

Foreword by Dr. Lewis Losoncy

The GROUP may very well prove to be the most important and practical book on how to transform ordinary relationships into extraordinary ones. This brilliant idea was developed by four Florida friends: Rebecca Carswell, Mirja Heide, Tiffany Kaharick and Amy Mead. Their discovery: the way to manifest one's individual dreams is through the power of exceptional relationships. The four authors designed a safe, supportive, respectful and encouraging atmosphere to bring out the best in each other. *The GROUP* time together becomes that special two hours a month where, in this positive atmosphere, each member gains strength to face life's challenges and climb life's mountains. They share their anxieties and fears as well as their dreams during these moments. And then, through the collective warmth, wit and wisdom of *The GROUP*, each chooses courage over discouragement.

As a psychotherapist, I was fascinated with how the authors built *The GROUP* consistent with sound motivational and relationship principles, without bogging the reader down with theory. Alfred Adler's ideas on the importance of social-connectedness and encouragement, Carl Rogers' *Person-Centering*, and Martin Seligman's *Positive Psychology* would buy into the ideas of *The GROUP*. Yet, no knowledge of psychology is a prerequisite to turn a group into *The GROUP*. After the astounding success of *The GROUP*, the four authors took this powerful growth process to others: in the workplace, homes, teams and organizations. Soon others started realizing their dreams *and* experiencing equally exhilarating feelings by finding their autograph on the growth and success of others. Yet it is not surprising about the synergistic effect of a manifesting group like *The GROUP*. Mark Twain called synergy, "the bonus that is achieved when things work together harmoniously." Why? A group of four individuals has an *additive* power, $1 + 1 + 1 + 1 = 4$. The *GROUP*'s synergy of four people has a *multiplicative* power, $1 \times 2 \times 3 \times 4 = 24!$

Two other appeals of *The GROUP* process are its simplicity and its practicality. Easy and doable! The authors streamlined the process for the reader, and for each member invited to become part of the experience. Reading *The GROUP* is the only requirement to understand, become motivated and inspired, and to give and get the benefits of this magical process of group manifesting. 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.

The GROUP has the power to lift all of your relationships higher. As you move through these pages you come to life again. You will be excited about sharing these ideas with others and getting your own GROUP started. And those with whom you share the book will sign on, thanking you for your discovery. *The GROUP* is the book you have been waiting for to change your life. Here it is. Thanks Rebecca, Mirja, Tiffany and Amy. You started something to give to each other, and discovered something to give to the world!

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Along! How to Stop Blaming and Start Living*
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