

her life spotlight

# Mary B. Lucas *Lunchmeat & Life Lessons*

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Just five minutes into a conversation with Mary B. Lucas, author, speaker, coach, and philanthropist, it is evident that her father's spirit lives on through her. Through the years, as Mary enjoyed countless lunches with her dad sitting around the butcher block in the family kitchen, she was not only nourished physically, but emotionally as well, through her dad's timeless wisdom that afforded her practical applications to all areas of her life.

If you think you have an appetite for life, then reading the page-turning, wisdom-filled book, *Lunchmeat & Life Lessons*, will undoubtedly make you ravenous for the continuing life experiences you encounter, as this book will leave you with a fresh and new perspective on dealing with almost anything

that comes your way in life. It all starts with some good old-fashioned common sense and lunch served around the butcher's block.

Mary's dad, John Bichelmeyer, was a long-time local butcher in the Kansas City area. He was known just as much for his delicious meats as he was for his mouth-watering advice. He had the unique vision to inspire others, provide unparalleled customer service, and had the consummate business sense to maintain a thriving butcher shop despite the various roller coaster of life over the decades.

Bichelmeyer was a child of the Great Depression and no stranger to hard work. He maintained three jobs to feed his wife and ten children, saving enough money to eventually own his own butcher shop, a lifelong dream of his. If John Bichelmeyer ever encountered a stumbling block, he instinctively knew how to turn it over into a stepping stone to greater opportunity.

Bichelmeyer was an ordinary man of extraordinary purpose, and Mary saw that beam of light from an early age. Just like her siblings, Mary received regular and wise counsel from her father whenever she felt she needed a bit of encouragement, a bit of understanding, and even a bit of emotional prodding to get her motivated at times.

Bichelmeyer was never short on dispensing sage advice and sound wisdom in a loving effort to guide his children to find their own footing in life. His humorous insights and comforting words continue to inspire generations and fulfill a legacy that is sure to remain in the hearts of everyone who find themselves immersed within the pages of Mary's motivating and moving account of a man who lived with purpose and on purpose.



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When John died in 2004, Mary self-published her book, *Lunchmeat & Life Lessons* as a tribute to her late father and originally just intended it as a gift to her nine siblings. The book speaks candidly about life lessons and how anyone can apply the sound wisdom of Bichelmeyer to nearly any aspect of life. (You have been warned, however, that getting through this book will require a tissue or two.)

However, just because the man John Bichelmeyer passed on did not mean his words had to die with him. As Mary aptly notes in her book, "To live in hearts we leave behind is not to die." Those words ring true on every page of this book. It was not long before word spread that *Lunchmeat & Life Lessons* deserved grand applause. In fact, Mary is now in her ninth printing of the book, with an audio

book and hardcover collector's edition just released and the book was recently translated into Korean. It is also used as requisite reading material for many companies and leadership classes at the high school and collegiate level across the country.

In short, all John Bichelmeyer really wanted to give his kids over the years was inspiration, and the ability to discover that from within them. Little did he know that his simple messages, delivered with a smile and "a side of comeback sauce," would serve inspiration to thousands of people who never even had the unique opportunity to know him.

As Mary's dad was fond of saying, "Be a person who makes something happen."

Mary did. You can, too. That is, after you have read *Lunchmeat & Life Lessons*

wiped a tear from your eye, and pulled yourself together. I promise you that you will not get through the book without being touched. If you just close your eyes, I am almost certain you will feel John Bichelmeyer's presence. You may not have ever known him, but his words will now leave footprints in your heart. Just follow your own path and enjoy the journey. The destination will take care of itself.

A portion of the proceeds from the sale of *Lunchmeat & Life Lessons* will be donated to the American Heart Association in memory of John and Mary (John's wife) Bichelmeyer. For more information about The Butcher's Wisdom, please visit [www.maryblucas.com](http://www.maryblucas.com) and [www.heartswelovebehind.com](http://www.heartswelovebehind.com). ■