

Former Altus man writes religious book

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A former Altus resident recently wrote his first book, a walk-through guide on overcoming adversity in life.

"Surviving the Storms of Life: How to Triumph in Tragedy" was written by David B. Whitlock and released in January.

Whitlock is pastor at Lebanon Baptist Church in Lebanon, Ky., but graduated from Altus High School before going to Baylor University for his undergraduate degree. He earned graduate degrees from Southwestern Seminary in Fort Worth and Princeton University in New Jersey.

Whitlock's book guides readers through various lessons, all of which are deeply rooted in the Bible. It also teaches readers how to pray, something that is vital to making it through struggles, which are inevitable in life, Whitlock said.

"You're going to face storms," he said. "The world is what the world is."

Whitlock would know. Part of the inspiration for his writing the book was the loss of his first wife, Katri, who died of cancer in 2003, he said.

"Life is tough and people are up against it," Whitlock said. "I thought, 'How can I help people through that?'"

Whitlock also writes a weekly column that addresses a wide range of topics, including family, religious and political issues. "Life Matters" is featured in six Kentucky newspapers as well as the Altus Times.

The book can be purchased for \$24.95 at Amazon.com, BarnesAndNoble.com or at Whitlock's site, DavidBWhitlock.com.

Those without Internet access can mail Whitlock a check to P.O. Box 1033, Lebanon, KY, 40033, and he'll return a copy of the book, he said.



WHITLOCK