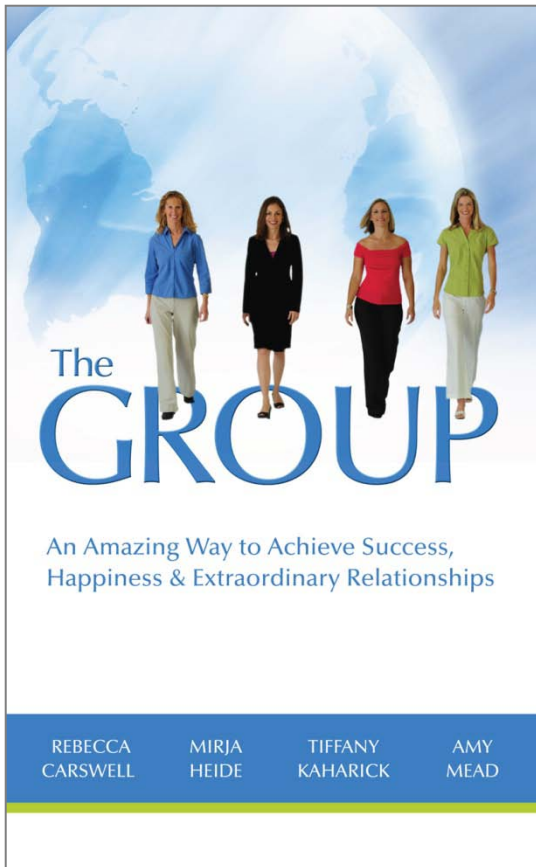


FOR IMMEDIATE RELEASE – June 8, 2009 – Vero Beach, FL



Barnes & Noble in West
Melbourne to host
the authors of "*The GROUP: An
Amazing Way to Achieve
Success, Happiness
& Extraordinary Relationships*"

Friday, July 17, at 7 pm

Barnes & Noble Booksellers
1955 West New Haven Ave.
West Melbourne, FL 32904
(321) 726-9505

On Friday, July 17, 2009, at 7 pm at Barnes & Noble Booksellers in West Melbourne will host a talk and signing for the new book, ***The GROUP: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships***. The authors – Rebecca Carswell and Tiffany Kaharick of Sebastian and Mirja Heide and Amy Mead of Vero Beach – will all be present to share the remarkable story of how The GROUP is able to transform lives with extraordinary results by harnessing the power of collective energy.

Rebecca Carswell is a clinical hypnotherapist and professional speaker with a Bachelor of Science degree in Marketing from Plymouth State University in New Hampshire, where she also completed graduate coursework in psychology. She moved to Sebastian in 1998 to pursue her passion for skydiving, and has logged over 700 jumps to date. **Mirja Heide** is a Vero Beach entrepreneur who holds a Bachelor of Science degree in International Business with a certification in Environmental Studies from Florida Atlantic University. Born in Denmark, Heide is currently celebrating the 10th anniversary of her company,

MH Computer Training & Designs, which provides personalized training and consulting services to businesses, organizations and home computer users. **Tiffany Kaharick**, who is expecting her first child in September, is a licensed massage therapist with the Positive Change Health Center in Sebastian 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 advertising agency with a Bachelor of Fine Arts degree from Connecticut College. After moving to Vero Beach in 2001, she and her boyfriend bought a 27-foot sailboat and cruised to the Bahamas. Upon their return to Vero Beach, she

launched her own local ad agency and ran it until starting a family two years ago.



Though they barely knew each other at the time, the four women 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's unique meeting structure was designed to harness 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.

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 the 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.”

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:

“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: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships* (DC Press, \$16.95)** now makes it possible for anyone to easily form their own GROUP. Included are chapters 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,” along with explicit instructions and inspiring actual success stories.

Meet the authors of *The GROUP* on Friday, July 17, at 7 pm. Barnes & Noble Booksellers, 1955 West New Haven Avenue, West Melbourne, FL 32904. (321) 726-9505

MEDIA CONTACT for interviews & JPEGs:

Lyla Foggia
Foggia Public Relations LLC
(503) 622-0232
lyla@foggiapr.com

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