

Napkin Notes: Make Lunch Meaningful, Life Will Follow

By W. Garth Callaghan

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Napkin Notes: Make Lunch Meaningful, Life Will Follow By W. Garth Callaghan

Garth Callaghan doesn't know how long he has to live. But he can be certain of one simple thing: No matter his fate, his daughter, Emma, will find a handwritten note inside her lunchbox each day until she graduates from high school.

Cancer has given Garth Callaghan a new purpose: to inspire parents to connect more with their children even in small ways, as he has done before and since his diagnosis by tucking a napkin note into his daughter's lunch every day.

Every morning as he packs Emma's lunch, Garth adds a little surprise: a "napkin note"—a short, tender message to convey his love, encouragement, and pride. Garth began writing his napkin notes when Emma was in grade school, and as she grew up, his notes became more meaningful.

Shortly after Emma turned twelve, Garth learned he had kidney cancer. Determined to make the time he has left meaningful, he has compiled years' worth of notes to get his daughter through her high school graduation. Now, in this moving book, a blend of inspiration and memoir, he makes his remarkable legacy available to all of us, to deepen our relationships with our own children and those we love.

Garth introduces each chapter with a napkin note and then shares a story connected to it and to his life. In the vein of *The Last Lecture, Tuesdays with Morrie*, and *Until I Say Good-bye, Napkin Notes* is an inspiring tale of family, love, and wisdom. Beautifully written, tender, and wise, it is sure to warm the hearts and touch the souls of readers everywhere.

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Editorial Review

From the Back Cover

Pack. Write. Connect.

Garth Callaghan has been crafting lunches and napkin notes placed in those lunches since his daughter, Emma, was a small child. As she grew older, the notes became more meaningful. Shortly after she turned twelve, the notes became a legacy. Garth had been diagnosed with kidney cancer and was given a grim prognosis.

Garth has now been diagnosed with cancer four times and been given an 8 percent chance to live long enough to watch Emma graduate from high school. Yet rather than dwell on the dire facts, he takes each day as a gift and a chance to connect with those he loves. And he promised to write 826 napkins so that Emma will have one every day until she graduates from high school—no matter what happens.

In the pages of this book, Garth continues his mission, spurring readers to appreciate life and the relationships they have through the simple act of composing a handwritten note to a loved one. A reflection on what it means to be a father, what we want to leave behind once we're gone, but mainly a celebration of the human spirit, *Napkin Notes* is a reminder of the power we all hold to make every moment count.

About the Author

Garth Callaghan doesn't know how long he has to live. But he can be certain of one simple thing: no matter his fate, his daughter will have a handwritten note tucked inside her lunchbox each day until she graduates from high school. He was born in Saranac Lake, New York, grew up in the small village of Port Leyden, New York, and resides near Richmond, Virginia, where he has lived with his daughter, Emma, and wife, Lissa, for most of his grown-up life. His daughter helped to inspire the *Napkin Notes* collection. His hope is that parents will make lunches for their children and always pack a Napkin Note.

Users Review

From reader reviews:

Tara Carlson:

Nowadays reading books become more than want or need but also work as a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge the actual information inside the book which improve your knowledge and information. The knowledge you get based on what kind of publication you read, if you want get more knowledge just go with education and learning books but if you want really feel happy read one along with theme for entertaining such as comic or novel. The actual Napkin Notes: Make Lunch Meaningful, Life Will Follow is kind of publication which is giving the reader unpredictable experience.

Melissa Parra:

People live in this new moment of lifestyle always make an effort to and must have the extra time or they will get lot of stress from both day to day life and work. So , once we ask do people have free time, we will say absolutely indeed. People is human not only a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, the particular book you have read is Napkin Notes: Make Lunch Meaningful, Life Will Follow.

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