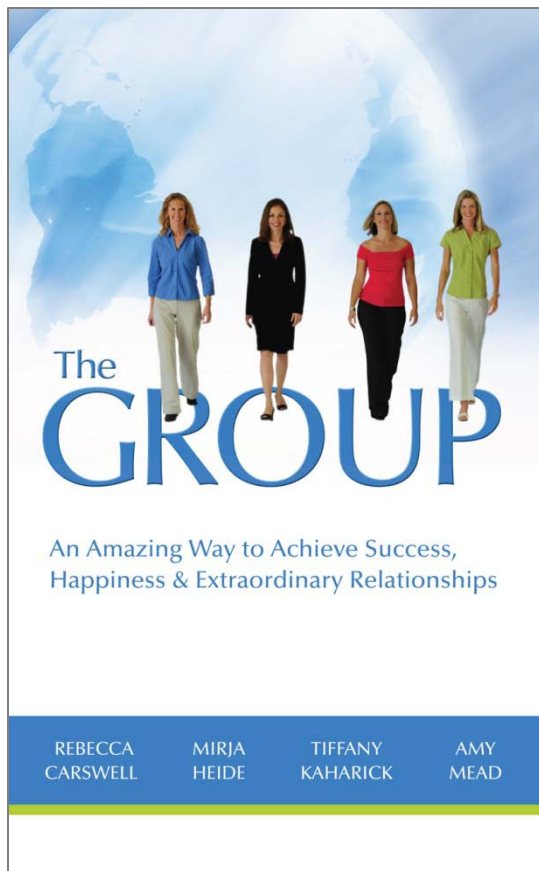


FOR IMMEDIATE RELEASE – July 6, 2009 – Vero Beach, FL



UrbanThink Bookstore to
host authors of *The
GROUP: An Amazing Way
to Achieve Success,
Happiness & Extraordinary
Relationships*

Friday, August 21, at 7 pm

UrbanThink Bookstore
625 East Central Blvd., Orlando, FL 32801
407-650-8004

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. Though they barely knew each other at the time, Rebecca Carswell, Mirja Heide, Tiffany Kaharick and Amy Mead of Sebastian and Vero Beach teamed up in August 2006 to create the first GROUP out of a mutual interest in doing something extraordinary with their lives. What followed surpassed even their own expectations.

Ideal for these turbulent times, The GROUP is a powerful tool for harnessing the collective energy and wisdom of its participants to help individual members turn dreams and goals into reality, face daunting challenges, and cope with crises, such as a recent job layoff, among other personal benefits. Complete step-by-step instructions on how to form your own GROUP are now available through a new book co-authored by Carswell, Heide, Kaharick and Mead that costs just \$16.95.

Published by DC Press on July 1, ***The GROUP: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships*** is the first major book on group manifesting. Included are inspiring success stories, as well as helpful information on “Living Your Dreams,” “Manifesting: Transforming Your Dreams into Reality,” “Creating the Ideal GROUP Atmosphere,” “Active Listening: The Key to



Understanding Others,” “The Structure of The GROUP Meeting,” and “Permission to Dream.”

As detailed in the book, what gives The GROUP its impact is its unique structure. Each once-a-month, two-hour meeting is configured around five timed segments – called Opening, Gratitude, Successes, Honoring &

Action Steps, and Closing. Members are given designated roles – the Guide, the Timer, the Honored One, and the Action Step Writer – which rotate with each new session. At the heart of each gathering is a full hour in which all attention is focused on that month’s Honored One, who is able to explore anything she likes – from the seemingly insignificant to something of vast importance. It can be as broad and varied as the imagination. Goals can be tangible and material or ethereal and philosophical. At the same time, the role of The GROUP is to actively listen – what they call “holding the space” – to help the Honored One find clarity without judgment, disruption or distraction.

As the authors convey in their book: “By being part of The GROUP, you tap into the power of multiple minds. You draw on the ideas, wisdom and experience of every person in The GROUP. They help illuminate answers that lie within you and guide you to solutions. They help you see things from different perspectives, opening your eyes to new ways of accomplishing your goals.”

In the foreword, psychotherapist Dr. Lewis Losoncy, calls *The GROUP* “the book you have been waiting for to change your life.” He notes: “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.”

Orlando-area residents can meet the authors on Friday, August 21, 2009, at 7 pm at a free event hosted by UrbanThink Bookstore. As well as sign books, the authors will share the remarkable story of how The GROUP transformed their lives with extraordinary results and answer questions from the audience. UrbanThink is located at 625 East Central Blvd., Orlando, FL 32801. Phone: 407-650-8004.

For more information about the book, visit www.TheGroupTheBook.com To read about *The GROUP* in the current issue of Maclean’s magazine, go to <http://www2.macleans.ca/2009/06/25/more-powerful-than-a-book-club/>

About the Authors

Former Orlando resident **Tiffany Kaharick** is a licensed massage therapist and graduate of the Space Coast Health Institute. She currently practices at the Positive Change Health Center in Sebastian. Kaharick previously spent five years on staff at Florida Hospital Orlando as a critical care registered respiratory therapist. After earning a Bachelor of Science degree in Cardio-Pulmonary Science from the University of Central Florida in 2000, she became a member of the elite Florida Flight 1 medical helicopter team for two years. Kaharick’s passion for extreme sports began as a teenager, when an aunt taught her how to surf. In 1999, Kaharick discovered an even greater thrill – skydiving – and has since logged over 300 jumps. Then, in 2005, came what she calls “the hardest thing I’ve ever done”: summiting the 12,388 ft. Mt. Fuji, an active volcano in Japan.

Amy Mead of Vero Beach built a successful career in advertising and graphic design before starting a family in 2007. The Chicago native earned a Bachelor of Fine Arts degree from Connecticut College, then landed her first job at a small agency outside the Windy City. Over the next 12 years, Mead worked her way up to Senior Art Director for a large Chicago firm. She was living in the suburbs on a tranquil 20 acres overlooking two lakes when the long daily commutes and bitterly-cold winters began to take their toll. In 2001, Mead and her boyfriend boldly quit their jobs, put everything in storage, and moved to Florida. Within a week, the two had bought a 27-foot sailboat, despite knowing nothing about boats or sailing, and moved aboard. They spent the next six months making it seaworthy and learning how to live without refrigeration. The couple then set sail for a three-month cruise in the Bahamas, requiring them to cross the turbulent Gulf Stream in the middle of the night. The year-long adventure would change their lives as they weathered numerous storms and learned how to survive at sea.

Vero Beach entrepreneur **Mirja Heide** has been on the cutting-edge of information technology since the mid-1990s, when she created the information systems for her first company right out of college. Heide graduated from Florida Atlantic University with a Bachelor of Science degree in International Business and an Environmental Studies certification. Following graduation, she co-founded an international trading company that exported quality apparel and footwear to Africa and other foreign markets. It was while developing and managing the firm's information systems that Heide got the idea to make computers easier to use through customized step-by-step instruction geared to the user's specific interests, and formed MH Computer Training & Designs. 2009 marks the 10th anniversary of her thriving business. Born in Denmark, Heide enjoys combining her zest for adventure with her passion for photography as she travels the world. She has white-water rafted in Zimbabwe and Costa Rica; hiked in Tobago, Tenerife, Namibia, Botswana and South Africa; and rock climbed in France. Also, during a visit to Machu Picchu, Peru, in 2005, she appeared in the filming of a Travel Channel episode on "The Lost City of the Incas." For more information: www.MHComputerTraining.com.

A clinical hypnotherapist and professional speaker, **Rebecca Carswell** settled in Sebastian in 1998 to pursue her passion for skydiving. Born and raised in rural New Hampshire, she received a Bachelor of Science degree in Marketing from Plymouth State University, where she later completed graduate courses in psychology. Following graduation in 1989, Carswell spent a year backpacking solo through Greece, India, and Asia. An avid participant in a range of outdoor sports, she learned how to fly small planes and took up parachuting in her early 20s. To date, Carswell has logged over 700 jumps, most of them in freefall formation. A major turning point in her life came in 2002, when she broke her back in a near-fatal midair collision with the plane from which she had just jumped. Carswell subsequently became an ordained Interfaith Minister through the New Seminary Institute in New York, and also serves as a spiritual counselor. As a speaker, she helps businesses achieve a higher level of success through her own unique listening and communications techniques – now available through her new book, *Hey, Are You Listening To Me? Listening Your Way to Professional and Personal Success*. For more information: www.RebeccaCarswell.com

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

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