

Healthy People Review

Sally Crosiar Reviews Helpful Books, June-July, 2005

Bless friends that give me books as gifts. Few things excite me more! This gift was particularly appropriate - from my dear friend Anne and by a mutual friend, colleague, and student of our mentor Sidney Simon. Isn't that a fun connection? I thought so.

And the topic of this book is one that we all need to pay attention to - attitude - because our attitude makes all the difference!

I first met Alan Zimmerman at a tribute for our teacher Dr. Sidney B. Simon in 2002. At that event, Sid spoke about Alan's artful use of a strategy he teaches - Brave Questions. The idea here is for two people to agree to ask and answer questions that increase truthful knowledge about the other.

Often, there might be 20 questions, but this isn't the same game where one only asks yes or no questions to come to a single conclusion. Brave Questions encourages asking deep and probing questions - the kind that take thought and spur lots of really interesting conversation. No single conclusion here, but rather ever-expanding possibilities of responses and insights. It's fun! And challenging!

In fact, I bought Alan's book *Brave Questions* a couple years ago, and found it to be a compendium of 'starter questions' that I've used to deepen some of my most important relationships.

And I enjoy Alan's "Tuesday Tips," a weekly newsletter that highlights a few key thoughts and helps align and adjust my attitude every Tuesday. You can get Alan's Tuesday Tips in blog format at <http://tuesdaytip.com/>.

So I was predisposed to like this book before I read it. And now that I have, I realize my predictions were right!

The January-February Book

Pivot: How One Turn in Attitude Can Lead to Success

by Dr. Alan Zimmerman



You probably have little doubt that your attitude makes a big difference in your life. And you've probably already got a pretty positive attitude about most things or you wouldn't be reading this newsletter. That's how I felt. But I was surprised by how much I learned from Alan Zimmerman's book!

For one thing, Alan has collected some of the very best thinking about attitude into his book. It swarms with research and quotes that prove how important attitude is. I love finding research that demonstrates that what I believe is actually scientifically valid!

For instance, Alan cites findings that Dr. Martin Seligman published in his book *Learned Optimism* that negative people get sick more, are divorced more often, raise kids who get in more trouble, and even make less money than people with a positive attitude.

Dr. James Strain found that optimistic men who have had heart attacks are more likely to live longer than pessimists who have had heart attacks. And other studies are cited that demonstrate that a positive attitude can affect the length of one's life.

But more than just years of life, a positive attitude clearly adds life to our years. And this is a book that will add life as well as give suggestions for your own attitude tune up!



Just One Idea

An idea that I found particularly compelling in *Pivot* is the idea of going on what Alan calls the "Seven-Day Mental Diet." He says that we can strengthen our positive attitudes by feeding them, and here's his plan.

Every day in the week is focused on a different activity as follows:

On day one, you feed your mind with inspirational literature, music, and "good news." Spend a few moments reading an inspirational story in the morning, or listen to a tape while you drive to work and ponder on that bit of inspiration throughout the day to feed your mind with possibility.

On day two, your focus is to see all the good around you - really noticing beauty, kindness, and positive aspects of even crummy events. Build your awareness of life's joyful moments by keeping a journal, developing some 'goodness' triggers, and savoring what is good.

Day three is focused on gratitude - and not just thinking it, but also expressing it! Maybe you write a thank you note once a week or generate a gratitude list over the dinner table. Alan even suggests that you develop a thank you mantra to say a thousand times. Can you feel the impact that could make on your life?

On day four, affirm yourself. I love Alan's suggestion that every hour, you find five things you like about yourself! And no repeats!

On day five, watch your mouth! Speak only positively and don't let yourself make a single negative comment. Whew! This could be a great challenge!

Day six puts positive attitude into action doing something positive for others. When you have personal contact, spend two hours a week helping, and help people you don't really know - just for the sake of helping - the benefits are big!

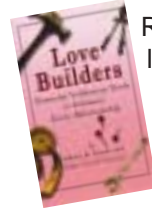
And finally on day seven, try something new! There's nothing like taking a healthy risk to break out of your comfort zone and add some zest to your life.

Now there's a diet I can live with!

To Help You Live On Purpose ...

Here's my latest, hot off the press in May, 2005 in two formats.

Paper \$18.84
CD, just \$9.35



Real appreciation enriches an *On Purpose* life! Get **Love Builders** - \$14.95 through www.valuesrealization.org. Proceeds help support the Values Realization Institute which creates, empowers, and supports a growing community of people who live and teach their values.

And of course don't forget my other books! Order by emailing sally@healthypeoplelearn.com.

My Uncle Dave \$9.35.
Find the Love of Your Life! . \$15.95

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New York residents pay 7.25% sales tax.

A Healthy Person Gets Around!

On Jan 30, I'm launching "Living On Purpose" as a distance learning seminar. Find out more at www.healthypeoplelearn.com

On the third Wednesday of every month I'm conducting Grange Successful Actions Teleconferences at 7PM. If you're interested in listening in, please let me know at sally@healthypeoplelearn.com.

February 13, I'm starting a School-Age Care Credential Preparation Course - also in distance learning style. This course will run through May.

March 8, I'm doing a session called "Leading Through Change" for the employees of the Soil and Water Conservation Districts.

March 14-15, I'll be helping train School-Age Care Credential Endorsers in New York City.

April 29, I'll be presenting the "Ecological Model of Youth Development" at the New York State School-Age Care Coalition Conference in Rochester, NY.

May 5-7, we're hosting the second annual Values Realization Institute Conference in Canandaigua. You ought to come!

www.valuesrealization.org

