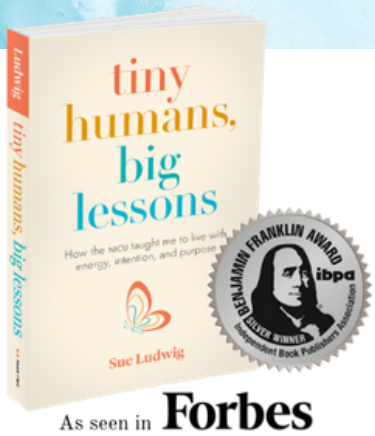
Book Reviews



As seen in **Forbes**

"The most valuable life lessons can come from the least expected places. Sue Ludwig shares hard-earned wisdom about the practical art of living with meaning and purpose."
– **Todd Henry,** author of *Die Empty*

"Tiny Humans, Big Lessons is a deeply kind, wise, and engrossing guide to life. As Sue Ludwig describes the parallels between the struggles of premature babies and our own daily struggles, she reminds us that all of us can feel small and fragile—and that all of us deserve the care and focus she gives to the babies under her care. Her book is an inspiring, pragmatic testament to the compassion human beings are capable of both giving and receiving."
– ***Martha Beck**, PhD, New York Times bestselling author of The Way of Integrity*

"Sue Ludwig's book is spectacular and will leave you inspired to be better in your personal and professional life! I laughed, and I cried! Sue has validated my ongoing quest of becoming a better version of myself for the patients I care for and for the family I continue to love!"

"Beautiful, vulnerable & valuable lessons that will touch everyone's heart, help them clear their calendar & engage the world intentionally!!!"

"If you're feeling tired, frustrated, wondering why you get up in the morning...read this book now! The neonatal stuff sucked me in (very cool to peek into that world), but the life lessons the author gleaned from those babies kept me riveted. Chapter by chapter, word by word, relatable story after relatable story, Sue Ludwig showed me how to return to myself and to a life I'm excited to live every day. Get ready to laugh out loud. Cry just as hard. And reclaim your moments, your life. I loved it."

SueLudwig.com

Book Reviews

"This is a book that you won't want to put down. Packed full of wisdom, the book weaves stories of the NICU with great perspectives on intention and alignment in all aspects of life. Can't wait for my second read!"

Ludwig reflects on the lessons she's learned while working with premature babies in this memoir.

This motivational book is drawn from an unlikely source: the many premature babies the author has helped while working in the NICU (neonatal intensive care unit). In her experience helping these most vulnerable of patients, Ludwig was compelled to focus on the tiny gestures and almost imperceptible changes that are often the most important elements in the world of the premature baby. This focus forms the basis of the self-help sentiments she dispenses throughout the book, most of which are aimed at noticing and appreciating what Ludwig calls the "little moments that pull back the curtain," moments that "give us a peek at the wonder, and have the power to elevate our lives" if we let them. People grow into new versions of themselves by learning and meeting the demands of their surroundings, she notes, and many of the lessons she's learned in the NICU can form strategies for this growth. One of these is the "Rule of Tens": How could she help a little baby in the next 10 minutes? The next 10 hours? The next 10 months? Through the numerous stories she relates about babies (and other clients and friends), added to her own reflections, the author very effectively pulls together a larger compassionate narrative in which "awareness has a funny way of bleeding past the edges of our original intentions." In clear, ringing prose, she observes that no one walking around a neonatal intensive care unit would criticize the babies for being vulnerable and requiring development. "If only we saw ourselves as generously," she laments, and even readers who've never met a tiny baby will doubtless benefit from her gentle and bracing moral clarity.

A heartwarming series of lessons the smallest babies can teach the rest of us.
– Kirkus Review

Amazon Reviews

Goodreads Reviews