



HAVE HAPPINESS AND PEACE

EVEN THOUGH THE WORLD AROUND YOU IS FALLING APART

The CDC and NIH have recently reported that depression, drug overdose deaths, and suicides are at an all-time high. Learn how to protect yourself and your loved ones in these uncertain times.

About Dr. John Sottosanti

Dr. John Sottosanti is a surgeon, scientist, entrepreneur, educator, and author of the Amazon best-seller *Mortal Adhesions: A Surgeon Battles the Seven Deadly Sins to Find Faith, Happiness, and Inner Peace*. He led a life where he achieved fame and fortune but found they did not lead to sustained happiness and peace—quite the opposite. In the depths of despair, he studied the Bible and attended religious retreats, which brought him limited happiness and peace. They increased after he experienced a salvific miracle during a pilgrimage on the Camino de Santiago.

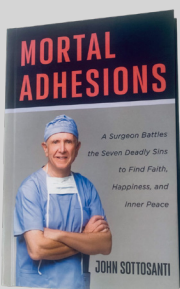
STORY IDEAS:

- ▶ **The Four Levels of Happiness**— how to use your faith to go from the bottom to the top and stay there most of the time.
- ▶ **Love and Fear Cannot Co-exist**— four ways to change your relationships from fear-based to love-based using Christian principles.
- ▶ **Addictions are Afflictions**— break free with three faith-based principles.
- ▶ **The Seven Deadly Sins**— you better control them if you want to be happy.
- ▶ **The “Big Bang Accident Theory” or the “Big Guy Creation Theory”**— how to discuss God’s creation of the world in a secular society.
- ▶ **The Trip from Vulnerability to Tranquility**— how the eight Beatitudes can lead you there.
- ▶ **From the Demonic to the Harmonic**: seven ways faith can turn a life filled with negative experiences to one infused with peace and love.

MEDIA EXPERIENCE:



BOOK



PRAISE FOR MORTAL ADHESIONS:

“Vulnerability, humility, trust, and love—components of John Sottosanti’s faith journey, have enriched his life and those of his patients and employees.”

- -Ken Blanchard, co-author of *The One Minute Manager* and *Lead Like Jesus*.



Contact Information for Dr. John Sottosanti:

Availability is nationwide in person or via Zoom for media appearances, interviews, and speaking engagements.

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