

Seize Your Moment: Unmasking Everyday Opportunities

by Lanre Somorin MD

A very compassionate book written by a local Psychiatrist and filled with wisdom and life lessons. Like many authors and people working in the mental health field he offers the importance of being in the now and being 'open' to the opportunities of personal growth and happiness. He uses quotes from the Bible, so if you are not religious take it as universal wisdom.

The 31 keys are very insightful and life lessons for all of us. I like all of them, but particularly like the following ones: "Opportunity Comes in the Midst of Adversity", "Opportunity Comes as Hard Work", "Opportunity Comes from Believing that You Have a Better Tomorrow", and "Opportunity Comes Through Service". Part of our life is figuring out how to become our best selves, and from making a decision on what our gift is back to others. Congratulations to my colleague, Dr. Somorin. - Dr. Michele Winchester-Vega, DSW, LCSW-R

Seize Your Moment: Unmasking Everyday Opportunities authored by Lanre Somorin, a board-certified psychiatrist and associate pastor, is essentially an easy reference and guidebook of how to be mindful of daily occasions that present an opportunity for personal growth. Dr. Somorin outlines 31 "keys" to becoming aware of opportunities often disguised as adverse circumstances. He gently challenges the reader to capitalize on the situations in life that may appear daunting. Throughout the book he re-frames negative thinking by sharing such gems as, "Powerful relationships will make you feel uncomfortable at first because they are designed to stretch you". He encourages the reader to be open minded, diligent in their search for hidden opportunities, and to have a sense of gratitude for what they are currently experiencing. He creatively presents these nuggets of wisdom with an underlying foundation of faith and spirituality. I would recommend this book for those who have a faith-based perspective of life, as well as to those that may want to incorporate this philosophy into their daily life circumstances. - Marian S. Sanborn, LMSW, CASAC

For a great introduction, or refreshingly new perspective, to mindfulness read "Seize Your Moment". Dr. Lanre Somorin's has used mindfulness to increase awareness of the abundance of goodness available to everyone. The intention of pausing to bring attention to one's thoughts and experiences has demonstrated undeniable results for reducing stress, depression and anxiety.

Being present is key to becoming mindful of the surrounding opportunities. Dr. Somorin has inspiring descriptions of many useful perspectives to create greater belief in oneself to be able to thrive in their situation, despite current circumstances. He incorporates his faith in his mindfulness strategies that can be appreciated and implemented by all. Readers will feel renewed and optimistic as they finish "Seize Your Moment". - Elena Morales, LMHC

Seize Your Moment uses faith as a catalyst for improving one's personal goals and a sense of purpose. Dr. Somorin quotes heavily from the Bible for example to illustrate that through God we can push ourselves to achieve a sense of personal growth. A parable used as an example is when God calls on one of his followers to defend his people from danger in a time of crisis. The man states he is the weakest and least qualified to help but reluctantly accepts. We are to understand through the many examples that faith in God will be the driving force to motivate personal growth. This book is a wonderful addition to substance abuse rehab treatment as it already relies heavily on faith as the guiding principle of change. It's understandable that due to the specific religious faith being used as the motivator may work for some it could isolate others who have different religious affiliations or have had negative experiences with faith based treatment. Overall, this book is a great support to those looking to work on their personal growth through faith. - Melissa Ciarcia, LCSW