

Something You Forgot ... Along the Way

Stories of Wisdom and Learning

Ketetsu Takamori

“Self-help from a Buddhist perspective”

“The most powerful dose of Inspiration and Wisdom you’ll find in a small package... 65 short stories that will move you.”

-Emily Richett, FOX 17

"Something You Forgot... boasts a collection of thought provoking, warm and profound stories, teaching life lessons relevant to all ages and all walks of life." - Duane Benjamin , Urbanology Magazine

“In this book, Mr. Takamori tells 65 stories about human nature that help us deal with loss and change and teach us to live more fully... Takamori’s book is “a jewel.” - Virginia Esteban, Editor, Hoy En Delaware

“Designed to motivate and inspire, the stories carry much in philosophy and are heavily Buddhist inspired...a very much recommended read for those who seek a more meaningful existence.”– The Midwest Book Review

“The teachings in this book resonate with the spirit and transcend the barriers of culture and time. The short, concise passages and stories allow for rapid reconnection with what’s really important in life: Life’s basic truths, too quickly forgotten in the shuffle and struggles of our everyday lives. Just opening the book to any page brings a refreshing reminder of the wisdom we all seek—until remember we had it all along.”— India Powell, Editorial Director, Best Self Atlanta Magazine

"Something You Forgot.... Along the Way" is a wonderful collection of ancient stories told with a fresh and modern voice. The messages in each story are short and sweet; thoughtful and refreshing reminders of ways to find the good and best in life. Pick it up and read one story every day - take your time and savor, as the author says, "It is wise to make haste slowly." - Norma Vela, Publisher, Today's Horse Trader Magazine

'Something you forgot...' encourages compassion, discipline, temperance, love, and honesty and teaches the perils of jealousy, greed and obsession. I recommend 'Something you forgot...' as part of a healthy spiritual and intellectual lifestyle. Takamori's 'No-Nonsense' approach is refreshing in a world where morality has become relative, compassion is fueled by personal benefit, and love is illustrated by 'fly-by-night' movie-star relationships. Takamori's parables challenge you to live a life of greater virtue and contemplation, and at the same time, warns us that challenges lie ahead for those of us who choose this path." -Erik E. Hines Production Director, CRN Digital Talk Radio

"Like Kahlil Gibran's The Prophet, Buddhist teacher Kentetsu Takamori has a simple message....The message is about the brevity of life and the necessity to make the most of the time we have....It is about the inevitability of change....it provides valid daily lessons in humility and understanding. In the parable Cats All Steal Fish, a man comes home to find his wife in a rage because the cat stole the fish for the evening meal. Through a series of questions, the wife comes to understand that the cat was being – a cat. The wife's anger, if valid at all, should be at herself for letting the cat get the better of her by being what he is- a cat. The final lesson is: We are tormented with anger because we are convinced we are right." -Machias Valley News Observer

"This book is truly delightful. Read a little or read a lot. Read it to unwind before you go to sleep at night, or with your morning coffee. There is something about these short stories and poems that gives one a positive feeling, a sense there is good in this world if we only adopt the right attitude. Reflecting on the messages is truly a guide to a good life." -Micki Romanus, The News-Herald Litchfield

"These stories of Wisdom & Learning are presented in a light and pleasant way, but still made me wonder, why did I forget these simple things." Jerry Groebner, Editor & Publisher, Lake Region Times

"Kindness Tested: Would you offer a bowl of rice or a cup of tea to a stranger in need? This simple act of compassion is among many worthy lessons and words of wisdom in this heartwarming book." - TheTeaHouseTimes.com

“Something You Forgot...Along the Way reminded me of the value of Aesop's Fables in my childhood. This little book of 65 very brief and entertaining stories, many of which are about real people, teaches 65 important life lessons of deep, pertinent spiritual and psychological insights and guidelines. These are entertaining enough to capture the interest of children and teens. The book is also for adults, giving sage advice of how to get along in life with more happiness, ease, and friendship. I highly recommend this book.”

-Bonnie Neely, owner <http://www.RealTravelAdventures.com>

“Takamori's 65 short lessons chip away at the self and seek "to open the eyes of the soul." - Robert Serra, Publisher, Pacific Publishing