



First book on group
manifesting
to be published on
July 1, 2009

*The GROUP: An Amazing Way to
Achieve Success, Happiness &
Extraordinary Relationships*

By Rebecca Carswell, Mirja Heide,
Tiffany Kaharick and Amy Mead
DC Press July 1, 2009 \$16.95

Imagine what would happen if you could tap into the power of multiple minds all focused on helping you reach for the brass ring, achieve your wildest dreams, or move beyond a recent setback, such as a job layoff? That's what Rebecca Carswell, Mirja Heide, Tiffany Kaharick and Amy Mead discovered when they developed The GROUP in 2006.

For 12 years, Heide, an entrepreneur who founded a computer training company 10 years ago, could not overcome her fear of travelling to Africa alone, despite a burning passion to help the endangered Desert Elephants of Namibia. She was on her way within months of bringing it to The GROUP. Mead, who spent 16 years in advertising and graphic design, was finally able to become pregnant after presenting her wish to The GROUP. Licensed massage therapist and skydiver Kaharick found her self-confidence soar as a result of the others' beliefs in her. Only three weeks after describing her dilemma to The GROUP, Rebecca Carswell, a clinical hypnotherapist, was able to avoid a professional crisis by finding the ideal office space to relocate her practice.

What is it about The GROUP that makes it possible to harness the collective energy of its members to benefit each individual? At the heart of each gathering is the hour in which all attention focuses on the Honored One for that session. When it's your turn, The GROUP provides a safe, supportive and encouraging environment for you to share a dream, a goal, a challenge or a desired change. At the same time, your fellow members actively listen and "hold the space" while you share thoughts and feelings. They help illuminate answers that lie within you. They help you see things from different perspectives, opening your eyes to new ways of accomplishing your goals. When you discuss specific action steps with your GROUP, you are inspired to follow through and take action.

On July 1, ***The GROUP: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships*** (DC Press, \$16.95), will take manifesting to a new level as the co-founders share through step-by-step instructions how anyone can create and run their own GROUP. Readers will go behind-the-scenes of the compelling structure of The GROUP's unique two-hour, once-a-month meetings – which makes it possible to achieve life-altering results. Discussed in detail is the meaning behind each of The GROUP's five precisely-timed meeting segments – called Opening, Gratitude, Successes, Honoring & Action Steps, and Closing – and the important roles (Guide, Timer, Honored One, and Action Step Writer) that members take for each session. There are also invaluable chapters on "Living Your Dreams," "Manifesting: Transforming Your Dreams into Reality," "Active Listening: The Key to Understanding Others," and "Permission to Dream," along with inspiring actual success stories.

Calling it "the book you have been waiting for to change your life," Dr. Lewis Losoncy, a psychotherapist and author of *If It Weren't For You, We Could Get Along! How to Stop Blaming and Start Living*, notes in the foreword: "There is a huge difference between a group and The GROUP. A



group in the workplace has gripe sessions. In The GROUP, in the same workplace with the same people, gripe sessions are transformed into growth sessions. The GROUP in a family becomes a place where children learn they can be encouragers to their parents, and parents' eyes open to their children's dreams.

When sports teams use The GROUP method, they gain respect for teammates and a desire to cooperate, rather than to compete, for one shared dream. The GROUP, from settings in education and business to church and families, helps people empathize, understand, appreciate and encourage each other en route to their dreams.”

ABOUT THE AUTHORS...

Rebecca Carswell is a clinical hypnotherapist, professional speaker and licensed skydiver with over 700 jumps to date. She holds a Bachelor of Science degree in Marketing from Plymouth State University in New Hampshire, where she also completed graduate coursework in psychology.

Mirja Heide is a Florida entrepreneur who is currently celebrating the 10th anniversary of her company, MH Computer Training & Designs. She holds a Bachelor of Science degree in International Business with an Environmental Studies certification from Florida Atlantic University.

Tiffany Kaharick, who is expecting her first child in September, is a licensed massage therapist and a former member of the Florida Flight One Medical Helicopter Team. The licensed skydiver, with over 300 jumps, holds a Bachelor of Science degree in Cardio-Pulmonary Science from the University of Central Florida.

Amy Mead is a former Senior Art Director for a large Chicago agency who owned her own advertising agency in Florida before starting a family in 2007. Mead holds a Bachelor of Fine Arts degree from Connecticut College.

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PHOTO CAPTION: (L. to R.) Tiffany Kaharick, Mirja Heide, Amy Mead and Rebecca Carswell

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