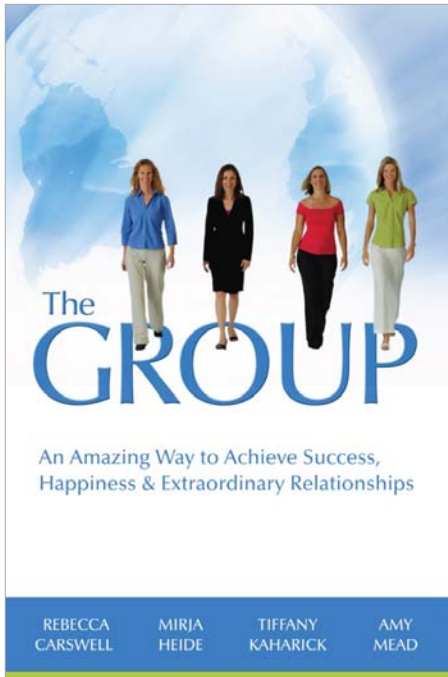


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Form-a-GROUP for a chance to win a free copy of the life-changing new book, The GROUP

Imagine if you could tap into the power of multiple minds all focused on helping you turn goals and dreams into reality, overcome fears, and move beyond setbacks. It worked for Florida friends Rebecca Carswell, Mirja Heide, Tiffany Kaharick and Amy Mead – the result of creating The GROUP in August 2006 to enhance their personal and professional lives.

Though barely acquainted when they started, the four have since become best friends as they've tackled a range of issues, tapped into their inner potentials, and celebrated big and small successes along the way. Among their shared milestones, Carswell found the courage to resume her passion for skydiving after being hit by a plane at 13,000 feet in a freak accident that left her partially paralyzed for over a year. Mead, who had waited to start a family while building her advertising agency, suddenly found herself unable to conceive until she used her turn as The Honored One to discuss it.



The four have now collaborated on the life-changing book – ***The GROUP: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships*** – which details exactly how to recreate The GROUP's unique template, designed around a profoundly simple system of rules, roles and uplifting rituals. Surprisingly, meetings take

place only once a month for two hours, the recommended group size is only six members, and there are no dues or national organizations to join. Beginning immediately, the book's publisher, [DC Press](#), is giving away 500 copies of *The Group* on a first-come basis as long as supplies last. Recipients will also receive tips, hints and guidance directly from the authors. To participate, you simply need to find three to five other individuals in your area interested in forming a GROUP, download an application from www.TheGroupTheBook.com, and mail it to the address listed online. More details are available from the website.

"*The GROUP* is a powerful tool for exploring alternatives, finding solutions, and celebrating successes in a safe, nurturing environment," says DC Press president Dennis McClellan. "It's truly one of the most exciting self-help books I've ever encountered – and certainly one of the most useful for coping with the extraordinary challenges many are facing today."

Dr. Lewis Losoncy, a psychotherapist and author of the upcoming *Early Poppers: Secrets of Early Starters*, calls *The GROUP* "the book you've been waiting for to change your life. Creating a GROUP is not only simple and practical, it's easy and doable. Reading the book is the only requirement to understand, become motivated and inspired, and to give and get the benefits of this magical process."

For more information, please visit www.TheGroupTheBook.com. *The GROUP: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships* (DC Press, \$16.95) by Rebecca Carswell, Mirja Heide, Tiffany Kaharick and Amy Mead can be purchased through [Amazon.com](#), [BarnesandNoble.com](#), [Borders.com](#), and all local bookstores.

ABOUT THE AUTHORS...

A clinical hypnotherapist and professional speaker, **Rebecca Carswell** settled in Florida in 1998 to pursue her passion for skydiving. Born and raised in rural New Hampshire, she received a B.S. degree in Marketing from Plymouth State University, where she later completed graduate courses in psychology. Following graduation, 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, she has logged over 700 jumps, most of them in freefall formation.

Florida 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 B.S. 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 a person's specific interests, and formed MH Computer Training & Designs in 1999. For more information visit www.MHComputerTraining.com.

Tiffany Kaharick, who had her first child in September of 2009, is a licensed massage therapist and graduate of the Space Coast Health Institute. She currently practices at the Positive Change Health Center in Sebastian, Florida. Kaharick previously spent five years on staff at Florida Hospital Orlando as a critical care registered respiratory therapist. After earning a B.S. 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.

Amy Mead built a successful career in advertising and graphic design before starting a family in 2007. The Chicago native earned a B.F.A. 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. In 2001, she and her boyfriend decided to live their fantasy by moving to Florida, where they bought a 27-foot sailboat, then spent six months learning how to sail it before embarking on a idyllic cruise of the Bahamas.

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

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