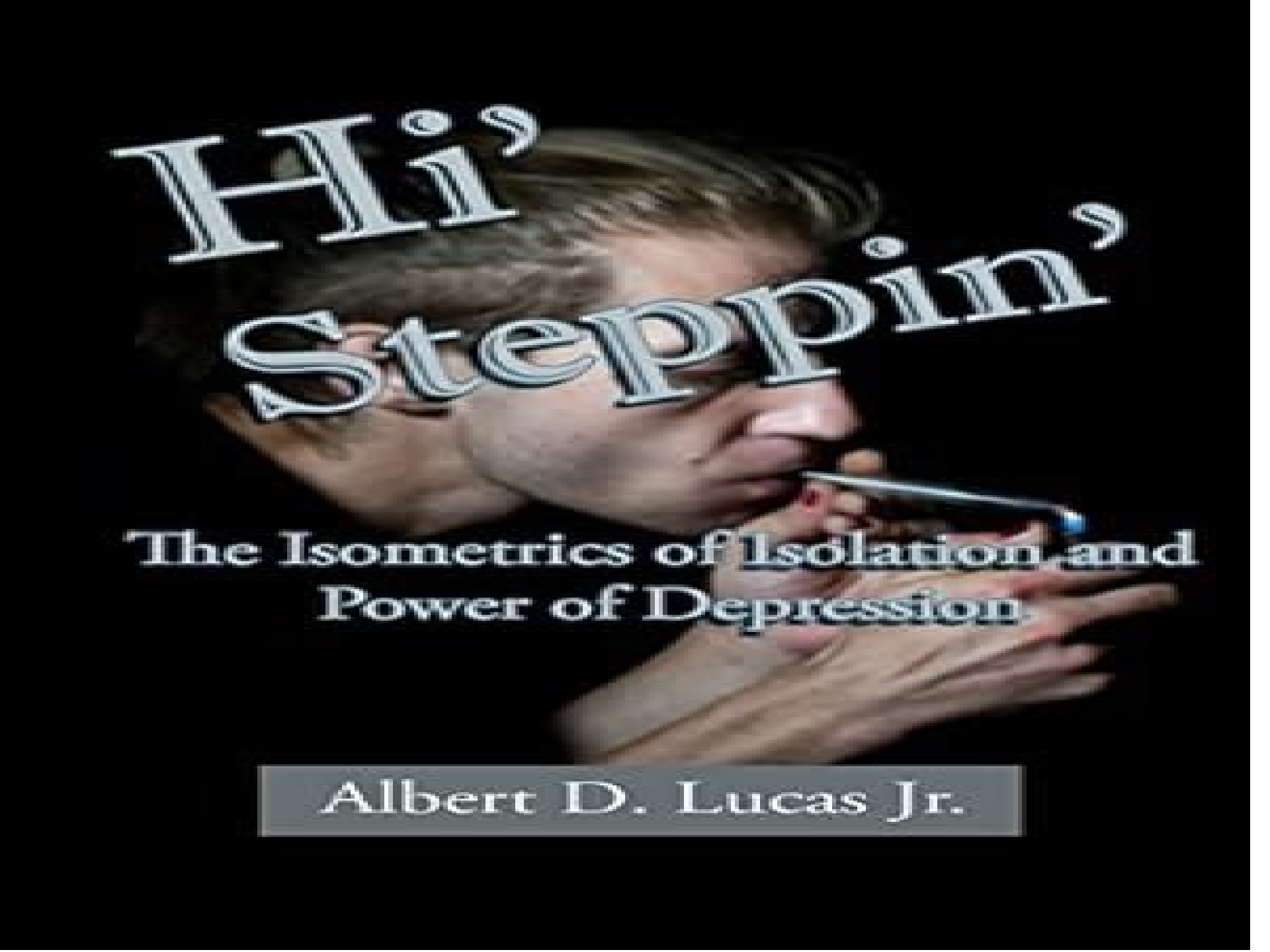




Hi, Steppin',

The Isometrics of Isolation and
Power of Depression.

Albert D. Lucas Jr.

Hi Steppin The Isometrics Of Isolation And Power Of Depression

Al Lucas



Hi Steppin The Isometrics Of Isolation And Power Of Depression:

Hi' Steppin': The Isometrics of Isolation And Power of Depression Albert Lucas,2011-09 Paul is funny in the throes of addiction Due to the kindness of his doctors he is allowed to read his journal to those who are willing and those unwilling But a book is not enough He must recreate himself Laugh with him as he defines what millions have already come to terms with their recovery Why is Paul so special Paul is human unique and qualified After all God likes humans He doesn't want Mr Undres to go just yet There's still a cigarette to burn a cup of coffee to do lip service to Let's all die together used to be Paul's slant For now it's bring home the troops and get a job while we're at it Leave the dying and join the living It's just not that funny anymore *The Step Series* Al Lucas,2018-05-21 This photo reveals an author in deep denial of which a whole book could be written Lucas asks how definitive does a man have to be to tell a story of reasonable conjecture from the viewpoint of a victim He finds himself in eerily similar circumstances that his protagonist found himself to be in Tampa the hood 9 11 the VA Alcohol Anonymous Whatever can be said consider it said **Lo' Steppin'** Al Lucas,2014-03 This is an inflammatory tale of an alcoholic who seeks comfort in his own words and ends up losing all his money in a heart breaking no holds barred fate It is a richly deserving tale Book Blurb on back of Lo Steppin Paul Undres famed story teller in Hi Steppin seeks to clarify himself in this sequel He brazenly attempts to redefine American cultural hang ups with a stream of consciousness that rivals James Joyce as he prescribes the antithesis of anti laissez faire which results in his imprisonment a sort of final sentence for the author Basically a harmless kook get a raw deal for an underage peccadillo that could happen to the nicest guy in the world If you like freeloaders pederasts and pedophiles you'll love Paul After all that's all he really wanted anyway

The First Step, Hi' Steppin' Al Lucas,2020-01-13 This photo reveals an author in deep denial of which a whole book could be written Lucas asks how definitive does a man have to be to tell a story of reasonable conjecture from the viewpoint of a victim He finds himself in eerily similar circumstances that his protagonist found himself to be in Tampa the hood 9 11 the VA Alcohol Anonymous Whatever can be said consider it said **The First Step: Hi' Steppin': The Isometrics of Isolation and Power of Depression** Al Lucas,2021-01-25 Paul Undes protagonist starts out in the lobby of the Tampa VA looking for shelter on the day of 9 11 from unabated crack usage Unable to deal with reality on a person to person basis he reads from his journal to anyone who will listen It is a crying out From the VA he is transported to Safe Place a transitional housing facility but not before he goes home to try crack one last time so as to get his monies worth At Safe Place his roommate kills himself from the stark truth of Paul's journal Then he goes to Avon Park renown rehab center where he is kicked out for unabashed cigarette bumming It doesn't stop there Between the VA Safe Place and Avon Park he has acquired a glimmer of hope and a tentative acceptance of AA He returns home attending AA religiously although not accepting the program as the final word In fact he hates the word program Its like going to the opera The book ends with a gratuitous gift of a piece of ass from the blacks who have so mistreated him The music in the background is a combination of Louis

Armstrong and Glenn Miller as the latch on his bedroom door reads in true AA fashion Do Not Disturb He s Hi Steppin

High Steppin Off Da Crack, the Original Albert Lucas,2021-03-19 The story roughly correlates mine I have nineteen years of recovery total sobriety total clean time but more I have an energetic mind that enjoys playing with words and making fun of what is truly laughable Yet I m reasonably unhappy for no book can alter the truth no matter what the spin **High**

Steppin' Off Da Crack, the Original, with the Isometrics of Isolation And Power of Depression Al Lucas,2021-03-11 Paul Undres the baby boomer s baby boomer Born to hit college in the nineteen sixties Paul experienced the hippie counter culture the Air Force corporate normalcy but most of all time on his hands and nothing to do What could possibly go absurd Paul s choices took him on adventures far and wide Lots of trials Lots of tribulations Life s absurdities are bad enough but spice em up a bit with drugs and alcohol and you get Paul Undres Yikes Eventually Paul finds himself clear of drugs and alcohol He comes to see the humor in the stupid things we tend to do He s lost the angst of taking things too seriously Yeah he doesn t do that any more Good thing too because life s absurdities go on as you can probably tell **Executive**

Loneliness Nick Jonsson,2021-03-30 Part of being an executive is leading companies to success As such when an executive is experiencing extreme and prolonged stress anxiety isolation and depression what I m calling executive loneliness they often do nothing to address it for fear of appearing unsuccessful In turn not addressing it exacerbates the negative and difficult feelings to the point where it becomes more and more difficult for the person to function It takes a toll on their whole life both personal and professional The reason I know this is that I was an executive who was trapped in serious executive loneliness for several years Once I managed to emerge I made it my mission to draw attention to this typically hidden issue to help the many others who are suffering in silence I wrote this book to bring to the forefront an honest discussion about 1 the pressures of being an executive 2 the fact that executive loneliness is actually quite common though typically hidden 3 the five primary ways an executive can emerge stronger and better from this difficult placeExecutive loneliness is an incredibly serious condition and in some cases fatal as I explain in this book If you suspect that you yourself or someone you know is suffering executive loneliness please read this book to begin the journey of emerging back into the light

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