

## Healthy People Read

When I look at the things I do to keep myself sane – and growing – I feel enormous gratitude for books. Whatever would I do if I could not read? For escape, to learn, to grow, to be healthy – what I read shapes my world. And it occurs to me that what healthy people read makes a difference in the world at large.

And so, as I launch my website and my occasional e-letter, I'm rekindling my "book report" skills. My notion is to highlight a book that I've been reading – or re-reading as I often do. I'll choose a book that doesn't just speak to me. I'll choose a book that shouts loud enough to get my attention, and one whose whispers stay in my head long after I close the cover. I'll choose a book that I think might help you stay healthy too!

## December's Book

*Wishcraft: How to Get What You Really Want* by Barbara Sher with Annie Gottlieb (New York: Ballantine Books, 1979).

*Wishcraft* is one of those books that once you read it, you'll say to someone, "You *have* to read this book." That's how I found out about it. I was on a radio program, promoting a Find the Love of Your Life workshop, and the program's hostess called me the following week and said, "You *have* to read this book!" And she was right. As soon as I read it, I gave it away, replaced it, and gave that copy away too. Finally I decided to keep three or four copies on hand just so I wouldn't have to give away my only copy!

What makes *Wishcraft* a book you *have* to read? It's probably because Barbara Sher demonstrates ultra-practical approaches to getting what you want, having fun doing it, and not having to be in a good mood all the time!

## Just One Idea

My favorite idea from Sher's book is a strategy called Barn Raising. A group of people commit to listening to one another's goals and helping each other figure out how to get what they want.

Here's how I've used it. Each person gets a minute to fully explain what s/he wants and maybe what's been standing in the way. Then the group takes 3 minutes to brainstorm all the things s/he might do to make it happen. And they offer real help – resources, ideas, contacts, and support.

The last time I led Barn Raising, each of us had created a goal to improve our social, physical, intellectual, career, emotional, or spiritual health. Now, I've led groups before without sharing my own goals, but this group wouldn't let me get by with that. So I fessed up that I needed to get my website up and running and I was overwhelmed by all the things I didn't know. Well not only did the group give me all kinds of ideas, they pushed me to set a deadline. One group member even made it a habit to check my domain name once a week – and to send me a reminder email every time it still said "under construction."

Well you can imagine the impact. In fact you can see it – at [www.healthypeoplelearn.com](http://www.healthypeoplelearn.com). Without Ken Smith's consistent – and gentle – nudge, I might not have begun to walk my talk for many more months or even years. And all a result of Barbara Sher's Barn Raising strategy.

## My Next Move

Barbara Sher's website has inspired me to put another of her ideas into practice. She suggests throwing an Idea Party – a potluck evening of people you'd love to get to know better. And the evening's entertainment? Barn Raising!

My first Idea Party is scheduled for January 4, 2003, and I'm planning to follow that one with an Idea *Bash* for 50 of my closest friends to celebrate my 50th birthday on February 21, 2003. Want to be there?

To learn more about Barbara Sher's Success Teams and throwing an Idea Party, go to <http://www.shersuccesteams.com> and to learn more about *Wishcraft* go to <http://www.barbarasher.com/wishcraf.htm> or **read the book!**



## And on the subject of books...

Look for my new release *My Uncle Dave*, beautifully illustrated by Ted Williams. When Dave fell in the pool, he had a choice about how to respond. As he says, "It's not what happens to you, it's how you react to it that makes all the difference."

And if you're looking for love – or looking to make the love you've got richer – look for *Find the Love of Your Life!*

You can find both my books on Amazon.com or you can purchase directly from Healthy People Press. Here are the vitals:

*My Uncle Dave* \$9.35 plus \$4.00 shipping and handling

*Find the Love of Your Life!* \$15.95 plus \$4.00 shipping and handling

New York residents pay 7% sales tax.

## This Healthy Person Gets Around

Join me at: Winter Camp Conference, sponsored by Upstate NY ACA and Cornell Cooperative Extension, January 23-25. I'll be presenting **Where in Health Are You At Camp?** And **Managing Stress at Camp – Theirs and Ours**, Friday, January 24. Contact [usnyaca@aol.com](mailto:usnyaca@aol.com) for information about the conference.