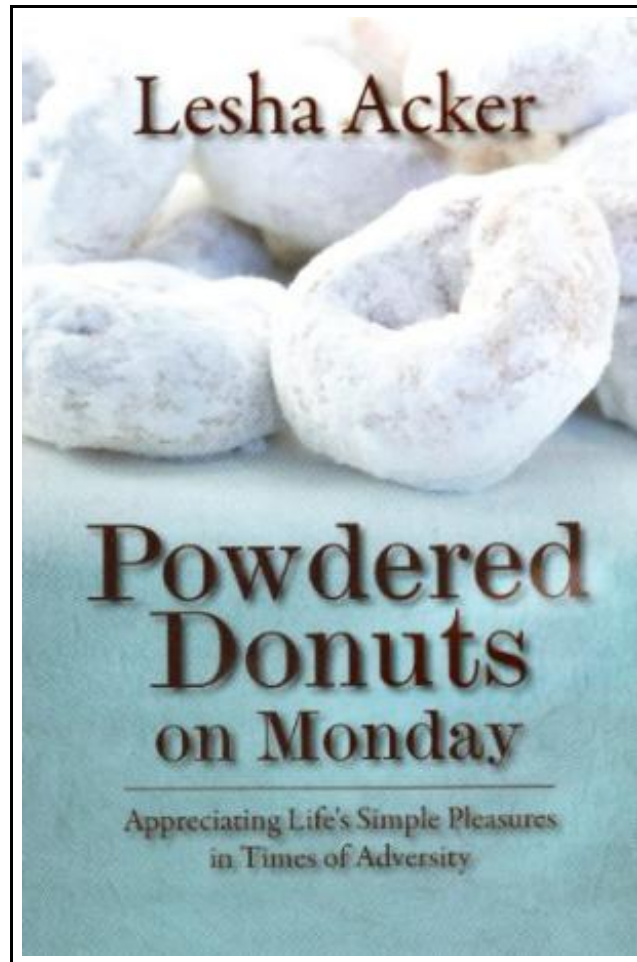


## Powdered Donuts on Monday: Appreciating Life's Simple Pleasures in Times of Adversity



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*(Letha Okuneva)*

## POWDERED DONUTS ON MONDAY: APPRECIATING LIFE S SIMPLE PLEASURES IN TIMES OF ADVERSITY



Outskirts Press, United States, 2010. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.RELINQUISHING CONTROL TO GOD AND RELYING ON HIS STRENGTH WHEN FACED WITH ADVERSITY When you are faced with adversity, what is your response? To whom do you go for strength? Life isn t always going to happen as we planned. We sometimes have to endure the hardships before we can understand why God has allowed it. Lesha has been faced with several life threatening health issues, including a diagnosis of a potentially fatal heart condition, Long QT Syndrome, at the age of twenty-three. Long QT Syndrome is a heart condition that effects 1 in 2500 teenagers and young adults. This condition can cause a sudden and dangerous heart rhythm, also known as an arrhythmia, in response to extreme exercise, stress, or arousal from sleep. What began as an unusual phenomenon, this heart condition is now on the forefront of cardiology discussions. After suffering for nine years with these potentially deadly arrhythmias, she has been symptom free by undergoing major heart surgery soon after diagnosis. Lesha hopes others will not go undiagnosed and suffer needlessly as she. Since her diagnosis, Lesha has experienced other life threatening health issues indirectly related to her heart condition. One included a nine-month battle with a staph infection. This required three hospital stays, numerous tests and procedures, and eventually two surgeries. Only through her faith in God and unrelenting prayers was Lesha able to survive such adversity. She learned to find her strength through the Lord and release control back to Him. It was during these times she embraced life s simple pleasures. Follow Lesha as she chronicles her life s struggles in Powered Donuts on Monday, and celebrate with her by what...

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