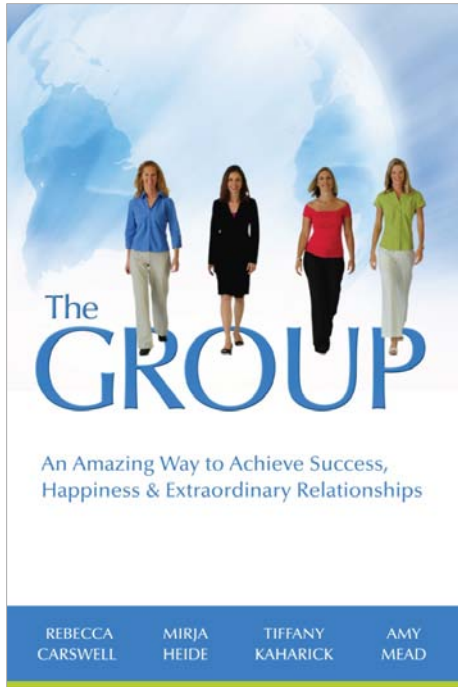


FOR IMMEDIATE RELEASE – October 2009 – Vero Beach, FL



Free copies of the life-changing new book, The GROUP, to be given away nationally

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DC Press, the publisher of the new book, *The GROUP: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships*, is distributing 500 complimentary copies on a first-come basis to help as many as 3000 people – particularly those hardest hit by the current economy. Applications can be downloaded now at the website www.TheGroupTheBook.com.

This unique step-by-step guide by Rebecca Carswell, Mirja Heide, Tiffany Kaharick and Amy Mead describes in detail the unprecedented way they have been able to transform their lives by creating The GROUP in August 2006.

Ideal for dealing with a personal crisis, such as a job layoff, The GROUP becomes a powerful tool for exploring alternatives, finding solutions, and celebrating successes in a safe, encouraging environment. Tiny in size in comparison to other organizations, The GROUP consists of just four to six members who meet once a month for two hours. Highly-focused, each session consists of five timed segments – called Opening, Gratitude, Successes, Honoring & Action Steps, and Closing – designed to harness The GROUP's collective wisdom and energy for the benefit of each member.

Among the issues addressed by the authors with the help of The GROUP, Carswell, a clinical hypnotherapist, was able to finally let go of the terror of being hit by a plane at 13,500 feet while skydiving in 2002 – a freak accident that left her nearly paralyzed for over a year. Mead, an accomplished graphic artist with her own advertising agency, feared she had waited too long to start a family. Within months, she was pregnant with her first child. For nearly a decade, Heide, a seasoned world traveler with her own



computer training company, was inexplicably afraid of visiting Africa. Within weeks of telling The GROUP, she was on her way to volunteer for Earthwatch during an expedition to help the endangered Desert Elephants of Namibia. No one could have guessed that Kaharick, an avid skydiver and former critical care registered

respiratory therapist who spent two years flying with the elite Florida Flight 1 medical helicopter team, suffered from low self-esteem. No longer, she says.

Dr. Lewis Losoncy, a psychotherapist and author of 23 books, including 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.”

To qualify, you simply need to find three to five other individuals who are interested in forming a GROUP, then complete and mail the application form before February 15, 2010. Books will be distributed on a first-come basis until all 500 copies have been shipped. Complete instructions are posted on the website.

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 is also currently available in bookstores and online at Amazon.com and BarnesandNoble.com.