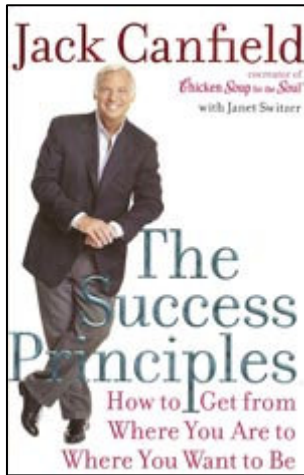


## Readin' & Writin' with Lauraine- February 2007



So, how are you doing with your New Year's resolutions? Or have you given up on such a thing? I am a strong believer in setting goals and there is no better time than January.

However, any day is a good day to do so and this month I'm introducing you to a book that has been helping me as I work toward becoming all that I can be. *The Success Principles* by

Jack Canfield, co-creator of the Chicken Soup series, needs to

be on everyone's night stand. I read a chapter a night. I've read through the entire book and am now going back through to put it to use. *The Success Principles* is not just for reading, but for doing.

Jack writes of sixty-four success principles that he has found to be life changing. Learn how to increase your confidence, tackle daily challenges, and achieve your goals and ambitions. As you work through the book, using his tests and lessons, you can find yourself not only learning more but receiving good and simple ways to put what you have learned to use. He uses anecdotes, stories of successful people who have struggled with the different principles and won. He writes in an easy to understand format and includes recent research to help his readers.

I've read many books on success principles and this is one of the best. If you are tired of living where and how you are and want to improve your life, this is a book for you.

Change is never easy but it is possible and this book can help. However, you must do the work.

So, how can this book be used by writers? One of the things I've found is that many people say they want to write. They may get started but often times get bogged down by fear, lack of time, lack of resources (i.e. money or knowledge) and find that life keeps getting in the way. The Nike ad line, *Just Do It*, is easy to say and makes good sense, however.... You fill in the blanks that apply to you.

Learning to overcome the blocks that keep us from moving ahead, no matter what our dream is, is a key ingredient in gaining the success and skills we desire. *The Success Principles* can help with that. Reading and "doing the book is good, but finding someone else who wants to grow too, so you have someone with whom to discuss what you've learned, adds another element to your success.

That's why I am a strong believer in writers forming critique groups as a learning tool, for encouragement and so you have someone else to be accountable to. When I first started writing, three of us formed a group like this, meeting almost every week for the five years we were together before I moved to California.

Since I am a rather competitive person, having to have something written for this group every week kept me going in those months and years of learning, sending things out, dealing with the rejection letters and keeping on. I credit those two women, Ruby and Pat, with much of my success.

Between the three of us we have close to a hundred books published, no idea how many articles, but lots, and we teach and coach other writers in many different ways.

I cannot encourage you enough to start writing down your dreams, turn them into goals and with the help of your own small group make it to where you want to be. Life is about becoming. Come along for the journey.

Until next time,

*Happy Readin' and Writin' from Lauraine*