



Twirl: A Fresh Spin at Life

Patsy Clairmont

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Is life making you so dizzy that you're forgetting what's most important?

Patsy Clairmont loves a good twirl. The kind that will make a child fall to the ground, squeal with laughter, and then want to get up and spin in circles some more! However, there is a twirl where busy schedules and urgency create a different and unwanted variety of dizzy into our lives.

Though hurry-up is part of the human dilemma and certain seasons bring more of it than others, if it becomes a lifestyle you might find yourself on the slippery slopes of bitterness, sadness, and depression. Patsy's hope is to help her readers maintain a dynamic view on life—with activities and choices that lead to renewal and peace. So take a little stroll with Patsy Clairmont through *Twirl*, and allow her unique perspective and deep well of biblical wisdom to realign your spin on life.

Twirl: A Fresh Spin at Life Details

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Author : Patsy Clairmont

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From Reader Review Twirl: A Fresh Spin at Life for online ebook

Nancy Holte says

Patsy is funny and inspirational. This book is filled with wisdom for life.

Jennifer B says

An excellent read on exploring our personal story in life. Patsy lovingly encourages her readers to engage the senses, while taking in a deep breath and creatively uncovering ways to find our true selves. Highly recommend!!

Stefanie Kamerman says

Disclosure: I received this book free from the publisher through Book Look Bloggers. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255 : "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

Synopsis:

Is life making you so dizzy that you're forgetting what's most important?

Patsy Clairmont loves a good twirl. The kind that will make a child fall to the ground, squeal with laughter, and then want to get up and spin in circles some more! However, there is a twirl where busy schedules and urgency create a different and unwanted variety of dizzy into our lives.

Though hurry-up is part of the human dilemma and certain seasons bring more of it than others, if it becomes a lifestyle you might find yourself on the slippery slopes of bitterness, sadness, and depression. Patsy's hope is to help her readers maintain a dynamic view on life—with activities and choices that lead to renewal and peace. So take a little stroll with Patsy Clairmont through Twirl, and allow her unique perspective and deep well of biblical wisdom to realign your spin on life.

When life gets you down, just twirl!

I was immediately drawn to this book just by looking at the cheerful cover. Not only does the book have this wonderful cover, Twirl also contains wonderful chapters to bring a fresh spin into your life.

The chapters are short and sweet with reflection questions at the end to help you throughout the week, if you choose to do this as a weekly study. I kept thinking what a wonderful daily devotional this book would be. Twirl would be a great study or read for young moms too.

This is my first time reading anything by Patsy and I am so glad I was sent this book. I loved Patsy's wisdom and her biblical insight. This book was refreshing in so many ways to me. It was wonderful to be inspired by another wonderful Christian woman as well as wanting to apply all that I gleaned from her book. I loved the

life quotes through out the book as well.

Refreshing. Uplifting. Delightful. I enjoyed this book thoroughly.

Thank you Thomas Nelson and Book Look Bloggers for sending me a free copy of Twirl.

Maryann says

maryann

I loved this book. Every chapter made me feel like Patsy was talking directly to me. I also enjoyed the questions at the end of each chapter.

Sarah says

My Take:

First, I love how this book is broken up into small sections and you can take this book at a chunk at a time. I never felt overwhelmed by the information, but instead felt like I could read each chapter and apply it to my life. Second, you could easily read this book as a daily devotional and that could be really nice, especially if you're a busy and trying to figure out how to fit everything into your schedule. I loved that this was put into small enough chunks where I could read this as a devotional in the morning. If you haven't read any of Patsy's books before, you're missing out on her humor too! She is very funny and I really enjoy that in this book too. Additionally, I just love how she brings the reader to finding joy in the small things and to enjoy each moment. I enjoyed this book and I think you will too! Give it a try!

Miamikel SS says

Twirl by Patsy Clairmont is a pure breath of fresh air! The laugh out loud, be young at heart kind of book that makes your spirits soar and your heart dance! I could not put this book down from the moment I opened the first pages. This is down to earth, friend to friend, heart to heart talking and it warms the soul, leaving a smile behind as you close the book on the last page read. Absolutely refreshing!

Twirl is written in the classic Patsy style of writing that highly entertains. There is no doubt if you've read any of her previous books that she has a gift!

Her ability to weave a tale of life, mixed with a bit of humor, life experience and an extensive knowledge of the bible leaves this book simply enchanting.

She talks to the average person - to you, to me, to all of us that feel like life is full of more downs than ups. This book reminds you through it's entertaining, simple to read, easy flowing chapters that we are all designed for a higher purpose yet we are to enjoy the journey! There are quotes, passages, poems, scriptures, thoughtful questions to ponder over as you pour over the words so poignantly written within these 170 delightful pages.

I'd give this book higher than 5 stars if I could as each one of them has been dutifully earned. It was an

absolute honor to review this book.

You can read more about the author here and view her vast amount of other equally fantastic books.

Amanda Cain says

To be honest, I had never heard of Patsy Clairmont prior to having the opportunity to read and review her book, *twirl: A Fresh Spin At Life*.

In an unusual, yet refreshing way, Clairmont shares personal stories that encourage us to slow down, laugh, and approach life with a fresh perspective. Discussing everything from reading and rest, to writing and bubble baths, Clairmont helps us discover how to step out of the endless, dizzying spin cycle of to-do lists and pressures, and embrace the beautiful, joyful, grace-filled life we were created to lead.

From the very first chapter, Clairmont touched my heart. God in His Providence, knew this was a book I needed to read now, as I struggle with being who God created me to be, rather than destroying myself, attempting to be what I perceive others wish me to be. Here's what Clairmont wrote:

"I allowed a great deal of my worth to hang on other people's opinions. And I often treated their opinions as my gospel, in that I allowed their assessments to govern my life... Sometimes growth can only be measured by where we've been, not by what others are doing... Remember there's a difference between an opinion of man and a principle of God. Our more-ness is a direct result of His much-ness."

As I read *twirl*, I laughed, I cried, I felt renewed! I would encourage anyone to read it who is feeling stressed, overwhelmed, or worn out. *twirl* is bright and cheerful, like a cup of coffee at your Grandma's kitchen table, and I would give it an "A".

Disclosure of Material Connection: I received this book free from the publisher through the BookLook Bloggers Review Program. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255 .

Shauna Williams says

I love it when I finish reading a book and it is full of notes and underlined parts. At that point I know I have had a connection with a book and that it is a book that has impacted my life.

Twirl by Patsy Clairmont is a wonderful book full of humor, inspiration, and motivation. Who wouldn't love to read a book like that? I have to admit, up until now I haven't read any books by Patsy Clairmont. However, I am now a huge fan and I can't wait to get a hold of another one of her books.

Twirl is full of short easy to read chapters where "Patsy's hope is to help her readers maintain a dynamic view on life with activities and choices that lead to renewal and peace." While reading *Twirl* I found myself laughing one minute and then in deep thought the next minute. One of my favorite parts of the book is at the end of each chapter Patsy asks several questions for you to ponder. At the end of the "Read" chapter Patsy ends with a quote that I just love. The quote says, "I like a book that invites me in, treats me with respect,

and one I can exit with my integrity still intact". Don't you love Patsy's voice as a writer?

Some of the other chapter titles are: Bloom, Rest, Laugh, Pen, Brave, Sparrow, Be, Story, etc. There are 26 chapters/topics that Patsy discusses in Twirl.

I can't express enough how much I enjoyed reading this book. Twirl is a book that I will go back and revisit often. I feel it Patsy's words helped me learn new things about myself as well as taught me how to pay better attention to what my mind, body, and spirit needs.

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Niki Roberts says

Book Review by Misty Overstreet-Roberts, Blogger at <http://theladypreferstosave.com>

Hello again, savvy savers! This afternoon I wanted to bring you another book review. Today, I will be reviewing Twirl: A Fresh Spin at Life, by Patsy Clairmont.

I must begin by mentioning, I had neither heard of this book nor its author prior to reading this novel. But I am glad to relate that the book, in an unusual and refreshing manner, proved to be a clever recanting of personal tales, life lessons, and humanistic ways to engage in everyday life encounters.

Clairmont shares personal stories that encourage readers to self-engage, and indulge, in the everyday joys of life, the way one laughs, the feelings associated with happiness, the sound of one's own heartbeating, and how each moment of one's life can be as enjoyable, as a child twirling in a field of Spring wildflowers! Clairmont also helps the reader discover how to step out of their personal boundaries, by way of redirecting the texting into a self-help moderation, in a seamless and non-dictatorial fashion, which outlines the path to personal happiness with clever, easy to follow to-do lists, pressureless quotes and passages, as well methods to help embrace the inner beauty each reader processes.

From the very first chapter, Clairmont touched my heart, with passages such as:

"I allowed a great deal of my worth to hang on other people's opinions. And I often treated their opinions as my gospel, in that I allowed their assessments to govern my life. Sometimes growth can only be measured by where we've been, not by what others are doing. Remember there's a difference between an opinion of man and a principle of God. Our more-ness is a direct result of His much-ness. The book helped direct out mindseye to twirl, laugh, and to find a new found sense of renewal and optimism. Though this book is listed as a Christian ladies narrative, I would add that this book could easily be enjoyed by those of all walks of life.

If you are looking for a cheerful simple way to look at the world, your world, then this is the book for you!

In compliance with FTC regulation, I hereby disclaim that I received a free copy of the book from the Book Look Review Program, in exchange for my review. I was not compensated for this review. All opinions of

this book, its author, and publisher, are that of my own.

Melissa says

More amazing wisdom from Patsy. Enough said.

Leslie Clingan says

Although I can't remember where I first heard about *Twirl* by Patsy Clairmont, I am thinking it, too, was through something Oprah-related, perhaps *O* magazine, where Ms. Winfrey often provides lists of "must-reads". I ordered it through Barnes and Noble to upload onto my Nook. You can check it out there or at Amazon.com.

The overview or synopsis on B&N begins by asking the question:

Is life making you so dizzy that you're forgetting what's most important? [source]

While my life is not as dizzying as it once was, I still sometimes feel like I am perpetually running on a treadmill for one of those heart stress tests. That question spoke to me. I downloaded a sample of the book first (love that about B&N Nook books - you can sample most of them for free) and those introductory pages also resonated with me. So, I bought the book.

Twirl is a combination of self-help handbook and spiritual-life manual. Clairmont describes it this way, "Twirl (this book) is meant to help realign our spin on life so we can proceed with intentionality, remembering in the midst of hardship and responsibility to choose activities that lead to renewal". [p. 7]

Through an easy-to-read dialogue with her readers, the author examines ways that even the busiest of us can climb off the hamster-wheel of life and rediscover the joy in living.

Chapters with titles such as Read and Laugh, Dance and Evergreen are described by Clairmont as "Post-It notes for our heart". [p. 8] She begins each one with a quote from a poet, author or well-regarded public figure, including God (through Biblical verses, of course). The chapter Rest begins with

He makes me lie down in green pastures. ~Psalm 23:2.

and emphasizes the importance of assuring that our bodies and spirits are allowed adequate "down time" to rejuvenate. Clairmont provides examples from her own life, Biblical references, occasional statistics and seemingly insignificant trivia to support her impetus for promoting a balance in our lives between work and play. The author points out the importance of laughter in our lives and quotes an article in *Psychology Today* that states, "Five year-olds laugh 300 times a day. The average adult? Only four." [p. 48] How sad is that?

Each chapter concludes with food for thought in the form of gently suggested activities one can try to incorporate more rest, more laughter, more dancing into daily life. Setting up a 'quiet space' in our home. Reading a devotional. Reciting a childhood poem. Identifying a comforting fragrance, employing a diffuser to enjoy it. Creating a bucket list. Recalibrating with a bubble bath or just blowing bubbles.

Twirl isn't a polished piece of great literature but it is a great guidebook to living a richer life. It can be read in any order as the chapters stand on their own. It is the kind of book that can be read and revisited again for a refresher course in re-aligning our lives. Much of what Clairmont writes I knew already, similar to the likes of Benjamin Franklin's Poor Richard's Almanac, kind of common sense for the soul.

If you find yourself too much on the hamster-wheel of life, climb off for a bit and give Twirl by Patsy Clairmont a whirl.

Elizabeth says

While Twirl by Patsy Clairmont is listed as Religion/Christian Life/ Woman's Issues I think of it more as a devotional as it made me stop. think. dwell. Patsy doesn't shove verses down our throat or tell us how to feel but rather asks us to discover our own feelings/thoughts with some fun questions at the end of each chapter.

A Fresh Spin At Life on the cover is what drew me in. I kept this book on my bedside table and read a few chapters each day while nursing Amy to sleep. I love Patsy's humor, her easy writing style, and the topic of each chapter (such as "Bloom", "Sparrow", "Read", and so forth).

I think the paragraph on page 146-147 sums up this book nicely, "Our enemy is defined in Scripture as a thief and a liar who comes to steal and destroy. And no, he is not always obvious. He doesn't show up dressed in a red suit poking at us with a pitchfork. Instead, he comes as a foreboding thought, and accusation, a painful memory...as discontent, as fear, as heaviness. He strews cans in our path and taunts us to kick them. He realizes if we stay weighted down long enough, our brain and emotions will fog up on us and we'll forget that "up" is a directional choice."

Basically this book shows us how to choose joy, in every little thing each and every day.

The quotes throughout the book fit nicely and round it out to make it one of my new favorite books. It takes a lot for me to actually keep a book and add it to my shelf to read again, so if it's a keeper you know it's good!

Disclaimer: This book was given to me by BookLook Bloggers in exchange for my honest opinion.

Kelly OFarrell (Meegan) says

An excellent read. Patsy is an inspiration. Good read for anyone who is looking for a pick me up!

Jennifer Pickwell says

This book is fabulous. I think I was caught off guard by how much I enjoyed it. Author Patsy Clairmont has created an invaluable resource full of wisdom and advice every woman I know could utilize. I feel like have had tea with a dear friend and she has listened to all my worries and frustrations and given me truth for what ails me.

A good sign that a book is a fast favorite is the need for a highlighter. Even as I read the first few pages of

the introduction, I found my self underlining and dog-earing pages to return to! In *Twirl*, Patsy Clairmont gives the tools needed to jump off the merry-go-round of life. She not only nails down the problem of busyness, but offers so many practical solutions. I have read so many books that tell me I am too busy or missing the big picture. Very few of those books offer advise on how to slow down and relish the day-to-day. My favorite chapter is entitled “Edit.” Edit is officially my motto for 2014. I will listen more and talk less. I will give advice only when I have been asked for it! I want to be the woman Patsy describes in the introduction, “ There is something about a sane person who has a pulse on her life, one who is setting healthy limits, who is winsome, enviable, and honorable.”

I was given a complimentary copy of *Twirl* by its publisher and BookLook Bloggers in exchange for an honest review. I have not been compensated and all opinions are my own.

Donna Shepherd says

In the blurb for “*Twirl*,” the author, Patsy Clairmont, says she hopes to help her readers make choices that lead to renewal and peace. I figured the twirling had to do with the breakneck pace of our current culture. When I first received “*Twirl*” for review, I was puzzled by the image of a pinwheel on the front. I wanted a book on how to stop the dizziness of a too-busy life. Then I saw the smaller subtitle, “*A Fresh Spin at Life.*” Clever!

Instead of trying to stop the chaos, Patsy leads her readers to look at life in a different way, focusing on what’s important. She has a gentle and encouraging tone, and a fun sense of humor. Each chapter ends with questions for further reflection. You don’t have to read the book straight through. Pick out a title that resonates with you. I suggest using the book as a motivational tool first thing each morning and meditating on the questions throughout the day, and perhaps you and I will both find it easier to find joy and purpose – and a new spin at life.
