



Seizure the Day: Living a Happy Life with Illness

non-fiction by Brian Orend

Everyone can live a happier life, especially those with chronic illnesses. Brian Orend's smart and accessible guide for people with illness, injury, or other challenges provides both a satisfying look into happiness as well as practical steps for living a measurably happier life.

When Brian Orend began having debilitating seizures that his doctors couldn't explain, he began a quest to learn how he could be happier, even despite his challenging circumstances. He dove into the research about happiness, only to realize that much of the advice about happiness was aimed at "everyone" — failing to take into consideration the significant obstacles and circumstances faced by those with chronic conditions.

Orend realized that the advice required for augmenting happiness needs to be tailored for those experiencing ongoing health challenges. And so he wrote *Seizure the Day* — a smart, accessible guide, grounded in the latest scientific research, that tackles not only the background of happiness, but also provides concrete how-to advice for living a happier life.

As *Seizure the Day* demonstrates, people confronting challenging circumstances can make themselves measurably and sustainably happier. A better life, for each of us, awaits.

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ABOUT THE AUTHOR



Brian Orend is a professor of philosophy at the University of Waterloo in Canada, and an award-winning writer and public speaker. He is the author of six books, including the bestselling *The Morality of War*, one of the most widely-used books on the ethics of war and peace. He has a Ph.D. from Columbia University in New York City, has been Distinguished Visiting Professor of Human Rights at Lund University in Sweden, and has lectured around the world and around the web. Brian has epilepsy owing to a brain tumour, which has motivated his research into happiness in spite of illness.



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Kelsey Attard, Managing Editor
kelsey@freehand-books.com

515, 815 1st Street sw
Calgary, Alberta
T2P 1N3
T 403.452.5662
F 403.452.0960

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WESTERN CANADA

Vancouver Office
2440 Viking Way
Richmond, British Columbia
V6V 1N2
T 604.448.7111
F 604.448.7118
T (toll free) 800.561.8583
F (toll free) 888.323.7118

BRITISH COLUMBIA/ ALBERTA/YUKON

Dani Farmer
danif@ampersandinc.ca
T 604.448.7168

Ali Hewitt
alih@ampersandinc.ca
T 604.448.7166

Jessica Price
jessicap@ampersandinc.ca
T 604.448.7170

VANCOUVER ISLAND

Lorna MacDonald
lornam@ampersandinc.ca
T 250.382.1058
F 888.323.7118

ALBERTA/MANITOBA/ SASKATCHEWAN/NWT

Judy Parker
judyp@ampersandinc.ca
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EASTERN CANADA

Head Office
321 Carlaw Avenue, Suite 213
Toronto, Ontario
M4M 2S1
T 416.703.0666
F 416.703.4745
T (toll free) 866.736.5620
F (toll free) 866.849.3819

ONTARIO/NUNAVUT

Saffron Beckwith
saffronb@ampersandinc.ca
ext 124

Vanessa Di Gregorio
vanessad@ampersandinc.ca
ext 122

Jenny Enriquez
jennye@ampersandinc.ca
ext 126

Morgen Young
morgeny@ampersandinc.ca
ext 128

Laureen Cusack
laureenc@ampersandinc.ca
ext 120

Evette Sintichakis
evettes@ampersandinc.ca
ext 121

Laura MacDonald
lauram@ampersandinc.ca
ex. 122

QUEBEC AND ATLANTIC PROVINCES

Jenny Enriquez
jennye@ampersandinc.ca
T 866.736.5620
F 416.703.4745

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UK, IRELAND AND CONTINENTAL EUROPE

Eurospan Group
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AUSTRALIA AND NEW ZEALAND

Footprint Books
1/6a Prosperity Parade
Warriewood, NSW 2102
Australia
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