



## LESSONS From The OCEAN

By Donalyn P Knight

Xulon Press. Paperback. Book Condition: New. Paperback. 138 pages. Dimensions: 8.8in. x 5.9in. x 0.2in. The inspiration for Lessons From The Ocean came as a result of many walks on the beach at sunset. It was during these quiet times with God that much was revealed to Donalyn about the similarities that exist between the ocean and beach, and what happens in everyday life. After a dear friend encouraged her to write these down, Donalyn realized that this could be something that would uplift, encourage and inspire others. Her wish is that you would enjoy reading it and contemplating it as much as she did actually accruing this over several years. Donalyn Knight is the Founder and President of The Spirited Athlete, Inc. She taught for 38 years at Seminole High School in Sanford, FL and has over 16 years of extensive athletic coaching experience. While at Seminole High School, she has been awarded over 12 Coach of the Year Awards, Teacher of the Year for Seminole High School and Seminole County and was inducted into the SHS Coaches Hall of Fame there, being presented with The Doc Terwilliger Award. This past year the school named the Outstanding Female Athlete Award...



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