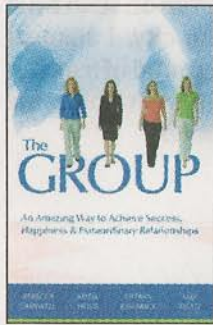


# Books

## The GROUP

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Four local women will appear at The Vero Beach Book Center, June 24 at 7 pm, to launch their new book, *The GROUP, An Amazing Way to Achieve Success, Happiness, and Extraordinary Relationships*.

The women, Rebecca Carswell, Mirja Heide, Tiffany Kaharick, and Amy Mead all live in Vero Beach. Heide and Mead live on Central Beach, while Carswell and Kaharick live on the mainland.

The four friends formed what they call The GROUP after finding that meeting regularly to discuss their dreams was a major component in converting those dreams into reality.

By joining forces for two hours, once a

month, and following a precise program that they intuitively created together, each of the four women has undergone life-changing experiences.

Amy Mead, a successful graphic designer and owner of an advertising company, wanted to have a baby. She had tried, unsuccessfully, for over a year to conceive a child. Mead became pregnant after three months of meeting with The GROUP.

For twelve years, Mirja Heide, an independent entrepreneur, dreamed of traveling alone to Africa to join the Earthwatch Desert Elephants of Namibia expedition. Heide writes that her own mindset and fear were her biggest obstacles. Within a year of their forming The GROUP, Heide was on her way to Africa.

Just three weeks into her work with the group, Rebecca Carswell, a practicing clinical hypnotherapist, created her ideal workplace. Tiffany Kaharick, a licensed massage therapist who as a former Respiratory Therapist was a member of a

medical helicopter team, had completed over 300 successful skydives and climbed Mt. Fuji, but says there were times she lacked self-confidence.

"I wanted to focus and streamline my life," says Kaharick. "I had tried to apply certain concepts but I never knew how to do it. After just a few meetings, my self-confidence soared and my life changed." One positive result of joining The GROUP, Kaharick says, was she and her fiancé found their dream home with the very Japanese garden they so wanted.

According to a disclaimer at the beginning of the book, "The authors do not claim any credit for the idea of meeting in groups, as it is not a new concept."

True enough, but what is new is the way the four authors have presented the concept, combining the spiritual with the practical. "I have always had close friends," says author Amy Mead. "But what takes place with The GROUP is different. The strength of multiple minds, the power of the combined energy, a

group of people who believe in you...there's nothing like it."

The book, *The GROUP*, explains with clear, step-by-step instructions how anyone can create a group and achieve life-altering results. The book discusses a series of precisely timed segments called Opening, Gratitude, Successes, Honoring, Action Steps, and Closing. At each meeting, the four members play different roles: Guide, Timer, Honored One, and Action Step Writer.

The authors emphasize that it is important to focus on one primary goal at a time and that developing strong listening skills is essential. "You don't have to already possess these skills," says Kaharick, "but you have to be willing to learn. Ultimately, we feel so energized by these monthly meetings and I often leave feeling so healed. It's like therapy but you don't have to pay for it."

DC Press, 174 pp, \$16.95