

“My choice is to fill my life with gratitude for what I do have and not to fill it with the sadness of what I don’t. I have learnt that my perspective on life is very important, and regardless of where I am right now, there is a reason. That reason may or may not become evident to others, or to me, but this I do know, I can trust God. He knows what He is doing.” Debbie Sanders

A glimpse into Debbie Sanders’ life so far, “Life is Like a Fruit Salad” is both honest and compelling reading. Her childhood and teen years were less than ideal (to put it mildly); her adult years have held much sadness and difficulty too. As I read I was saddened by the rejection, loneliness, loss and abuse she has experienced.

As a teen Debbie found a relationship with God and while He did not remove the difficulties from her life, He did become her Comfort, easing her loneliness and giving her hope.

“Life is like a Fruit Salad” is very easy to read, and although sad at times Debbie employs humour as she shares her story. People who have suffered abuse will relate to Debbie and be encouraged by her purpose, ability to forgive and desire to move forward.

I personally found the area of “parental bondage” quite confronting and realised it was an area of my life I need to work through.

Debbie’s discussion of the influence of male figures in

her life also touched me. The men in my life, although not abusive, have not been a great example or influence either. Like Debbie, I have found it difficult to accept the unconditional love of my husband and more importantly, the unconditional love from my Father God. “Life is Like a Fruit Salad” was a great encouragement to me in these areas of struggle in my own life.

I was uplifted and challenged by Debbie’s walk with God through difficult times, and know other readers will be too.

Narelle Nettelbeck, Ellenbrook WA.

“Life is Like a Fruit Salad” by Debbie Sanders is \$25 (free postage within Aust). Visit www.fruitsalad.net.au to order.

Life is like a

**Fruit
Salad**

