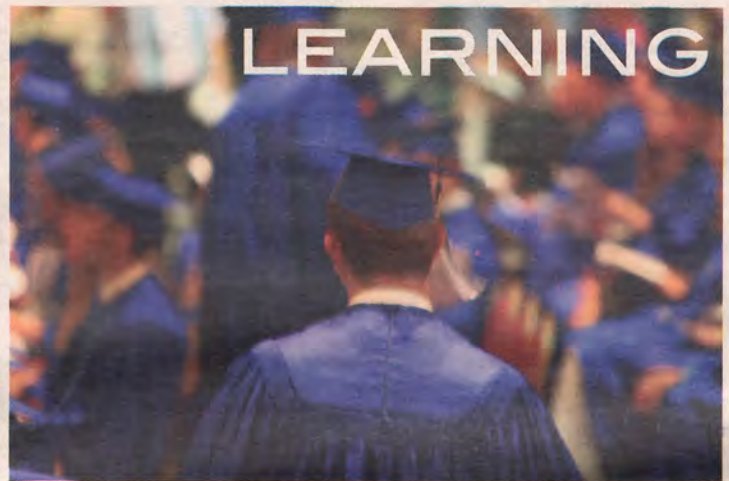


EDUCATION



JOBS



LEARNING

The Inner Life of the Transitioning Adult Student

By Mary Z McGrath, Ph.D.

We'll call her Meg. She is forty-four years old and has been at the same job for quite sometime. She is starting to feel restless and uncomfortable. Though Meg is make believe, you may relate with her situation. She has been at her employment situation for what seems like eons. She knows her job well. She can do everything required of her just fine, but internally she is sensing new confidence and the desire to break away, to try something else. She imagines herself in other professional settings in which she feels more satisfied and fulfilled at the end of a typical workday. Actually, she muses that there are no typical workdays in this dream job. It's fun to fantasize while riding the bus home to her apartment.

Then another part of Meg speaks up, telling her that she is where she belongs and chides her for ever considering leaving this safe and secure job. After all, she is already in her forties and getting something else would require her to go to school. Suddenly the "film clip" in her mind stops and the image of herself as a teacher of incarcerated youth becomes an inactive image. In the midst of this unique fantasy, she suddenly sees her

student's left hand stop in mid-sentence while writing a humorous thought on a classroom whiteboard. She notices the curious expression on her face come to a halt, because, due to a sudden fear, her dream has frozen on the spot.

Meg exemplifies someone daring to dream of starting over in a new career. Such a dream causes a person to move into other work places via the imagination. While dreaming it is possible to experience accompanying confidence and hope along with the fantasy. Consideration of where to study passes through the mind. A surge of ambition brings a flow of adrenaline and a sense of excitement at the possibility of being in a new job situation.

Then, as with Meg, doubts, fears and uncertainties cause conflict. Emotionally an individual, happy and excited at the new possibility one minute, might sense doubts, fears and uncertainties the next. Thoughts of discouragement creep into the mind and suddenly the image of success in a new workplace turns into fantasies of failure, stress and regret for having left the safety and familiarity of the present job.

Conflict may arise when the job seeker

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The Power to Fly

All of us, at one time, had the power to fly. Most of us have forgotten how it is done.

By Rick Talbot

It was 1984, summertime, and Paul was four-years-old. The Fourth of July had come and all of Birchwood, a small community on White Bear Lake, was to join in its annual Fourth of July Parade. Everybody participated, youngsters, oldsters, moms and dad and pets—everybody. Whether you were a cheering bystander or a once-a-year marcher all were invited to take part in the celebration, and Paul was excited to take part in it. And for this, he had chosen a very special costume to wear — that of Superman.

His mother had taken pains to prepare it. She had purchased a pair of thin, white tights, the kind that little girls wear, and had dyed them

blue. Over these, he wore a bright red pair of underwear with a gold-colored elastic waistband. On his chest, he wore a bright, blue t-shirt emblazoned with that distinctive Superman "S".



And to top it all off, to crown his glory and make it come alive, he wore the hand-sewn red cape his aunt Claudia had made for her boys when they were little. Now nearly grown, his older cousins had given it to Paul, for he was young enough to drape it across his shoulders, draw from it its magic, and make it come alive, giving to the wearer the power to fly.

All of us, at one time, had the power to fly. Most of us have forgotten how it is done. The secret lies within the heart and believing with all of it that such a power must certainly be.

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A Riff on Education

by Suzanne Nielsen

As more information becomes available, and the magnitude of the storm's impact becomes even more apparent, it becomes clear that this recovery will be lengthy. —Jo Bonner

Because so many alcohol and drug rehab tracts are in their genesis of inception, a published list will soon be outdated. The Field of Dreams adage, "If you build it [s]he will come," is the motto recovery programs, especially within the educational system, must live by.

Four reasons exist for the lack of recovery-based programs in higher ed: funding, stigma, awareness and limited research. The oldest program is the alcohol and other drug

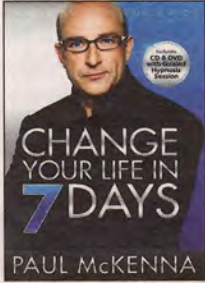
assistance program for students (ADAPS) at Rutgers University, which was established in 1983. "As long as people see chemical dependency as a moral failing rather than a disease and mental health issue," says A. Finch in an article in *Behavioral Health Management*, "students trying to overcome substance abuse might be viewed as risks rather than assets to the learning community."

According to The Substance Abuse and Mental Health Services Administration (SAMHSA), the new working definition of recovery from mental and substance use disorders is: *A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.*

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BOOKS

reviews by Barbara Kummer



Change Your Life in 7 Days
By Paul McKenna
Sterling Publishing

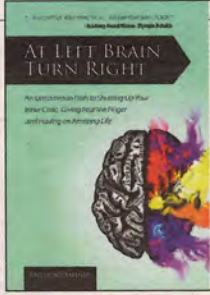
In seven days? McKenna states his "unique seven day program will help anyone become

more confident, happy, and peaceful." He walks readers through empowering exercises to manifest an improved life-whatever that may mean to the reader.

Each day captures a different topic. Each day readers are encouraged to take responsibility for making tiny changes which will build on the activities of the day before. Steps include methods similar to neuro-linguistic programming, using visualization, and a daily routine of framing affirmations and writing prompts to help the reader reach their best potential. Included are a DVD (recommended to be used daily) and a guided hypnosis CD.

McKenna provides a seven day time-frame but readers may want to move from one exercise to the next at a slower pace.

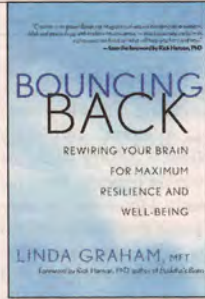
At Left Brain Turn Right: An Uncommon Path to Shutting Up Your Inner Critic, Giving Fear the Finger and Having an Amazing Life!
By Anthony Meindl; Meta Creative



An experienced and respected acting coach, Meindl provides inspirational quotes, personal anecdotes, and homework assignments to inspire readers to push through the fear that prevents them from reaching their creative best.

Over a 15 week period, readers are encouraged to do exercises meant to motivate and inspire as they stimulate the creative process. Using nonjudgmental language, readers are asked to evaluate their emotional experience of having no phones for one week. Or, by taking a few minutes to remember and write about an experience that produced sadness or disappointment and what those memories brought up.

This guidebook is for actors and non-actors. As Meindl stated, "Your life is your work of art. You are the art."



Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being
By Linda Graham
New World Library

Graham is a clinical therapist and expert in the neuroscience of human relationships. She has been a psychotherapist for 20 years. Her insights and experience helping others find their inner peace and resilience are captured in this book.

In part one, Graham introduces the reader to brain neuroscience describing how the brain develops resilience and strategies for coping, including incorporating earlier experiences into patterned responses. In part two, she provides techniques to facilitate brain changes using mindfulness and other meditation practices to help readers get unstuck from old patterns and conditioning and make lasting changes for dealing with life's challenges.

To teach the brain how to rewire old patterns that no longer work so well, she offers the 5 Cs: Calm, Clarity, Connection, Competence, and Courage. There are more than 80 easy to use exercises to efficiently and effectively accelerate brain changes by being present, setting intention, strengthening perseverance, and creating support for staying engaged.

& MORE BOOKS

Guardians of Being: Spiritual Teachings from our Dogs and Our Cats.
by Eckhart Tolle, Patrick McDonnell.
New World Library,

What do you get when you combine the wisdom of a spiritual teacher and the playful illustrations of a cartoonist? You get the book *Guardians of Being*, (words by Eckhart Tolle and art by Patrick McDonnell). This book is simply delightful and full of inspiring words complemented by wonderful images that remind readers of the simple spiritual lessons you can learn from your pets. *Guardians of Being* invites readers to experience the simplicity of mindfulness with their pets and to tune into what comes naturally to our animal companions; living in the moment. Each thought and corresponding illustration is thought provoking and profound, and will open your eyes to the beauty that surrounds you each and every day.

Lamisha Serf for *New Consciousness Review*, an online resource for books and films at www.ncreview.com.

Serious Fun: Ingenious Improvisations on Food, Money, Waste, Water & Home.
by Carolyn North. Findhorn Press.

When we hear the term "green" or "environmentally conscious", chances are we don't hear words like "fun" or "exciting," yet these are exactly the words that come to mind when reading environmental innovator Carolyn North's new book. This book is perfect for anyone seriously interested in finding creative ways to live more lightly on the Earth, or making steps toward getting "off the grid." With chapters devoted to essential daily needs to dispose of waste and collect water, *Serious Fun* provides practical ideas for getting serious about healing our relationship with the Earth.

I particularly love sections on creative ideas for artistic and practical reuse, with ideas for turning junk into art... and as always, my very favorite thing about a book written by Carolyn North is the way she shares down-to-earth personal stories of great spiritual depth and soulful insight. I love her description of waking one morning to find backyard fences collapsed, and coming to a joint decision with neighbors to create an open and much more enjoyable shared garden space, rather than replacing the barriers. *Serious Fun* is a glorious invitation to each of us to feel more deeply satisfied and fulfilled as we make small, yet profoundly meaningful changes in our daily lives.

Cynthia Sue Larson for *New Consciousness Review*, an online resource for books and films at www.ncreview.com.

Our books are thoughtfully reviewed by Barbara Kummer. If you have a book in mind for review, please contact her at barbara.kummerreviews@gmail.com

"It is what you read when you don't have to that determines what you will be when you can't help it."

Wherever you are on your recovery journey, welcome!

Be transformed. Again.
Experience new insight and healing on your path of lifelong recovery.

The Dan Anderson Renewal Center at Hazelden in Center City, Minnesota

Twelve Step-inspired weekend retreats focus on common issues faced in recovery: forgiveness, practical spirituality, healthy relationships, grief, and loss.

August 30–September 1
You're Not Wrong for Growing Old
with Elene Loecher

September 13–15
We React to the Present as though It's the Past **NEW**
with Fred Holmquist

September 27–29
Staying Sober
with John MacDougall

The Lodge program offers individualized retreats based on your personal recovery journey and current life situation. Renewal Center staff members will work with you to determine your program topics.

hazelden.org/renewalcenter
800-262-4882
We invite you to call us with questions. We are available 24 hours a day.



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