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# Author has a fruit salad life

28th May 2010

FOR Forrest Gump, life is like a box of chocolates: you never know what you're gonna get.

Nambour author Debbie Sanders has found, however, that it tends to be more of a fruit salad, best enjoyed "with a dollop of fresh cream or ice cream".

And she explains why in her tell-all book, Life is Like a Fruit Salad.

It would be fair to say Debbie has had her share of rotten fruit in her life so far.

She said she had endured financial and emotional abuse from her parents and then physical abuse from her first husband.

But the self-published book is not about Debbie's horror stories. Rather, it is about how she overcame them and the valuable life-lessons she learned along the way.

"I've been through a few different abuses in my life," Debbie said.

"Four years ago, I suffered from very serious depression. I was suicidal.

"I tried to take my life three times and I documented how I felt.

"Eventually, I started focussing on the fact there are better days ahead and I'm not alone."

The fruit salad concept arose when Debbie realised that when you make a fruit salad and you stick a piece of banana, apple or pear in it, "you need lemon or citrus to stop it from going brown".

And this is what life is like.

"Things happen, and they can be tart like lemon," Debbie said.

"But if you have it with a nice piece of fruit, the lemon will stop the fruit going brown.

"And friends are important to help you enjoy life.

"They are that rich dollop of cream or ice-cream."

Debbie has also learnt the importance of forgiveness and how the Bible adage "forgive and forget" doesn't mean someone has to assume the role of a doormat.

"Forgiveness is the key (to a happy life)," Debbie said. "If you forgive people and the way they hurt you, it helps you to trust again.

"But this doesn't mean you have to have coffee with the perpetrator again, which was a bit of an 'ah-hah' moment for me.

"I was always told you had to forgive and forget.

"But you don't forget.

"I had to forgive my parents, otherwise it would affect my relationship with my kids, but I don't have to see them."

The easy-writing style of Debbie's first book has already attracted a range of happy readers and she has started talking at various functions about her experiences. To learn more, visit [www.fruitsalad.net.au](http://www.fruitsalad.net.au).

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