

BOOKS

Author offers strategies for reclaiming your life

Inner Peace for Busy People: 52 Simple Strategies for Transforming Your Life
By Joan Borysenko, Ph.D., Hey House Inc. Carlsbad, Calif., 2001, \$17.95

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Life is over very fast, and why is it that we have to constantly stop in our tracks before we get the message? We're all so crazy busy that we don't have time to smell the roses.

My wake-up call came in December when David, my husband of over 18 years, died from complications of leukemia. It's been a blessed year, one filled with happy coincidences including meeting Joan Borysenko, author of Inner Peace for Busy People: 52 Simple Strategies for Transforming Your Life.

Borysenko, who has a doctorate in medical sciences from

Harvard Medical School, is a licensed clinical psychologist and author of 10 books.

We have a lot in common. Like me, personal tragedy has been a catalyst for growth in her life. When I read that Borysenko's father suffered from leukemia, I tracked her down, knowing she was someone I needed to talk to.

We connected while she was in Detroit taping a special for WTVS Channel 56. Her book — a collection of 52 essays — is a recipe for living a full, joyful life. It's written from the heart and meant to be revisited like a favorite recipe.

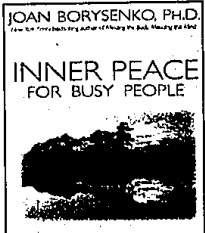
"I don't believe we make shift overnight," she said. "You don't master it all at once. Do what you can, not what you won't. One little change opens lots of possibilities."

Instead of trying to go to yoga class three times a week, she tells me that I should aim for once, and, if I go more, that's great.

Americans, she writes, are anxious and worried. Twelve percent are depressed, another 10 percent have chronic "low mood." Seventy to 90 percent of primary-care physicians' visits are attributed to stress.

Being well begins with a decision to be well. Borysenko, an expert on stress, spirituality and the mind-body connection, will help you take steps to improve your health and quality of life.

She offers strategies for learning how to take care of yourself from learning how to be a better juggler, asking for help, learning to say no, and shedding bad habits.



52 Simple Strategies for Transforming Your Life

Her book will help you change your relationship to time, be more compassionate and kind, and put purpose in your life.

Life could be so simple if we just remembered the basics — breathe, take time for a walk, take care of yourself, be a good listener, practice gratitude, forgive, search for meaning, learn to manage your mind, keep things simple, and practice a few random acts of kindness.

Together, Borysenko believes, we can change the world.

"One little change opens up lots of possibilities. If we are to create a new future, the power to do so is magnified exponentially wherever two of us gather for a good purpose."

To learn more about Borysenko and her work, visit JoanBorysenko.com

Put some peace into your life

Here are some excerpts from Inner Peace for Busy People: 52 Simple Strategies for Transforming Your Life by Joan Borysenko, Ph.D.

■ Be a better juggler — without boundaries, work will expand to take up as much time as you have. It's up to you to choose those things that keep you centered — even when they appear to make life busier. This week, review your priorities. If self-care is not one of them, think of an activity that you would really enjoy and add it to your to-do

list. Taking time to enjoy life is one of the most important secrets of busy people with inner peace.

■ Just do it and shed those bad habits — this week make a list of the habits that you know get in the way of your inner peace. Bite the bullet and take a step to change one of the them, even though you know it will be uncomfortable.

■ Do what you can, not what you won't — Whatever your goal may be, try being more than

realistic. Set your sights lower rather than higher. By doing so, you increase your chance for success, which motivates you to take the next step when you're ready.

■ Be a source of kindness — this week pay attention to kindness given and received. Let your loved ones know that they're wonderful — not because of anything they did, but just because they are. You might also pull off a few random acts of kindness.

BOOK HAPPENINGS

Book Happenings features events at area bookstores, libraries and literary gatherings. Send news leads to Keely Kaleski Wygonik, Observer Newspapers, 36251 Schoolcraft Road, Livonia, MI 48150, or fax them to (734) 691-7279 or e-mail to kwygolik@oe.hometown.com.

Carl Sandburg Library, 30100 W. Seven Mile Road.

FALL PROGRAM
Presenters from Madonna University discuss "The Short Stories of Ernest Hemingway," 7-9 p.m. Oct. 16, Nov. 13, Dec. 11. Call (248) 893-4010 to register.

Barnes and Noble, 17111 Haggerty Road, Northville has the following event planned:
THURSDAY, OCT. 4
"World's Largest Writing Workshop," with local author Kathleen Nance, 7 p.m.

Waldenbooks at 12 Oaks Mall in Novi has the following events planned:

THURSDAY, OCT. 4
Kurt Hassler author of Hannah and the Homonculus will sign copies of his book noon to 1 p.m. There will also be reading of his children's book and activities related to the book at this time.

SUNDAY, OCT. 7
Norm Caldwell signs copies of his books Here's a Thought, Lunch Box Notes, and Love Is 1-2-3-0 p.m.

THURSDAY, OCT. 11
Author Stephanie Mellen signs copies of The Crystal Rabbit, The Bear in the Chair, The Golden Angel and God Doesn't Leave the Toilet Seat up...Why would She? noon to 4 p.m.

ROMANTIC EVENT
Saturday, Oct. 27 at Waldenbooks in 12 Oaks 11 a.m. to 12:30 p.m. and 2:30-4 p.m. at Waldenbooks in Livonia on Plymouth Road. Meet romance authors Roseanne Bittner, Elizabeth Atkins Bowman, Diane Burton, Sue Charnick, Melissa Ford, Colleen Gleason, Beverly Jenkins (only at 12 Oaks), Rosemary Laury, Gail Martin, Kathleen Nancy and Penny Preston, pick up their books and talk about writing.

SATURDAY, NOV. 24
Observer & Eccentric columnist Monte Nagler will sign copies of his calendar 2-4 p.m. at Waldenbooks at 12 Oaks Mall, Novi.

CHILDREN'S READING AND ACTIVITIES
At Waldenbooks, 12 Oaks Mall, Novi 11 a.m. to noon every Thursday

Borders Books and Music, at 612 E. Liberty St., Ann Arbor, has the following events planned:

THURSDAY, OCT. 4
Nick Bantok, author of "The Gryphon," reads from his book and signs autographs, 7:30 p.m.

MONDAY, OCT. 8
Marcia Emery discusses "PowerHunch! Living an Intuitive Life," 7 p.m.

WEDNESDAY, OCT. 10
John Fulton, author of "Retribution," discusses and signs copies of his book, 7 p.m.

THURSDAY, OCT. 11
Brian Ross, author of "When the Caffeine Wears Off: De-Hyping the New Economy," reads from his book and signs autographs, 7 p.m.

PRESENTING
INCORPORATED
FAVORITE ANTIQUES SHOW
SOUTHFIELD PAVILION
ANTIQUES EXPOSITION
SEPTEMBER 28, 29 & 30
SOUTHFIELD MUNICIPAL COMPLEX
SOUTHFIELD, MI
at Evergreen Rd. & Oakman (919 & 940)
Fri 2-9 • Sat 12-8 • Sun 12-5
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BIGGER THAN EVER
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More info: www.antiquest.com/MSM

Read the HomeTown Life section every Thursday

BIA Remodelors Council presents...

Meet The Experts At The

A B C S
of
Remodeling

A panel of experts will tell you what you need to know about inajor and minor remodeling for kitchens, home additions, baths and financing.

Ask the experts:

- Eric Brakke - Remodelors Council Chairperson
- Fred I. Capaldi - Capaldi Building Company
- Charleen Hill - Cornish Zack Hill & Associates
- Tom Kellett - Kellett Construction
- John Maloney - Boa Construction
- Mark Renn - H.J. Oldenkamp
- Dan Wenderlich - Standard Federal Bank

Bring A Picture Of Your Home And Get Ideas For A Whole New Look!

DATE: Wednesday, October 10, 2001
TIME: 6:00 p.m. Registration & Table Tops 7:00 - 9:00 p.m. Program
LOCATION: Bloomfield Township Library 1099 Lone Pine Road, Bloomfield Hills (southeast corner of Lone Pine/17 Mile Road at Telegraph Road)
COST: FREE

CALL (248) 737-4477 To Register

Sponsored By:
Bloomfield Township Library
Beresh Group Contractors
H.J. Oldenkamp
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Apet Building Products
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Kimball & Russell Inc.
Observer & Eccentric Newspapers
Architectural Products, Inc.
Four Seasons Showrooms
Kitchens by Richards
Standard Federal Bank

Come dressed as you dare!
It's a family affair...
Boo Ball Spooktacular!

Saturday, October 13, 2001
6:00pm - 10:00pm
Showwell-Huntington Pavilion

To benefit
Children's Leukemia
Foundation of Michigan
Serving Adults and Children

BOOGie down
with
"Mojo
In The Morning"
at the new
Club Boo

Enjoy a fiendish
feast for children
and adults
prepared by
Appie'teaser

4 hours of nonstop
entertainment
including Live
Music, Pro Shot
Basketball,
Moonwalk, Mini
Racecars, Velcro
Wall and much
more...

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