

Napkin Notes: Make Lunch Meaningful, Life Will Follow

By W. Garth Callaghan



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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 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.

Emma Callaghan is the subject of the book *Napkin Notes* and is now reading the book for a wide audience

Users Review

From reader reviews:

Rene King:

Nowadays reading books are more than want or need but also turn into a life style. This reading practice give you lot of advantages. Advantages you got of course the knowledge the particular information inside the book in which improve your knowledge and information. The data you get based on what kind of e-book you read, if you want attract knowledge just go with education and learning books but if you want sense happy read one having theme for entertaining for example comic or novel. Often the Napkin Notes: Make Lunch Meaningful, Life Will Follow is kind of reserve which is giving the reader unforeseen experience.

Robert Stitt:

The publication with title Napkin Notes: Make Lunch Meaningful, Life Will Follow has lot of information that you can study it. You can get a lot of benefit after read this book. This particular book exist new understanding the information that exist in this reserve represented the condition of the world at this point. That is important to yo7u to understand how the improvement of the world. That book will bring you with new era of the globalization. You can read the e-book on your own smart phone, so you can read that anywhere you want.

Robert Hightower:

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Becky Duncan:

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