute Journal](#) by Intelligent Change..

"What would make today great?" is one of my favourite daily questions asked in *The Five-Minute Journal*.

This summer I am featuring a book to be written in rather than read. In

January, I challenged myself to start consistently writing in a journal and this is the journal for beginners and experts! By thinking about "what would make today great", I start my day with either a sense of joy and a smile or a feeling of determination and focus.

Whether my goal is to catch up with a great friend or to check an important project off my list, this practice helps me visualize and feel what it would be like to have a great day and in turn makes it more likely to happen!

[Learn more about *The Five-Minute Journal* »](#)

Angela recommends [Everything Here Is Beautiful](#) by Mira T. Lee.

This book tells the story of two Immigrant-American sisters, Miranda and Lucia, and a young woman's quest to find fulfillment and a life unconstrained by her mental illness. When their mother dies and Lucia starts to hear voices, it's Miranda who must fight for the help her sister needs. Everyone involved in Lucia's life wants to do the

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right thing for her, but there is no magic cure for mental illness. The pills have side effects, and Lucia would prefer not to take them. It's a heart-wrenching family drama about relationships and tough choices and how much we're willing to sacrifice for the ones we love.

This is a book everyone can benefit from reading. Mental illness is more common than you might like to think with than 450 million people across the globe suffering from various forms of it. I'm reading this book to become more informed about mental health issues. With more knowledge, I can be more open-minded and supportive. Increasingly, I encounter other people who are impacted by mental health challenges, so I hope my summer read may help others too.

[Learn more about *Everything Here Is Beautiful* »](#)

What are you reading this summer, and have you read any of the books on our list? Share your favourite books with us by replying to this email.

Wishing you a wonderful summer season!

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