

## Contributing Authors



**Harold H. Bloomfield, M.D.**, is one of the leading psychological educators of our time. An eminent Yale-trained psychiatrist, Dr. Bloomfield introduced meditation, holistic health, and family peacemaking to millions of people. His first book, *TM*, was on the *New York Times* best-seller list for over six months. His bestselling books include *How to Survive the Loss of a Love*; *How to Heal Depression*; *Making Peace with Yourself*; *Making Peace with Your Parents*; *Making Peace in Your Stepfamily*; *Inner Joy*; *Love Secrets for a Lasting Relationship*; and *Lifemates*. His books have sold more than six million copies and are translated into 24 languages.



**Alan Cohen** is one of the most popular and beloved inspirational writers and teachers in America's new thought movement. His books, tapes, and workshops have transformed the lives of hundreds of thousands of appreciative readers who have found the courage to believe in themselves and follow their dreams. *The Dragon Doesn't Live Here Anymore* has become a modern metaphysical classic. Since its publication over ten years ago, it has remained on the new age best-seller list. Now used as a college text and foundation for church study groups, many ministers, healers, and teachers refer to the book as one of the most often quoted sources in their teachings.



**Dr. Stephen R. Covey** has made teaching principle-centered living and leadership his life's work. A respected author, lecturer, teacher and organizational consultant, he holds an M.B.A. from Harvard and a doctorate from Brigham Young University, where he was professor of organizational behavior and business management. Dr. Covey is the author of several acclaimed books including, *The 7 Habits of Highly Effective People*, has sold over seven million copies in 28 languages and 35 countries throughout the world. His book, *Principle-Centered Leadership*, is one of the best selling business books of the decade.



**Dr. Stan Dale**, D.H.S., is a Transactional Analyst, educator, workshop facilitator and author. A New Yorker by birth, Dr. Dale spent 19 years in Chicago, where he originated and hosted the first ever psychological based call-in talk show. For more than 20 years after his arrival in San Francisco, Dr. Dale was the host of numerous radio talkshows on KGO, KSFO, and K101 and continues to be in constant demand on television shows including *Donahue*, *Oprah*, *Joan Rivers*, *Geraldo*, *CNBC*, *Sally Jessi Raphael*. He has written two books, *Fantasies Can Set You Free* and *My Child, My Self: How to Raise the Child You Always Wanted to Be*.



**John Goddard.** "To dare is to do . . . to fear is to fail." This philosophy has characterized John Goddard since he was 15, when he listed 127 challenging lifetime goals – like exploring the Nile, climbing Mount Everest, running five-minute mile, and playing Clair de Lune on the piano. Now, a generation later, he has accomplished 106 of these quests. He was the first to explore the Nile, in a 4,160 mile expedition; first to explore the entire length of the Congo; he has climbed 12 of the world's highest mountains, conducted 14 major expeditions into remote regions, traversed 15 of the world's most treacherous rivers, visited 120 countries, studied 260 primitive tribes.



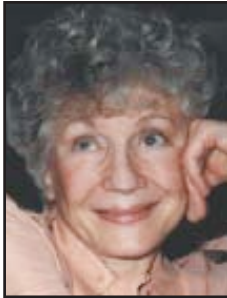
**Dr. Billy Graham** has preached the Gospel to more people in live audiences than anyone else in history – over 210 million people in more than 185 countries and territories. Hundreds of millions more have been reached through television, video and film. Since the 1949 Los Angeles crusade vaulted Mr. Graham into the public eye, he has led hundreds of thousands to make personal decisions to live for Christ. Dr. Graham has written 17 books, all of which have become top sellers. "*How To Be Born Again*" (1977) had the largest first printing in publishing history with 800,000 copies; "*Angels: God's Secret Agents*" (1975) sold one million copies within 90 days.



**Steven P. Hadar** holds a B.S. in Psychology and a M.A. in Human Resources Management and has years of teaching experience, including three years at the post graduate level. Known for his passion for leadership, he was invited two consecutive years to lead seminars at the annual Russell Leadership Conference hosted at the FBI Academy. Having conducted training throughout the U.S., Canada and the Far East, Steve has recently joined the faculty of Newport University as Assistant Professor. In 1990, Steve founded an association of consultants providing seminars to small business owners in San Diego County.



**Art Linkletter** has been a star in show business for more than 60 years. His best-known shows established records for longevity: “*People Are Funny*” ran on NBC-TV and Radio for 19 years and was rated in the Top 10 for more than 11 years. “*House Party*” ran on CBS-TV and Radio for 25 years. He’s a well-known author having written one of the top nonfiction best-sellers in the history of publishing – *Kids Say The Darndest Things*. The book led all sellers for two years and is #14 on the list of all nonfiction published in the United States. Other books are: *People Are Funny*; *Kids Sure Rite Funny*; *Oops: I Wish I’d Said That*; *Yes, You Can!*; *Old Age Is Nor For Sissies*.



**Miryam Mallin-Dubin** has a certificate in theater, a B.F.A., and an M.A. in Clinical Psychology, with an emphasis on the Expressive Therapies. She believes very strongly in the mind/body connection, carefully nourishing it. She is also a poet and performer, and feels a deep responsibility to present material that has value for our lives. She became involved in the operation of the Personal Achievement Institute, a non-profit corporation founded by her husband in 1978. There separate visions for a future in which the highest aspirations of humankind are nourished were united in the development of the Speaking Success System (sponsored by the Institute).



**Erik Olesen** has spoken or consulted for over 70 organizations throughout the United States, including Citicorp, IBM, Johnson & Johnson, and Blue Shield. He formerly taught biofeedback and stress management at San Francisco State University. Mr. Olesen is a licensed psychotherapist and has a private practice in counseling. Drawing on his 15 years experience in guiding organizations and individuals through times of stress and change, Mr. Olesen interviewed 40 peak performers and surveyed 120 others. Now he reveals their secrets in a fascinating book: *Mastering the Winds of Change: Peak Performers Reveal How to Stay on Top in Times of Turmoil*.



**Robert W. Reasoner** is an international authority on self-esteem and a noted speaker. He has had more than 35 years experience as a school administrator in California and Europe, and recently retired after serving as a superintendent of schools. He has been conducting research and developing programs to foster self-esteem for the past 20 years and is author of *Building Self-Esteem: A Comprehensive Program for Schools*, and co-author of *Building Self-Esteem in secondary Schools* and the *Student Self-Esteem Inventory*, an instrument to assess self-esteem. In 1991 he was selected as *National Educator of the Year* by the National Council for Self-Esteem.



**Dottie Walters** began tiny advertising business on foot, in a rural community with no sidewalks. She built that business into four offices, 285 employees and 4,000 continuous contract advertising accounts. Mrs. Walters sold this large business to concentrate on her own speaking, writing, the administration of Walters International Speakers Bureau and her own news magazine. She is an international speaker, author, consultant; Publisher/Editor of "Sharing Ideas" Newsmagazine; President, Walters International Speakers Bureau. Mrs. Walters is the recipient of the John Palmer Award for Outstanding Contributions to the Speakers Bureau industry.



**Bettie B. Youngs, Ph.D., Ed.D.**, is a dominate force in the United States on the well-ness of youth and one of the nation's best respected voices in shaping childhood and parent education. She is noted for her work on the effects of stress on health, wellness and achievement for both adults and children. Dr. Youngs is the author of 14 books published in 23 languages including *How to Develop Self-Esteem in Your Child: The 6 Ingredients* (first place in San Diego book awards); *Safeguarding Your Teenager From the Dragons of Life: A Guide to the Adolescent Years*; *Stress & Your Child: Helping Kids Manage the Stress, Strains, and Pressures of Life*.



**Zig Ziglar** is chairman of the Zig Ziglar Corporation, which is committed to helping people more fully utilize their physical, mental, and spiritual resources. Hundreds of corporations worldwide use his books, videos, audiotapes, and courses to train their employees. Mr. Ziglar is one of the most sought-after motivational speakers in the country. He has appeared on the platform with such outstanding Americans as Paul Harvey, Dr. Robert Schuller, General Colin Powell, General Norman Schwarzkopf, Coach Lou Holtz, the late Dr. Norman Vincent Peale, and former presidents George Bush, Ronald Reagan, and Gerald Ford.