

CYNTHIA'S BOOK REVIEW FOR BUSINESS PROFESSIONALS

As I talk to family, friends, and colleagues, one consistent message is spoken ~ life is busy! There is a lot happening in people's lives ~ some good (e.g., graduations, new homes, new opportunities) and some pretty taxing (e.g., health issues, professional uncertainty). Therefore, I think Secrets About Life Every Woman Should Know, 10 Principles for Total Emotional and Spiritual Fulfillment by Barbara De Angelis, PhD. is the perfect book to review. While you may feel from the title that the book is only for women, it's not. Men can learn from its content, too.

Here's the list, but I encourage you to read the book for yourself:

1. "Everything you need to be happy is inside you.
2. The principle of life is for you to grow into the best human being you can be.
3. Change is inevitable so stop resisting and surrender to life's flow.
4. All obstacles are lessons in disguise.
5. Your mind creates your experience of reality, so make your mind your friend.
6. Fear will steal your aliveness. Make your courage bigger than your fear.
7. You must love yourself before you can give love or receive love.
8. All relationships are your mirrors and all people are your teachers.
9. True freedom comes from how you respond to life and not from what life does to you.
10. Whatever the question, love is the answer."

I bet you already knew some of the secrets. The author admits that these have been written and spoken about by others. She did put her own spin on them, though. For example, "Someone else may swim in your ocean; but remember, it's your water."

Dr. De Angelis also reminds her readers about the performer who spins a dozen plates on poles and how it's such a challenge for him to keep them spinning all at the same time and at the same speed. Invariably, a few crash to the floor. Got the picture? She said some of us are like that performer. We try to do too much and all of it well. Even if life throws us a curve ball, we try to keep pushing forward as if nothing has changed. That is, until our "plates" start to crash.

So, here are my parting words for you. Free yourself from too many plates. Don't wait for them to break because you couldn't keep up. Hurl as many to the floor as you need to for you to feel peace, strength, health, and happiness.

Hey, was that 1 plate I heard break?

"BRINGING RESOURCES TOGETHER TO
ACCOMPLISH BUSINESS GOALS."