

✦ Constant Rose Publishing announces

3 Things I Know

Facing and Embracing

Life's Challenges the new book by Clay Rivers



Clay Rivers, Author

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About

3 Things I Know

Facing and Embracing Life's Challenges
by Clay Rivers



From the back cover

As a forty-eight-inch tall, black man, Clay Rivers knows a thing or two about challenges. *3 Things I Know: Facing and Embracing Life's Challenges* (deftly guides the reader through Rivers' unique life experiences, with which they will readily identify, in discovering what works when confronted with challenges—and more importantly what doesn't.

Clay's simple message of trust, authenticity, and perspective is delivered in a refreshing conversational style that rings with insight, charm, and his nurturing personality from cover to cover.

3 Things I Know is not a book of formulas designed to eliminate all your problems. It's a guidebook from a friend who shares how he's learned to face and embrace life's challenges.

For an excerpt from or copy of *3 Things I Know* (print, iPad- or Nook-compatible version, PDF) or to discuss an interview or event with Clay, send us an [email](#).

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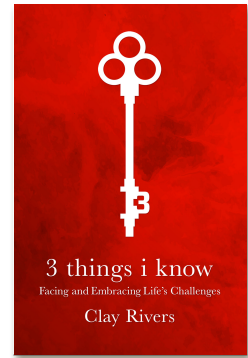
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Synopsis

3 Things I Know

A chapter-by-chapter look at Clay Rivers' approach to making the best of trying situations.



In this time of increasing rancorous discourse, *3 Things I Know: Facing and Embracing Life's Challenges* is a guide to navigating external and internal conflicts while remaining true to yourself. *3 Things I Know* is broken into three main sections that address faith, self-perception, and interpersonal relationships; and how all three are essential in moving beyond personal circumstances. *3 Things I Know* is chocked full of anecdotes from Rivers' own life and inspirational quotes and written in a relaxed, conversational tone.

Thing 1: Flow with the Go

Chapter 1: 99 Problems: Establishes the premise that the only people not facing problems (which Clay refers to as “challenges”) are dead people. The author then groups the challenges common to man into five categories: Cognitive, Emotional, Physical, External, and Societal.

Chapter 2: The Top Five: A natural follow-up that humorously addresses the top five worst ways of handling life's challenges. The modus operandi given are supported by relatable, real-world experiences.

Chapter 3: The Turning Point: Typically, people make decisions for one of two reasons: out of habit or because it's convenient, even when those decisions lead to the negative results. This chapter identifies the circumstances that force us to realize that the old ways are no longer working.

Chapter 4: What If—: A teaser to Clay's way of handling challenges.

Chapter 5: Flow with the Go: Clay makes the case that we move forward through our lives much like a canoeist traveling a river. In life, we have the option of living with a hands-off approach to handling challenges and

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encountering potentially disastrous results or we can realize that there are bigger forces at play and choose to work with them.

Thing 2: Show Your Face, Face Your Show

Chapter 6: No Business Like Show Business: Clay reflects on his first encounter with the concept of living an integrated life; and seamlessly draws parallels between wearing masks/costumes in show business and wearing masks in personal relationships. A list of the consequences of using masks in real life rounds out the chapter.

Chapter 7: “What’s My Motivation?” Clay examines the reasons why he hid behind masks in his professional and personal lives; and what prompted him to stop the practice.

Chapter 8: Flipping the Script: “Show your face, face your show” defined: the dos and don’ts of living authentically.

Chapter 9: On with the Show: This chapter gives the benefits of consistently being oneself in all situations.

Thing 3: Get a New View

Chapter 10: Depending on How You See a Thing: This chapter focuses on how to change one’s point of view from seeing a situation as a problem to an opportunity by focusing on the solution.

Chapter 11: Working the New View: Clay recounts the process of applying a new view to specific cognitive, emotional, external, societal, and physical challenges and turning them into opportunities.

1 More Thing

Chapter 12: The Key: Final thoughts about the tenets Flow with the Go, Show Your Face–Face Your Show, and Get a New View and forming a solid strategy for facing and embracing life’s challenges.



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Review of 3 Things I Know

by Tracey Jackson, New York Times best-selling author of *Gratitude and Trust*



Originally published at [Gratitude and Trust](#) on January 22, 2016.

Author, actor, designer and motivational speaker Clay Rivers has recently published his third book.

It's called *3 Things I Know: Facing and Embracing Life's Challenges*.

There is no question we all face challenges, but for most of us, if we are lucky they come and go, ebb and flow. But Clay was born with several challenges that he walks gallantly through life with.

He is a small person, forty-eight inches tall. He is an African-American male, which we know in this country is not always easy to be. And he has several other checks in the "I might not fit into your preconceived notion of what a person might be" column.

Yet, there is no one I know who handles life, its challenges, its curve balls, and its valleys better than Clay Rivers. He is a constant source of inspiration for me. And I think anyone who reads his book will walk away with many new tools to put in their facing life's challenges tool box.

I don't want to spoiler alert *3 Things I Know*. I will tell you he has labeled the three things: Flow with the Go, Show Your Face – Face Your Show, and Get A New View.

One of Clay's many strengths is he intrinsically understands that we have challenges we cannot walk away from, numb ourselves out of, or cloak in any number of ways. So, how do we deal? How do we cope? How do we live rich, meaningful lives despite what might be considered drawbacks, setbacks and challenges? How do we turn our challenges into lessons and friends? How do



Tracey Jackson.

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we embrace our challenges and not push them to the side or under a rug?

If you (and who isn't) are grappling with challenging situations or conditions. I advise getting a copy of *3 Things I Know*.

Many of us will be snowed in this weekend, so it's perfect to curl up with a copy of Clay's book and a cup of tea. Those of you who can go outside and sit on the porch or in the sun and read it with an iced tea, lucky you! It doesn't matter where you read it, just pick up a copy. You will know more than 3 things after you read this – I promise.

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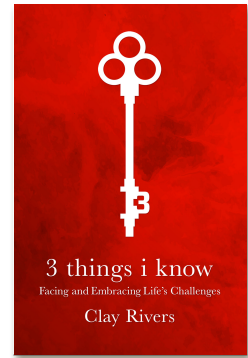
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Author's Bio

Clay Rivers

Embrace all that you are and strive to become all that God has created you to be. –Clay Rivers



Clay Rivers is a son. A brother. A friend. He is a man with a deep faith in God. Clay is the author of three books, has worked as a Disney character, a print art director, and an actor for stage and screen. He likes to think of himself as a bon vivant.

Clay revels in meeting new people, learning what's going on in their life, and how they came to be the people they are today. He relishes stimulating conversation with people who have something worth saying.

He strives to be as transparent and open as possible in his writing. It's taken him a while to get to the point that he's comfortable in his own skin, but it's been a journey worth taking. With an extensive background in art history, graphic design, and performing arts, he understands that art in whatever form can only connect with its intended audience when the artist exposes his/her own humanity, warts and all, through their medium of choice. And that transparency comes through self-acceptance.



Clay Rivers.

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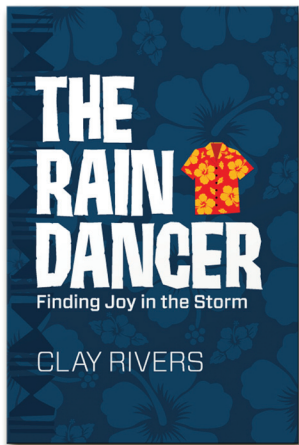
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Also by

Clay Rivers



The Raindancer: Finding Joy in the Storm tells of one family man's experience in using unwavering faith, a positive attitude, and an indomitable sense of humor in the face of cancer and how he changed the lives of everyone with whom he came in contact. His story will present the world in a whole new light and give you the courage to dance in the midst of life's storms.

Available at [Amazon.com](https://www.amazon.com), [iTunes](https://www.apple.com/itunes), and [BarnesandNoble.com](https://www.barnesandnoble.com).



In a world that associates stature, physical perfection, and race with a person's value, *Walking Tall: A Memoir About the Upside of Small and Other Stuff* recounts the journey to self-acceptance of an African American, gay, Christian man who also just happens to be a dwarf. For anyone who has ever felt the slightest bit uncomfortable in their own skin, Rivers' memoir is a must-read.

Available at [Amazon.com](https://www.amazon.com), [iTunes](https://www.apple.com/itunes), and [BarnesandNoble.com](https://www.barnesandnoble.com).

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