

Local authors harness power of the group

By Peter Pringle

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VERO BEACH — There is much more than strength in numbers, according to the four Treasure Coast authors of “The Group: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships.”

They barely knew each other when they teamed up in 2006 with a mutual interest in doing something extraordinary with their lives. What evolved was a formula that has enabled them to harness their collective energy to turn dreams into reality, confront daunting challenges and cope with crises.

“Initially, the idea was that we would lend support to each other,” said Rebecca Carswell, a clinical hypnotherapist. “We didn’t know what we had created until our third or fourth meeting, when the group took on a life of its own.”

Carswell and her co-authors — entrepreneur Mirja Heide, massage therapist Tiffany Kaharick and former advertising agency owner Amy Mead — will be at the Vero Beach Book Center at 7 p.m. Wednesday for the national launch of the book.

Central to the functioning of the group are the two-hour monthly meetings organized in five timed segments. For half of the session, the focus is on the “Honored One,” who shares her thoughts and feelings and then receives reactions and suggestions from the others.

“As you move through the meeting you become inspired and motivated so that, by the end, you feel you can take on the world,” Heide said.

Carswell credits the group for many of her successes, including overcoming fear of a major medical procedure. Heide conquered her fear of traveling alone to Africa to help the endangered desert elephants in Namibia.

“Through the group, I realized that my beliefs about what I could and could not do were keeping me from accomplishing my dreams,” she said.

Carswell said anyone can form a group. “Whether they’re in business, organizations, sports or other settings, all they have to do is follow the guidelines in the book and they will be able to do what we have done,” she said.

