

Shar,

I can't believe it's been almost a year and a half since I read your book. If you remember I was working at a miserable job. With no education or skills beyond finance I felt trapped. My social life was in the dumps and getting worse by the day. I was rapidly sinking into depression. Well what a difference a year makes. I read your book, then read it again and followed the steps. It was that easy and literally my life started to change for the better. Leaving a seven-year career in finance to become a massage therapist was a big step, mostly just scary, but once I let go of my fears life just came into balance. I never realized how unhealthy my former line of work was for me. My dream wasn't to work a lifetime in massage but to take the time to learn a new skill, make a few bucks and actually have the time and energy, both mental and physical, to follow my real dreams, the ones I have had since I was a child. It's funny how we know more at the age of 8 than we do at the age of 38.

Well within a month of leaving my life in finance in the dust I acquired a very small forty-year-old sailboat and started teaching sailing lessons. I loved that little boat and she was the prettiest on the sea. My life changed from working with stressed-out neurotic people whose lives were in financial ruin to teaching happy excited students of all ages how to sail. No more cubicles and endless meetings about nothing. My 12-hour days under blinking fluorescent lights are over forever. My new office is in the sun, on the sea and life is simple. It wasn't long after I started sailing that one morning I woke up on the boat laughing out loud. How long had it been since I genuinely smiled or laughed? I can't remember but it felt great. Since my time was now my own instead of a 1.5 hour commute each way in bumper-to-bumper traffic I would walk my dog Chloe down to the local coffee shop and enjoy the morning sun before getting the boat ready for the days lessons. Teaching sailing and maintaining a boat is long hard work but I loved every second of it. I had a new sense of energy and felt like I could do anything I wanted.

Once I found happiness I started to find happy people. They popped into my life every day. I finally realized that all of my old friends and girlfriends were attracted to me by my negative energy. Once my energy changed I was surrounded by good people, the kind I had been lacking for so long. I stopped dating, I no longer felt lonely. I didn't need the headache or drama anymore. It wasn't long before I met a nice girl named Lizzie, not a girlfriend just a great friend, a best friend. With my new career launched in sailing and a new best friend plus all of the time in the world I honestly didn't think life could get any better but guess what. Over the next year I started to buy and sell boats, not for money but for me. On my new salary I could never afford my dream-boat, the one that would take me around the world. But by buying and fixing up a few boats and selling at a profit I now own one of the world's most beautiful and sought after sailing boats. She is small, comfortable, safe and sturdy. I have become a published sailing author and am currently writing two books and also filming corresponding videos. If you go down to your local book store and pick up a current copy of my latest published article you will be one of the two million people who read it this month.

I now live on a small island in the San Juan Islands and am preparing the boat for an open-ended circumnavigation. Oh and remember Lizzie my new best friend? We were married in October. They say life begins at forty. At the age of 39 I can honestly tell you life began when I read your book. How can I ever thank you?!?

- Alan Oberlander