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## Four Indian River women begin statewide book tour

Excellent! -  Rating: ☆☆☆☆☆ (0 votes) 

Posted: 2009 Jun 26 - 00:39



By Jessica Tuggle

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INDIAN RIVER COUNTY - It started off as a way to share goals and encourage one another, but for Rebecca Carswell, Mirja Heide, Tiffany Kaharick and Amy Mead, their group meetings have meant a lot more.

A little more than three years ago, these four women who live in various parts of Indian River County got together with an idea to share dreams and goals. Since they had such positive results, they wanted to share their group structure with the masses in the form of a book.

Their book, "The GROUP: An Amazing Way to Achieve Success, Happiness & Extraordinary Relationships," will be available nationally on Amazon.com on July 1. The Vero Beach Book Center will also carry copies.

"We really didn't know each other that well in the beginning. Basically, we started out and we wanted to achieve our dreams and accomplish them and that's how the GROUP got started," said Ms. Mead, who lives in Vero Beach and has worked as a graphic designer.

The GROUP is a uniquely structured group meeting, designed to harness the collective energy and wisdom of its participants, turning dreams into realities and facing challenges as they come, according to a press release.

The meetings are organized and held once a month for two hours, perfect for people with busy schedules, said Ms. Kaharick, a massage therapist.

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"I look at my goals differently now," she said.

"And it's not just material things. It's personal goals, like a greater sense of happiness and more self- confidence," she said.

The bulk of the meeting is dedicated solely to concentrating on one member of the group, while the rest listen and offer encouragement.

Discussing goals and the philosophies of achieving goals are other aspects of the meeting.

Ms. Heide, an entrepreneur, said a longtime goal that was achieved after GROUP formed, was the desire to go to Africa.

"I'd had some fear and uncertainty, but in 2007 and 2008 I traveled to Africa to partake in an environmental conservation project called the Earthwatch program and I focused on desert-dwelling elephants," said Ms. Heide.

"We all just need a little motivation and inspiration in our lives," she said.

Ms. Carswell, who moved to Sebastian to pursue her favorite pastime of skydiving, and who has logged more than 700 jumps, said the book, which outlines the steps to form and carry out the group meetings, can be used in any situation for any group of people, but could be especially beneficial for businesses to boost employer/employee relations.

"The GROUP is really an inspirational and motivational time," said Ms. Carswell.

"The concept can be used in any group that you can imagine, but in an office setting, it can strengthen the business. A unified force is created during the meetings and can be a time for collective goals, which takes the competition toward each other out makes everyone work toward the same goal," she said.

For more information, visit [www.thegroupthebook.com](http://www.thegroupthebook.com).

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