

Creative Books And Music, L.L.C.

Publisher of Books, Music, and More

“Creating with You in Life!”



The Real Me

Awakening Your True Self

**Positive Affirmations for
Empowering Your Life**

Featuring the “Seven Aspects of Spiritual Awakening”

Sandra Agazzi Chimenti

Presenting:

The Real Me:

Awakening Your True Self

by Sandra Agazzi Chimenti, M.Ed.



EMPOWER YOUR LIFE!



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Sandra Agazzi Chimenti

SANDRA AGAZZI CHIMENTI, M.ED.

Entertaining Author and Motivational Speaker

Empowering People through Awareness, Guidance, and Humor!

Specialized Topics:

EMPOWERMENT EXPERT

- ◆ Author of the New Book *The Real Me: Awakening Your True Self — Positive Affirmations for Empowering Your Life*
- ◆ Empowerment Presenter, Motivational Speaker, Musician/Composer, and "The Real Me" Success Coach for Personal and Professional Success!

PARENTING and EDUCATION EXPERT

- ◆ Growing Parents Columnist (Suburban Lifestyles Newspaper: 2001-2007)
- ◆ Educator with a master's degree in Early Childhood Education.
- ◆ Parent Educator, Consultant, and Empowerment Presenter for Families, Schools, and Universities. Creator of the "IAMA G.I.F.T." Program.

NEW CABLE TV SHOW PRODUCER / HOST

- ◆ "Discover Your Power to Succeed!" Cable TV Show with Original Music by Sandra A. Chimenti (Airing through CMNTV in Troy and Michigan stations.)

Book-Tour Appearances and Book-Signing Events!

Book-Signing Presentations

1. Presenter, Holiday Bazaar at Spiritual Life Center Church — Troy, MI Nov. 17 & 24, 2013
2. Presenter, "Spiritual Awakening" Series Spiritual Life Center Church — Troy, MI Aug. 25, Sept. 29, & Oct. 27, 2013
3. Presenter, "Share Your Gifts and Talents" Kiwanis Club — Utica, MI June 13, 2013
4. Presenter, Spring Bazaar at Spiritual Life Center Church — Troy, MI May 12, 2013
5. Presenter, "You are the Key to Your Success!" Jobs Club — Warren, MI March 2, 2013
6. Presenter, "Success in School and in Life!" Avondale High School — Auburn Hills, MI Jan. 11, 2013
7. Singer/Performer, San Marino Children's Christmas Party — Troy, MI Dec. 16, 2012
8. Presenter, Holiday Bazaar at Spiritual Life Center Church — Troy, MI Dec. 16 & 23, 2012
9. Presenter, South East Michigan Entrepreneurs Association — Southfield, MI Nov. 15, 2012
10. Presenter, Tri-County Business Exchange Networking Event — Troy, MI Nov. 13, 2012
11. Premier of Music Meditation CD #1 "Discover Your Power to Succeed!" Featuring the "Awakening Process" to compliment *The Real Me* book — Produced and Recorded in Rochester Hills MI Nov. 11, 2012
12. Presenter, Spiritual Life Center Church Event — Troy, MI Nov. 11, 2012
13. Presenter, "Discover Your Power to Succeed!" at Biggby Coffee — Utica, MI July 28, 2012
14. Presenter and Grand Opening of "Spiritual Awakening Center" — Utica, MI July 21, 2012
15. Presenter for St. Andrew Church Youth Group — Rochester, MI March 18, 2012
16. Singer and Performer at San Marino's Children's Christmas Party — Troy, MI Dec. 18, 2011
17. Presenter, Science, Health, & Spirituality Festival — Unity Church of Lake Orion, MI June 4, 2011
18. Life-Coach, Rochester Holistic Arts Center Class — Rochester, MI May 17, 2011
19. Life-Coach, Rochester Holistic Arts Center Class — Rochester, MI April 12, 2011
20. Presenter, Lighthouse PATH of Oakland County Event — Pontiac, MI April 4, 2011
21. Presenter, Spiritual Life Center Church Event — Troy, MI Jan. 23, 2011
22. Author, Borders Books and Music Book-Signing Event — Birmingham, MI Jan. 15, 2011
23. Author, Borders Books and Music Book-Signing Event — Utica, MI Dec. 11, 2010
24. Presenter, Producer, "Discover Your Power to Succeed!" (Episode #3) show taping on 5-24-10 at Avondale School District's Meadows Upper Elem. School (Topic: "I am a G.I.F.T.") — R.H., MI Aired Oct. 26, 2010
25. Presenter, Science, Health, & Spirituality Festival — Unity Church of Lake Orion, MI June 5, 2010
26. Presenter, Avondale Meadows School Event — Rochester Hills, MI May 24, 2010
27. Presenter, Oakland University Graduate Education Class Event — Rochester Hills, MI March 23, 2010
28. Presenter, Unity Church of Lake Orion Presentation — Lake Orion, MI an. 10, 2010
29. Author, Borders Books and Music Book-Signing Event — Rochester Hills, MI Dec. 12, 2009
30. Premier of Discover Your Power to Succeed! Cable Show — CMNTV, Troy, MI Oct. 21, 2009
31. Presenter, Rochester Writer's Conference — Rochester Hills, MI Oct. 3, 2009
32. Presenter, Oxford Chamber of Commerce Business Seminar — Oxford, MI July 10, 2009
33. Presenter, Science, Health, & Spirituality Festival — Unity Church of Lake Orion, MI June 13, 2009
34. Presenter, Unity Church of Lake Orion Event — Lake Orion, MI June 7, 2009
35. Presenter at Borders for Rochester Writer's Group Event — Rochester, MI May 19, 2009
36. Presenter, Earth Day Expo Event — Rochester, MI April 19, 2009
37. Host, "Discover Your Power to Succeed!" (Episode #2) show taping (with audience) at CMNTV studios
Guests: Mariaemma Willis & Victoria Hodson (Authors, Topic: Learning Styles — Troy, MI Jan. 10, 2009
38. Presenter, Angel Treasure's Store Open House Event — Rochester, MI Nov. 8, 2008
39. Presenter, Rochester Writer's Conference Event — Rochester, MI Oct. 11, 2008
40. Presenter, Oxford Chamber of Commerce Women's Expo — Oxford, MI Oct. 2, 2008
41. Presenter, The Writer's Life! Forum, Royal Oak Public Library — Royal Oak, MI Sept. 4, 11, 18, 2008
42. Author, Festival of the Senses! Event — Clinton Township, MI Sept. 20/21, 2008
43. Presenter, Saturday Night Live! Event — Sterling Heights, MI Aug. 30, 2008

Book-Tour Appearances and Book-Signing Events!

Book-Signing Presentations (continued)

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|--|-------------------|
| 44. Presenter, Pink Unicorn Gifts Store Event — Romeo, MI | June 21, 2008 |
| 45. Presenter, Crystal Pathways Store Event — Shelby Township, MI | June 7, 2008 |
| 46. Presenter, Crystal Treasures Store Event — Pontiac, MI | May 31, 2008 |
| 47. Presenter, PhenomeNEWS Body, Mind, Spirit Festival — Warren, MI | April 26, 2008 |
| 48. Presenter, Earth Day Expo Event, Oakland University — Rochester, MI | April 19, 2008 |
| 49. Presenter, Angel Treasures Store Event — Rochester, MI | April 12, 2008 |
| 50. Presenter, St. Irenaeus Church Event — Rochester Hills, MI | March 9, 2008 |
| 51. Host of “Discover Your Power to Succeed!” show taping with live audience at CMNTV studios
<u>Guests:</u> Denise Spencer (Therapist, <u>Topic:</u> Relationships) — Troy, MI | Jan. 26, 2008 |
| 52. Presenter, Parents without Partners Valentine’s Day Event — Rochester Hills, MI | Feb. 14, 2008 |
| 53. Presenter, Angel Treasures Store Event — Rochester, MI | Dec. 15, 2007 |
| 54. Presenter, Oakland University Premier Book-Signing Event — Rochester, MI | Nov. 12, 2007 |
| 55. Presenter, St. Andrew Church Event — Rochester, MI | Nov. 8, 2007 |
| 56. Author, Presenter, Music Performer for Festival of the Senses! — Clinton Township, MI | Sept. 22/23, 2007 |
| 57. Author, Presenter Unity East Church Event — Clinton Township, MI | Sept. 16, 2007 |

NEW CABLE SHOW: Sandra Agazzi Chimenti, Producer/Host

- ◆ “Discover Your Power to Succeed!” Cable Show — Michigan Airing 2009 - Present
Episode #1: “Relationships”
Episode #2: “Learning Styles”
Episode #3: “I am a G.I.F.T.”

TV Program Interviews

- ◆ CW 50 (WKBD) TV: “Street Beat” — Michigan Dec. 2012 & Jan. 2013
- ◆ Bloomfield Community TV Show: “Michigan Entrepreneur” — Michigan March 2009
- ◆ Clinton Township TV Show (CTTV): “People and Money” — Michigan Dec. 2007
- ◆ Bloomfield Community TV Show: “Bottom Line” — Michigan August 2007

Radio Program Interviews

- ◆ 92.7 FM and 1400 AM: “The Paul Wedding Show” with Paul Wedding — Michigan Jan. 14, 2013
- ◆ Mix 92.3 FM: “Talk of the Town” with Frankie Darcell (Studio Interview) Nov. 28, 2012
- ◆ CBS Radio 99.5 FM WYCDHD3: “InnerViews with Kimmie Rose Zapf — National June 2009
- ◆ CBS Radio 99.5 FM WYCDHD3: “InnerViews with Kimmie & Steve” — National June & Oct. 2008
- ◆ CBS Radio 99.5 FM WYCDHD3: “The Maria Shaw Show” — National April 2008
- ◆ Oakland University Radio Program: WXOU 88.3 FM — Michigan Nov. 2007

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(586) 996-8660 or Toll Free 1-866-58-CREATE (1-866-582-7328)

Email: CreatingInLife@aol.com Web site: www.CreativeBooksAndMusic.com

Discover Your Power to Succeed with The Real Me: Awakening Your True Self!

The Real Me

Awakening Your True Self

Positive Affirmations for
Empowering Your Life

Featuring the "Seven Aspects of Spiritual Awakening"

Sandra Agazzi Chimenti



In *The Real Me: Awakening Your True Self*, Sandra Agazzi Chimenti, M.Ed., offers a powerful quick-read and useful combination textbook/workbook to reach higher levels of self-esteem and spiritual empowerment. Using effectively outlined exercises and the unique "Awakening Process," she guides readers to make the necessary connections for purpose in their daily lives. *The Real Me* is a worthwhile compilation with an abundance of positive affirmations designed to empower the reader and get results.

Linda A. Badamo,
Michigan TV Producer

Spiritual Empowerment ~ Motivational ~ Inspirational

Awaken and Empower Your Life!

Did you know that your thoughts create your reality? Positive or negative, what you believe is what you will see. Yet, to create happiness and success, you must first process any negative emotions. By allowing your feelings to move through you, you clear a path to your happiness, opening to a new level of awareness and understanding. As you create inner peace, welcoming positive thoughts becomes easier. Discover how this unique approach guides you to achieve your dreams, improve your relationships, and empower your life.

The Real Me is an invitation to awaken to your true self — LOVE. Featuring the "Seven Aspects of Spiritual Awakening," *The Real Me* is filled with positive affirmations, prayer meditations, writing exercises, resources, spiritually empowering ceremonies, and more. Let *The Real Me* guide you in creating the life you truly deserve to give your real self.



Sandra Agazzi Chimenti, M.Ed., is the owner of Creative Books and Music, L.L.C. and Growing Parents. She is an author, musician, parent, presenter, and educator with a master's degree in Early Childhood Education. Through her empowering books and music, she inspires you to always live your truth, love your life, and embrace each new day with positive affirmations like, "I now honor the real me."



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PUBLICITY RELEASE

Creative Books and Music, L.L.C., is pleased to introduce an inspirational and empowering new book by Sandra Agazzi Chimenti, M.Ed., entitled *The Real Me: Awakening Your True Self — Positive Affirmations for Empowering Your Life*.

Book Title: **The Real Me: Awakening Your True Self -- Positive Affirmations for Empowering Your Life**

Author: **Sandra Agazzi Chimenti, M.Ed.**

Publisher: **Creative Books and Music, L.L.C.**

Publisher's Contact Information: (Please refer to information in letterhead box.)

ISBN 13: **978-0-9725326-0-0**

Publisher's List Price: **\$14.95**

Number of Pages: **312**

Publication Date: **Nov. 27, 2007**

Genre: **Spiritual Empowerment, Motivational, Inspirational, Self-Improvement**

Format: **Perfect Bound Book -- 6x8 Oblong shape** (first printing — soft cover)

Library of Congress Number: **2006921722**

Distribution: **Creative Books and Music, L.L.C.** (Publisher) and **Baker and Taylor, Inc.** (Wholesaler)

Web site: www.CreativeBooksAndMusic.com

Book Orders: **(586) 996-8660** or **Toll Free at 1-866-582-7328** for discounted book orders and free shipping.

Back Cover Text

Did you know that your thoughts create your reality? Positive or negative, what you believe is what you will see. Yet, to create happiness and success, you must first process any negative emotions. By allowing your feelings to move through you, you clear a path to your happiness, opening to a new level of awareness and understanding. As you create inner peace, welcoming positive thoughts becomes easier. Discover how this unique approach guides you to achieve your dreams, improve your relationships, and empower your life.

The Real Me is an invitation to awaken to your true self — LOVE. Featuring the "Seven Aspects of Spiritual Awakening," *The Real Me* is filled with positive affirmations, prayer meditations, writing exercises, resources, spiritually empowering ceremonies, and more. Let *The Real Me* guide you in creating the life you truly deserve to give your *real* self.

About the Author from the back of *The Real Me* book

Sandra Agazzi Chimenti, M.Ed., is the owner of Creative Books and Music, L.L.C. and Growing Parents. She is an author, musician, parent, presenter, and educator with a master's degree in Early Childhood Education. Through her empowering books and music, she inspires you to always live your truth, love your life, and embrace each new day with positive affirmations like, "I now honor the real me."

Discover Your Power to Succeed!

Author of
*The Real Me:
Awakening Your True Self*

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Sandra Agazzi Chimenti



- ◆ Life-Empowerment Coach and Motivational Speaker
- ◆ Parent / Relationship Coach
- ◆ Educational Consultant
- ◆ Musician / Pianist / Singer (Performing Original Compositions)
- ◆ Health and Wellness Coach
- ◆ Business Success Consultant
- ◆ "Discover Your Power to Succeed!" Cable TV Show (Producer, Host, and Music Credits)

Sandra Agazzi Chimenti, M.Ed.

Entertaining Author and Motivational Presenter

Empowering People through Awareness, Guidance, and Humor!

Book-Tour Presentation Topics

(Topics are ideal for various settings. More are listed online.)

Empowerment Events:

- ◆ The Real Me: Awakening Your True Self!
- ◆ Discover Your Power to Succeed!
- ◆ Honor Your True Self and Grow Your 'Wings'!

Places of Worship and Spiritual Events:

- ◆ Seven Aspects of Spiritual Awakening!
- ◆ Awaken and Discover Your Life's Purpose!
- ◆ Empower Your Life with Real Love!

Schools, Universities, and Educational Events:

- ◆ The Real Parent: What You Know Will Empower You!
- ◆ Discover the True Keys to Success!
- ◆ I Am A G.I.F.T. (Giving Inspires Friendship Today)

Health and Wellness Organizational Events:

- ◆ Discover the Power of Your Positive Thoughts!
- ◆ Heal Your Life and Heal Our Earth!
- ◆ Change Your Thoughts and Improve Your Health!

Any Event that Welcomes Success!

- ◆ Presentations customized to meet your group's needs.

CONTACT INFORMATION

Sandra Agazzi Chimenti, M.Ed.

Owner, Creative Books and Music, L.L.C.

All the presentations are customized to meet the needs of each organization while still focusing on the concepts based on Sandra Agazzi Chimenti's new book

*The Real Me:
Awakening Your True Self.*

For interviews, book signings, and presentations, please call:

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ENDORSEMENTS and TESTIMONIALS!



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Author of *"The Real Me: Awakening Your True Self"*

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"The message *The Real Me* book sends is a powerful one. It teaches one to change from within. You can feel the message through Sandra's songs, as well. Her music is very beautiful and healing."

~ Elizabeth Scussel, Oakland University Journalism Graduate

"Sandra Agazzi Chimenti has a beautiful way to connect with my listeners. Her heart centered communication is a wonderful way to help people 'Wake Up' to feeling joy in their lives."

~ Kimmie Rose Zapf, Host of CBS Radio's "InnerViews with Kimmie Rose Zapf" and Author of *Wake Up Your Intuition*

"Sandra brings a wealth of information to all whom she touches. All those she encounters are truly blessed as she impacts their spiritual growth and development."

~ Rev. Gregory Guice, Senior Minister of Detroit Unity Temple, Former Senior Minister at the Unity Church of Lake Orion, and Author of *The Courage to Conquer Fear*

"This is a great book to learn to let go and let God! If you are struggling with things in life, it is great to help you let go and let God take it from there. *The Real Me* book has everything you want to know in a nutshell!"

~ Trudy Szoztak, Sales Associate / Book Reviewer for Maria's Catholic Supply House

"It was extremely eye opening to see Sandra Chimenti in action at the event. The way she touches people with her words is truly unique. When people interact with her, they are immediately at ease. This feeling allows you to connect with yourself on a deeper level and benefit from the 'Awakening Process.' Through this process and the power of her healing words, she guides you to find your path through any pain, worry, or trouble. Leaving the event I am sure that everyone, myself included, felt far more empowered and ready to tackle all of life's challenges."

~ Amanda Davis, Oakland University Journalism Student. Attended the Unity Church of Lake Orion 2010 "Science, Health, and Spirituality Festival"

"Most people who own the book have no idea what they have in their possession. Your book opened the door to a whole new world of higher consciousness. As I had previously mentioned, I meditate nearly every morning and clear myself of negative energy using the awakening process. I have been able to achieve a clarity that I had previously only enjoyed for a few short fleeting moments. The most important thing that I have been able to do is just 'be'....and the things that happen to me just 'are'. If I get cut off in traffic, yelled at by a customer or suffer a setback I am able to deal with/accept the situation without making it worse by negative beliefs from the past.

I must say that I have read lots of books and attended seminars and gotten similar information to what's in your book, but no one explains the information in everyday terms or gives actual instructions on how to benefit from the 'Awakening Process.' The deeper I go into holistic health and the higher my consciousness ascends, the more I appreciate what you have given me.

In addition to dealing with my own emotional baggage I have been able to help others by doing the process within myself... it really does work.... I do the awakening process and visualize myself taking the problem away from the individual and giving it to the Most High and visualize the Most High replacing that void with light. Within a few weeks I started noticing a difference in how I was received by that person.... I can't say for certain how it affects the rest of their lives, but it improved our dealings with each other. I have been super excited ever since the conference this past Saturday. Thank you so much."

~ Chris Lee, 2009 Rochester Writers' Conference Attendee and Author of *From Frustration to Fulfillment*



ENDORSEMENTS and TESTIMONIALS!



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"If you are feeling down in the dumps or need a boost, Chimenti's book, *The Real Me: Awakening Your True Self*, is perfect. Read through the whole thing or simply read the positive affirmations or do the exercises and you will feel your mood change for the better."

~ Lauren Stewart, Oakland University Journalism Graduate

"Sandra Chimenti has a wonderful way of presenting how to empower yourself. If you have never taken a class from her, now is the time. You will find Sandra to be very educated, organized and knowledgeable and professional. Wherever you are in your life, Sandra will empower you to be the best you can be. Start the New Year off with the right class!"

~ Linda LaCroix, Unity Church of Lake Orion Board President, Former Marketing/Advertising Team

"My husband and I enjoyed Sandra A. Chimenti's seminar for creating a successful writing career. We were so inspired by her presentation that we purchased two of her books, *The Real Me*, one for us and one as a gift for my brother. I try to read several pages before I go to bed each night to end the day on a positive 'note.' Sandra is a very effective communicator and we recommend her seminars."

~ Sarah Tierney, 2008 Rochester Writer's Conference Attendee

"Sandra, I really enjoyed your conference. I know that I have a winner of a book. My sister motivated me to go to your conference. I think it will be a slow go but you have encouraged me to self publish and not give my rights to someone else. I really enjoyed your self-healing and letting go exercise and your thoughts on positive thinking. It was an excellent conference and a privilege to meet you. Thank you."

~ Christine Kepich, 2008 Rochester Writer's Conference Attendee

"Wow! Thank you so much for the "mental refresher" course. My morning with experienced educators such as Mariaemma, Victoria, and Sandra was exactly what I needed on a cold winter morning. I feel like I was handed 5 shiny new tools to add to my teaching tool bucket! Thank you, Mariaemma and Victoria, for taking the time to visit Michigan and let us know what is going on in the area of student enhancement. I just wish I could have brought all my friends with me. I look forward to finishing both books and giving them away to those very people!"

~ Nan A. Drinkard, B.A. Elementary Education, M.S.U., Mother, Teacher & Special Ed Para-Educator, Avondale Schools, MI; "Discover Your Power to Succeed!" 2009 Cable Show Audience Member, featuring Mariaemma P. Willis and Victoria K. Hodson, authors of *Discover Your Child's Learning Style*

"The 'Discover Your Power to Succeed!' cable show shares real life knowledge that will help anyone. It doesn't matter if you are a parent, a teacher, or a student; anyone can gain knowledge from the information Chimenti shares in her shows. I would love to see her create more."

~ Lauren Stewart, Oakland University Journalism Graduate

"*The Real Me* is a profound book of insight that as the author says, 'Awakens us and empowers our life.' It made me understand how important it is to know my real self, my feelings, and my thoughts with the use of positive affirmations in order to reach a better life. I always go back to this book and the more I read it, the more I learn from it. I love your book!"

~ Giuseppa Fecarotta, Italian Teacher



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"Sandra, your presentation for my EC 540 class, entitled *"The Real Teacher: Guiding Students to Succeed!"* was informative and enjoyable. Of particular value were your comments concerning how a teacher's emotional state influences the effectiveness of any intervention or management technique employed in the classroom. Your ideas on this matter stimulated an interesting discussion at our next class meeting. I thank you once again for your energetic and effective presentation."

~ Dr. Andy S. Gunsberg, Professor of Oakland University's School of Education and Human Services

"Sandra Agazzi Chimenti presented an excellent assembly to the fifth and sixth graders. It was a motivating performance. The students were actively involved. I recommend this program."

~ Dianne Shepich, Principal of the Avondale Meadows Upper Elementary School where the **"I am a G.I.F.T."** program was shared.

"Sandra, thank you very much for your professional, well-organized, exceptional presentation at the Rotary Club of Sterling Heights meeting! Your presentation was very well-received by all attending. You did an excellent job!"

~ Dr. Martin Brown, Program Chairman, Rotary Club of Sterling Heights, Michigan

"Sandra, your session was one of the best of the day. I really appreciated how you helped us to focus on something bigger than just writing. You said that we have a gift that can help us to heal others. That was a paradigm shift for me, because I previously had been approaching my writing strictly from a business point of view. The other thing I was impressed with was you. You are a very dynamic speaker, even if you would've been lecturing on dead fish I'd pay to hear it! :). I visited your website and got a good feel for how hard you work to promote your book, and you focus on helping people rather than selling books. As far as your book goes: I am only on page 15, but it is already paying dividends. By using the exercise that helps you feel physical pain and let go, I was able to drop some family baggage from many years ago. I appreciate your book and am glad to have you as a coaching resource. Thanks."

~ Chris Lee, 2008 Rochester Writers' Conference Attendee, Author of *From Frustration to Fulfillment*

"By listening to Chimenti's songs, you know right away that they came from the heart. They certainly touched mine as well."

~ Lauren Stewart, Oakland University Journalism Graduate

"In *The Real Me: Awakening Your True Self*, Sandra Agazzi Chimenti, M.Ed., offers a powerful quick-read and useful combination textbook/workbook to reach higher levels of self-esteem and spiritual empowerment. Using effectively outlined exercises and the unique 'Awakening Process,' she guides readers to make the necessary connections for purpose in their daily lives. *The Real Me* is a worthwhile compilation with an abundance of positive affirmations designed to empower the reader and get results."

~ Linda A. Badamo, Michigan TV Producer



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ENDORSEMENTS for: "Music, Tea and You" class (musical presentation)

"How enjoyable to take 'time out' to be me — time out for self-expression and introspection all through music — ahhh!" ~ Sharon Arcari

"Very interesting concept. Thank you for taking the time to put this program together and share it." ~ Karen Phillips

"Very relaxing. A wonderful evening just for me!" ~ Ronanne McGill

**"Your songs are wonderfully creative. Thanks for empowering yourself and inspiring me."
~ Linda Kopp**

ENDORSEMENTS for: "The Real Me: Awakening Your True Self" classes and "The Real Parent: What You Know Will Empower You" classes

"Excellent class! Very easy to understand. Keep up your good work. I would love to participate in another one of your classes." ~ Mariella Klucens

**"Sandra, I loved this class! Would like to hear about other seminars and work you do."
~ Tammy Allen**

"This was a very insightful class. It has helped me deal with career and personal issues that I have struggled with." ~ Linda Brizius

"Very enjoyable class, as I am looking for better understanding and defining myself which in turn I will be able to travel to the next level. Thank you for your time." ~ Frank Alampi

**"I enjoyed the class very much. The information provided is very helpful and the pace of the course very good. I did not feel out of my comfort zone. I liked how the weekly objectives of the class were reviewed prior to the start of each class. Very informative, instructor very upbeat."
~ Debbie Proffer**

**"Sandra was great and energetic with very deep 'foods-of-thought' statements to ponder."
~ Rick Ferrara**

"Very inspiring. Thought provoking." ~ Ann Arendsen

"I was given a great deal of information that can be useful for a lifetime!" ~ Marie Troy

"Sandra knew the subject so well that she provided additional information when asked. Any topic Sandra teaches will be well researched and concise. I recommend this class for anyone who would like to improve their emotional life." ~ Jackie Appleton

"Sandra's enthusiasm (was what she liked about the class). I have recommended this class to others." ~ Patty Godin

"Sandra was very informative. She really knows a lot. Her class was well presented and just what I had been looking for." ~ Lisa Rader

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MARKETING and PROMOTION

TELEVISION MEDIA: Author's Appearances/Interviews

- 1) **Community Media Network TV (CMNTV) Show: "Discover Your Power to Succeed!"**
Sandra A. Chimenti's New Ongoing Show, Featuring *The Real Me* book — MI Airing 2009 – Present
- 2) **Bloomfield Community TV (BCTV) Show: "Michigan Entrepreneur" — MI** March 2009
- 3) **Clinton Township TV (CTTV) Show: "People and Money" — MI** December 2007
- 4) **Bloomfield Community TV (BCTV) Show: "Bottom Line" — MI** August 2007

RADIO MEDIA: Author's Interviews

- 1) **CBS Radio 99.5 FM WYCDHD3: "InnerViews with Kimmie Rose Zapf" — National** June 2009
- 2) **CBS Radio 99.5 FM WYCDHD3: "InnerViews with Kimmie & Steve" — National/Int.** June & Oct. 2008
- 3) **CBS Radio 99.5 FM WYCDHD3: "The Maria Shaw Show" — National/International** April 2008
- 4) **WXOU 88.3 FM: Oakland University Radio Program — MI** November 2007

NEWSPAPER MEDIA: Author's Feature Stories, Photos, and Press Releases (Ongoing)

- 1) **Natural Awakenings Magazine: Feature Photo and Article — Michigan** April 2011
- 2) **Community Lifestyles Newspapers: Events Listing and Ad — Michigan** December 2009
- 3) **Michigan Entrepreneur TV: Press Release Feature Article — Michigan** March 2009
- 4) **Women's Lifestyle Magazine: Feature Photo and Article — Michigan** January 2009
- 5) **The Learning Success Institute: Online Article Feature — CA; Online Intern. Distrib.** January 2009
- 6) **The Chopra Center Newsletter: Book Featured — Online International Distribution** September 2008
- 7) **Oxford Leader Newspaper: Feature Photo and Article — Michigan** September 2008
- 8) **C&G News: Feature Photo and Article — Michigan** September 2008
- 9) **PhenomeNEWS Magazine: Book Review — MI; National/International Distribution** July 2008
- 10) **Think Club Publication: Book Review — MI; National/International Distribution** January 2008
- 11) **Rochester's Observer & Eccentric: Feature Photo and Article — Michigan** January 2008
- 12) **Observer & Eccentric Newspapers: Events Listing — Michigan** December 2007
- 13) **The Oakland Post (Oakland University's Newspaper): Feature Photo and Article — MI** November 2007
- 14) **Suburban Lifestyles Newspaper: Feature Photo and Article — Michigan** November 2007
- 15) **Detroit Free Press: Events Listing — Michigan** 2007 — Present
- 16) **Detroit News: Events Listing — Michigan** 2007 — Present
- 17) **Metro Parent Magazine: Events Listing — Michigan** 2007 — Present
- 18) **Italian Tribune Newspaper: Feature Article and Photo; Events Listing — Michigan** 2007 — Present
- 19) **San Marino Journal: Feature Article and Ad — International Distribution** 2007 and 2008

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Toll Free: 1-866-58-CREATE (1-866-582-7328)

LOCATIONS SELLING BOOKS

Stores currently selling *The Real Me* book in their store and online:

- 1) Baker and Taylor WholesalerNational and International Distribution
- 2) Books & Books.....Bal Harbour, FL
- 3) Books ConnectionLivonia, MI
- 4) Former BORDERS Books and MusicUnited States National Distribution
- 5) Crazy Wisdom Bookstore and Tea Room.....Ann Arbor, MI
- 6) Crystal TreasuresPontiac, MI
- 7) Higher Self BookstoreTraverse City, MI
- 8) Horizon BooksTraverse City, MI
- 9) Maria's Catholic Supply HouseShelby Township, MI
- 10) Mystic SageTraverse City, MI
- 11) New Age Books and ThingsOakland Park, FL
- 12) Self-Esteem Shop (State and National distribution)..... Royal Oak, MI
- 13) Sherry's of Romeo (Sherry's Antiquary).....Romeo, MI
- 14) Soul ScapeEncinitas, CA
- 15) The Angel's RingCoral Gables, FL
- 16) Tree House BooksHolland, MI

Businesses, Professionals, and Doctors currently selling *The Real Me* book:

- 1) The Chopra Center's "Journey into Healing Seminar" May 2009 La Costa, CA
- 2) Corbett Chiropractic Clinic.....Rochester Hills, MI
- 3) Kathy Moosioian, Certified Massage Therapist.....Rochester Hills, MI
- 4) Monica Levin, RHN, Registered Holistic Nutritionist.....Michigan
- 5) Ati's Jewelers, L.T.D.....Clinton Township, MI
- 6) GADA ONENESS, Owners David Altman & Guilda L. Altman Huron, OH
- 7) The Healing HomeWhite Lake, MI

Places of Worship currently selling *The Real Me* book:

- 1) Spiritual Life Center Church – at Events and PresentationsTroy, MI
- 2) Unity East Church – "The Book Corner" bookstore Clinton Township, MI
- 3) Unity Church of Lake OrionOrion Township, MI

Libraries where *The Real Me* book is available:

- 1) Phoenix Public Library.....Phoenix, AZ
- 2) Open Library.....Online Library

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The Real Me: Awakening Your True Self

Positive Affirmations for Empowering Your Life

Featuring the “Seven Aspects of Spiritual Awakening”

BOOK OVERVIEW

The Real Me: Awakening Your True Self is a powerful new book, guiding people to empower their lives through the “Awakening Process.” When facing any challenge, instead of telling people “just think positive,” this inspirational book shows us how to get to the root of an issue to solve the problem.

The Real Me gives step-by-step guidance on how to feel any negative emotion on a physical level, process and release the pain, and gain insight and direction. By discovering the theme or life lesson of an experience, we may consciously choose to respond (versus react) to a situation. This powerful process allows us to first heal an issue in order to welcome a positive affirmation. Once the issue is addressed, we will start feeling happy and, at that point, we will believe the positive statement we are saying.

By practicing the “Awakening Process” and being our real selves, we can create peace in our world because we will first be creating peace in ourselves. The book’s healing exercises have been field-tested, helping thousands of people return to their inner peace and happiness. Positive testimonials from readers state, “**This approach really works!**” This unique process is better than any other method because it doesn’t skip any steps. People prefer *The Real Me* book because it shows them how to go from where they are to where they want to be with positive and easy-to-use approaches that create real success.

The Real Me offers valuable information and useful guidance to help people remember their spiritual connection with their Creator while improving their personal and professional relationships. People enjoy finding *The Real Me: Awakening Your True Self* at their favorite store.

BENEFITS

Today's readers who enjoy spiritual, motivational, and empowering books are looking for more than just inspiring words. They want to know *how* to improve their relationships, create happiness, and achieve success. Many self-improvement books tell readers that if they are feeling a negative emotion, just repeating a positive affirmation ten times will help them feel better. As you may know, this doesn’t work! If you are feeling angry or sad, the last thing you want to say to yourself is, “I feel happy.” Clearly, this is not how you are feeling! *The Real Me* offers the “**answer**” that most books forget to provide. Before you can truly welcome a positive

affirmation, you must process any current negative emotions to release and transform them. *The Real Me* guides the reader through the “**Awakening Process**” in the “Awakening Your True Self” section (pages 7-11). This experiential book guides the reader to feel the “theme” of his/her emotions, reflect on these life lessons, release the past, and live in the moment. In other words, being your *real* self is the key to all inner peace and happiness.

People learn best by “doing” and practicing what they learn. Since this book offers writing and practical exercises, it helps readers immediately apply what they are learning as they read the book. Other books tend to lose their usefulness once the reader finishes reading it. *The Real Me* is designed to be useful and inspirational continuously. People can flip to any page and be motivated by a statement for that day or they can read it from cover to cover and grow in their spirituality. Every time they read it, they will gain something new because they will be at a higher level of understanding from applying what they have learned.

The Real Me guides readers to discover their life purpose and achieve their dreams. With easy-to-follow reflection exercises, the reader experiences how to be in touch with his/her feelings in order to discover what he/she wants to create in life. Included are powerful affirmations, beautiful meditations, spiritually empowering ceremonies, writing opportunities, resources, and a convenient index of the positive statements. By the end of the book, the reader feels inspired, empowered, and ready to embrace life on a higher level!

The Real Me offers a new and refreshing approach to the growing demand from readers who are looking to achieve true success in all aspects of their life. This book is the answer to this growing market’s needs because it takes the self-help genre to a new-level by empowering the reader. Included on the back of the book is a new category: “**Spiritual Empowerment.**” This encourages more readers to buy this book because it focuses on the reader’s strengths versus their need for help. Instead of telling people what to do, this book guides them through transformational approaches, allowing them to discover the best answers for their own life.

FEATURES

The Real Me balances our body, mind, and spirit. Without focusing on any particular religion, this inspirational book encourages readers to develop their own spiritual relationship with their Creator. Featuring the “**Seven Aspects of Spiritual Awakening,**” which form the main sections of the positive affirmations, these aspects are a guide for one’s life journey: 1) **Divine Creation**; 2) **Communication**; 3) **Apology and Forgiveness**; 4) **Gratitude and Praise**; 5) **Loving Choices**; 6) **Flowing in Life**; 7) **Sharing Gifts and Talents**. At the end of each section, readers may write their own positive affirmations, reinforcing a concept.

Welcoming one's creative expressions adds another dimension of healing. Readers may experience healing meditations and ceremonies; create affirmations, drawings, and photographs; and benefit from the writing exercises. The positive affirmations are in the present tense and “first person” to help readers feel these are their affirmations. *The Real Me* guides readers to feel empowered to live their dreams and achieve each goal.

Here are samples of positive affirmations from *The Real Me*: “I forgive and heal the pains of yesterday to feel and enjoy the blessings of today,” (pg. 76); “Our soul knows no time. I am never too old or too young to do things differently and perhaps better,” (pg. 131); “We live. We learn. We grow. It is only through change that we blossom into our true potential,” (pg. 171); “Your greatest journey begins when you start,” (pg. 176).

MARKETING and PROMOTION

Television Media: 1) “**Discover Your Power to Succeed!**” cable show hosted and produced by the author of *The Real Me* book, featuring the book’s concepts along with guest presenters — an ongoing promotional program; 2) Author interviewed on the Bloomfield Hills cable show “Bottom Line;” 3) Author interviewed on the Clinton Township’s cable show “People and Money;” 4) Author interviewed on the Bloomfield Hills cable show “Michigan Entrepreneur;” and 5) Televised author presentation on Oxford Community Television

Newspaper Media: Book reviews and feature articles appearing in national and international publications. 1) Women’s Lifestyle Magazine; 2) The Chopra Center Newsletter; 3) Oxford Leader Newspaper; 4) C&G News; 5) PhenomeNEWS Magazine; 6) Think Club Publication; 7) Observer & Eccentric Newspapers; 8) The Oakland Post; 9) Suburban Lifestyles Newspaper; 10) Detroit Free Press; 11) Detroit News; 12) Metro Parent Magazine; 12) Italian Tribune Newspaper; and 13) San Marino Journal.

Radio Media: 1) Author interviewed on CBS Radio — WYCDHD3 Radio 99.5 FM program: “InnerViews with Kimmie and Steve;” 2) Author interviewed on CBS Radio — WYCDHD3 Radio 99.5 FM program: “The Maria Shaw Show;” and 3) Author interviewed on WXOU 88.3 FM — Oakland University’s Radio Program.

Media Connections: Sandra Agazzi Chimenti was the “Growing Parents” columnist for the Suburban Lifestyles newspaper in Rochester Hills, Michigan for over six years. Her loyal readership and the public have been purchasing *The Real Me* book and attending her book-signing events and presentations.

Press Releases: Ongoing press releases are sent to all newspaper, television, and radio contacts as well as network E-mail contacts for all book-signing events, offering valuable publicity for the hosting locations.

Advertisements: Advertisements, press articles, event flyers, brochures, and displays featuring book-signing events are distributed statewide, nationally, and via the Internet to a broad list of networking contacts.

Book-Signing Events: Ongoing author book-signing events and conferences occur at bookstores and other locations statewide and nationally. Bookstores, organizations, businesses, and places of worship sponsor book-signing events. Special book-signing events include original piano music performances by the author as part of musical events.

Networking Web Sites: Several bookstores, businesses, organizations, professionals, and online stores have links to www.CreativeBooksAndMusic.com on their web site, creating a large networking system of advertisement. Many Internet sites sell *The Real Me* book. It is also available through some libraries.

Web Site: Visit www.CreativeBooksAndMusic.com, featuring press news, book reviews, endorsements, products/services, book-tour events, promotional flyers, presentation topics, bookstores, links of interest, etc.

READERSHIP and POSITIVE ENDORSEMENTS

Designed for the adult and teenage reader, *The Real Me* appeals to a wide audience. Categories for store placement: Spiritual Empowerment, Inspirational, Motivational, Wellness Mind, Psychology, and Self-Improvement. It is currently enjoyed by hundreds of people who have already experienced success from reading *The Real Me* book. Below are some positive endorsements. (Please see enclosed page and web site for more endorsements.)

Book Endorsements:

- ♦ “Sandra, your session was one of the best of the day. I really appreciated how you helped us to focus on something bigger than just writing. You said that we have a gift that can help us to heal others. That was a paradigm shift for me, because I previously had been approaching my writing strictly from a business point of view. The other thing I was impressed with was you. You are a very dynamic speaker, even if you would’ve been lecturing on dead fish I’d pay to hear it! :). I visited your website and got a good feel for how hard you work to promote your book. As far as your book goes: I am only on page 15, but it is already paying dividends. By using the exercise that helps you feel physical pain and let go, I was able to drop some family baggage from many years ago. I appreciate your book and am glad to have you as a coaching resource. Thanks.” ~ *Chris Lee, 2008 Rochester Writer’s Conference Attendee*
- ♦ “My husband and I enjoyed Sandra A. Chimenti’s seminar for creating a successful writing career. We were so inspired by her presentation that we purchased two of her books, *The Real Me*, one for us and one as a gift for my brother. I try to read several pages before I go to bed each night to end the day on a positive ‘note.’ Sandra is a very effective communicator and we would recommend her seminars.” ~ *Sarah Tierney, 2008 Rochester Writer’s Conference Attendee*
- ♦ “Sandra, I just wanted to tell you that I loved your book! It was great to meet you and your sister at the “Festival of the Senses.” I enjoyed your writing and your upbeat spiritual messages. It was great! You are very talented, and I thank you for signing my book and taking all that time to talk to me that day! I still read the same pages over and over in your book as affirmations to begin my day on a positive note. It helps so much in these very trying times in our world.” ~ *Paula, Clinton Township’s 2008 “Festival of the Senses” Attendee*
- ♦ “Sandra Agazzi Chimenti has a beautiful way to connect with my listeners. Her heart-centered communication is a wonderful way to help people ‘Wake Up’ to feeling joy in their lives.” ~ *Kimmie Rose Zapf, Host of CBS Radio’s “InnerViews with Kimmie and Steve” and Author of Wake Up Your Intuition*
- ♦ “This is a great book to learn to let go and let God! If you are struggling with things in life, it is great to help you let go and let God take it from there. *The Real Me* book has everything you want to know in a nutshell!” ~ *Trudy Szoztak, Sales Associate / Book Reviewer for Maria’s Catholic Supply House*

Presentation Endorsements:

- ♦ “Sandra, I loved this class! Would like to hear about other seminars and work you do.” ~ *Tammy M. Allen*
- ♦ “I was given a great deal of information that can be useful for a lifetime!” ~ *Marie Troy*
- ♦ “Very enjoyable class, as I am looking for better understanding and defining myself which in turn I will be able to travel to the next level. Thank you for your time.” ~ *Frank Alampi*
- ♦ “This was a very insightful class. It has helped me deal with career and personal issues.” ~ *Linda G. Brizius*
- ♦ “I enjoyed the class very much. The information is very helpful and pace of the course very good. I liked how the weekly objectives were reviewed prior at each class. Very informative! Instructor very upbeat.” ~ *Debbie Proffer*
- ♦ “Very inspiring. Thought provoking.” ~ *Ann Arendsen*
- ♦ “Sandra was great and energetic with very deep ‘foods-of-thought’ statements to ponder.” ~ *Rick J. Ferrara*
- ♦ “Excellent class! Very easy to understand. I would love to participate in more of your classes.” ~ *Mariella Klucens*
- ♦ “Your songs are wonderfully creative. Thanks for empowering yourself and inspiring me.” ~ *Linda Kopp*

DESIGN and FORMAT

With easy-to-read text and an eye-appealing border, readers may enjoy the pages as a quick daily reminder or newly introduced concept. The book cover's colorful sunrise, symbolic of "awakening" one's real self, captures the reader's attention. The book's title, printed vertically on the spine, allows the reader to find it on a bookshelf. Its six-by-eight oblong shape makes it convenient to read when traveling. Included is the author's photo, background information, and credentials. This 312-page book retails at an affordable price of \$14.95.

BOOK SALES

Many bookstores, businesses, professionals, and places of worship sell *The Real Me: Awakening Your True Self* nationally and at conferences. Locations currently include Michigan, Florida, Arizona, and California with more states continually added. There are also many Internet sites selling *The Real Me* book. Book-signing sponsored events also generate many book sales. We are always adding more stores to our list and would welcome including your store. (Please see the attached list of locations selling books and refer to the "Find a Bookstore" link at www.CreativeBooksAndMusic.com.)

Bookstores and companies selling products from Creative Books and Music, L.L.C., are featured on several pages on the company's web site, including the "Find a Bookstore" link and "Links of Interest" page. Their company's contact information, web site links, and map directions are also included. This offers valuable and complimentary publicity for the businesses and bookstores networking with Creative Books and Music, L.L.C.

DISTRIBUTION

The Real Me book is inspirational, motivational, spiritual, and empowering. *The Real Me* guides people to remember their true nature — love. As we return to that place of peace within ourselves, our relationships improve with others, but the most important relationship that heals is the one with ourselves. *The Real Me* shows you how to create true happiness, inner peace, and success!

Thank you for reviewing *The Real Me: Awakening Your True Self* book and the press package. *The Real Me* is available through Creative Books and Music, L.L.C., with publisher discounts and the wholesaler Baker & Taylor, Inc.

Please contact Creative Books and Music, L.L.C., at **1-866-582-7328** (1-866-58-CREATE) or E-mail: Creatinginlife@aol.com for book orders. You may visit www.CreativeBooksAndMusic.com for more information. You may also contact Baker & Taylor, Inc. at **1-800-775-1100**. We look forward to networking with you. Thank you for welcoming the inspirational, new book *The Real Me: Awakening Your True Self*.

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Publisher of Books, Music, and More

"Creating with You in Life!"



BOOK REVIEW

PhenomeNEWS Magazine: Book Review (Enlarged Text)



BOOK TALK: **The Real Me**

by Gayl Woityra

In “Book Talk” we often discuss books written by noted authors. It’s a pleasure, however, to report on a book by a local author, one in *phenomeNEWS*’ back yard, so to speak. This month we shall discuss ***The Real Me: Awakening Your True Self*** by Sandra Agazzi Chimenti (Creative Books and Music, L.L.C., Rochester Hills, MI 2007). Sandra Chimenti, M.Ed., is an author, musician, parent, and educator. Her background in education clearly manifests in her book.

This book is quite different from those we have discussed in recent months, and yet it clearly relates to those works about spiritual transformation in that it contains the same themes, featuring “Seven Aspects of Spiritual Awakening,” one of its subtitles. It differs, however, in that its focus is on process rather than detailed textual content. What I mean by that is that it isn’t a book that you would primarily read from cover to cover. Rather, it is a work that guides your awakening, step by step. In a sense, it is an inspirational, educational, interactive workbook.

The fact that I used the word *workbook* must not suggest that Chimenti’s book is a dry or boring, fill-in-the-blanks workbook. Quite the contrary! This book is lovely to look at, its many pages displaying a variety of print (fonts) that result in an artistic book. Each page of “Positive Affirmations for Empowering Your Life” could serve as daily inspirations.

As an educator, I love a good lesson plan. Chimenti demonstrates her background in education with her creative and clear organization of the topics and development in her book. The interactive “workbook” effect is not overdone, but rather is organized to encourage the reader to respond personally to each section of the book.

The author begins with a letter to the reader, urging the reader to “imagine these are your own inspirational words written to yourself.” This makes sense because the major part of the book focuses on “Seven Aspects of Spiritual Awakening,” with each of the seven aspects followed by a dozen to 40 pages of positive affirmations. Affirmations are always stated in the first person [“I”]; so indeed, they are words you could say to yourself.

In ***The Real Me***, Sandra Chimenti combines a philosophical / psychological / educational approach to her work. Readers will find many echoes of contemporary spiritual themes along with a focus on recognizing and processing emotions. Chimenti emphasizes that “your thoughts create your reality,” while she also says, “to create happiness and success, you must first process your current emotions.” I especially related to her point of “responding” to a situation instead of “reacting.” This is a very important insight for us all.

In a brief discussion called “Communication Guide,” the author notes several important points, such as how important it is to “calm down.” Throughout the book she encourages journaling — writing down your feelings, experience, situations, and then “letting it go.” Again, at the end of each segment in the book, readers will find a place to respond to the previous pages.

The primary section of the book presents the “Seven Aspects of Spiritual Awakening.” We will mention each of the seven and highlight one or more insights from the pages of positive affirmations that create that section. Chimenti’s point is: “Our spiritual journey is a constant evolution toward a higher understanding of who we are and of our connection to our Divine Creator.” Although she has “numbered” the aspects “for convenience,” they “usually do not follow any particular order in our life.” In fact, most of them are operative in our lives simultaneously. She names the first aspect, “Divine Creation.” This aspect provides the opportunity for us to find our relationship to God, our Divine Source. “As we awaken to our Divine Source and remember we are divine creations, we become empowered to love who we truly are.”

Aspect Two is “Communication” and it is filled with wise advice for everyday life. Chimenti notes in an affirmation, “When someone says something negative, I now remember it is not up to me to change the person.” From my experience, nearly everyone needs to work on that issue. Another affirmation related to that one is: “It is not up to me to change or shift someone else’s beliefs.... We are all on our own journey toward enlightenment.” Another insight (and affirmation) to ponder is: “What I believe is what I will see. My beliefs influence my life.”

Aspect Three is “Apology and Forgiveness.” These pages emphasize how important it is to honor and respect oneself as well as others. “I am doing my best with what I know at each moment and so are others.” Like Eckhart Tolle, author of ***The Power of Now*** and ***A New Earth***, Chimenti honors the present moment: “Now is the only moment that is truly here.” Like Tolle and others, the author also notes the problem of resistance: “What I resist ... persists. What I focus on ... continues.” More great insights via affirmations are: “I now leave *blame, criticism, and judgment* behind ... I accept responsibility for my own thoughts and actions.”

BOOK REVIEW (continued)

Aspect Four covers “Gratitude and Praise.” Clearly, as Chimenti writes, “Gratitude changes my attitude.” One affirmation particularly resonates with my own life experience and what I have observed in others. “All my feelings and emotions, whether positive or negative, are part of a life lesson I may need to experience. Once the theme of the lesson is learned, it will feel more like a blessing.”

Aspect Five involves “Loving Choices.” Here we become more aware of how we make many choices throughout each day. One affirmation notes: “Sometimes I choose to see the positive, sometimes the negative. The one I ‘feed’ is the one that grows.” Another point that most of us need to constantly remind ourselves about is: “The only one I can truly improve is myself I now let go of any expectations or hope of changing others.” Now that is realistic! I especially liked the affirmation that says: “God sends us each other to support and guide one another toward happiness.” The lesson here is clear. We are not here to “control” others in our lives, but to love and support them.

Aspect Six encourages “Flowing in Life.” This part reminds me of the Zen idea of allowing life situations, experiences, and emotions to flow through you, rather than catching and holding onto them. “I empower myself by embracing life.” A practical affirmation here is, “When I feel stressed, I now stop whatever I am doing and I BREATHE.” Also it is important to remember “What I am experiencing may be temporary,” and “All of life goes in cycles.”

The final and Seventh Aspect encourages “Sharing Gifts and Talents.” Some insights here begin with “Effort is different from struggle.” For all the perfectionists out there, here’s a big one: “I now let go of my need to be perfect according to the world’s standards.” Why so? The author reminds us: “We are already God’s perfect creations,” and “God gives all of us gifts to share with one another.”

A note before we leave this section. This book is a horizontal, rather than a vertical publication. That is, it is 8 inches wide and 6 inches high. Therefore, each page, 6 x 8, is like a large note card. Each page of affirmations in each aspect section may carry one or several affirmations. Readers could prop up a favorite page as a reminder for that day. Another option for those with copiers would be to copy a favorite page or two to paste up on the bathroom mirror or the refrigerator as reminders. This book is clearly one that encourages creative reader participation.

The concluding section of the book contains pages that provide interesting exercises, experiments, meditations, writing assignments, ceremonies, prayers, positive affirmation creation guides, all of which encourage readers to participate as fully as possible in awakening their true selves. One of my favorite exercises here is one called “Mirror, Mirror,” an exercise that involves interacting with others. Among the insights here is the author’s point that “When people do things that bother us, it is our issue as well as theirs.” In other words, what life brings us, and what other people say or do, are all neutral events unless we allow ourselves to be affected by the situation, and we react — usually emotionally and without forethought. This is what happens when we, or others, take things personally. We have, instead, the choice to respond when that is appropriate, but the problematic issue only becomes ours when we “react” to it. The very positive side is that “since we are all connected on a higher level, we affect one another with our peacefulness.” That is a point to ponder, indeed. Another exercise emphasizes this very point. Chimenti says, “When you are at peace within yourself, you are able to share your peace with others.” A further exercise helps us process the insight that “Whatever you believe inside will show up in your world in some way. So, as you change your thoughts, you change what you see in your life.”

The author’s excellent organization also includes a fine list of recommended additional authors and books, plus a list of resources and services. An index of all the positive affirmations and statements in the book is another welcome resource.

Indeed, ***The Real Me*** is a charming work, filled with inspiring wisdom and insights. It is easy to follow and could be perfect for summer musings. And what is “The Real Me”? Chimenti encourages us to say, “I am filled with love ... I am love ... this is the Real Me.” Sandra Chimenti’s website is: www.CreativeBooksandMusic.com

***Gayl Woityra**, a retired high school English and Humanities teacher, now resides in Arizona where she continues to pursue her eclectic metaphysical studies in consciousness, the Ageless Wisdom, astrology, flower essences, music, color and alternative medicine. Please visit <http://love-that-spirit.blogspot.com>.*



BOOK TALK

The Real Me

by Gayl Woityra

In *Book Talk* we often discuss books written by noted authors. It's a pleasure, however, to report on a book by a local author, one in *phenomeNEWS*' back yard, so to speak. This month we shall discuss *The Real Me: Awakening Your True Self* by Sandra Agazzi Chimenti (Creative Books and Music, L.L.C., Rochester Hills MI 2007). Sandra Chimenti, MEd, is an author, musician, parent and educator. Her background in education clearly manifests in her book.

This book is quite different from those we have discussed in recent months and yet it clearly relates to those works about spiritual transformation in that it contains the same themes, featuring "Seven Aspects of Spiritual Awakening," one of its subtitles. It differs, however, in that its focus is on process rather than detailed textual content. What I mean by that is that it isn't a book that you would primarily read from cover to cover. Rather, it is a work that guides your awakening, step by step. In a sense, it is an inspirational, educational, interactive workbook.

The fact that I used the word workbook must not suggest that Chimenti's book is a dry or boring, fill-in-the-blanks workbook. Quite the contrary! This book is lovely to look at, its many pages displaying a variety of print (fonts) that result in an artistic book. Each page of "Positive Affirmations for Empowering Your Life" could serve as daily inspirations.

As an educator, I love a good lesson plan. Chimenti demonstrates her background in education with her creative and clear organization of the topics and development in her book. The interactive "workbook" effect is not overdone, but rather is organized to encourage the reader to respond personally to each section of the book.

The author begins with a letter to the reader, urging the reader to "imagine these are your own inspirational words written to yourself." This makes sense because the major part of the book focuses on "Seven Aspects of Spiritual Awakening," with each of the seven aspects followed by a dozen to

40 pages of positive affirmations. Affirmations are always stated in the first person ("I"); so indeed, they are words you could say to yourself.

In *The Real Me*, Chimenti combines a philosophical / psychological / educational approach to her work. Readers will find many echoes of contemporary spiritual themes along with a focus on recognizing and processing emotions. Chimenti emphasizes that "your thoughts create your reality," while she also says, "to create happiness and success, you must first process your current emotions." I especially related to her point of "responding" to a situation instead of "reacting." This is a very important insight for us all.

In a brief discussion called "Communication Guide," the author notes several important points, such as how important it is to "calm down." Throughout the book she encourages journaling – writing down your feelings, experience, situations and then "letting it go." Again, at the end of each segment in the book, readers will find a place to respond to the previous pages.

The primary section of the book presents the "Seven Aspects of Spiritual Awakening." We will mention each of the seven and highlight one or more insights from the pages of positive affirmations that create that section. Chimenti's point is: "Our spiritual journey is a constant evolution toward a higher understanding of who we are and of our connection to our Divine Creator." Although she has "numbered" the aspects "for convenience," they "usually do not follow any particular order in our life." In fact, most of them are operative in our lives simultaneously. She names the first aspect, "Divine Creation." This aspect provides the opportunity for us to find our relationship to God, our Divine Source. "As we awaken to our Divine Source and remember we are divine creations, we become empowered to love who we truly are."

Aspect Two is "Communication" and it is filled with wise advice for everyday life. Chimenti notes in an affirmation, "When

someone says something negative, I now remember it is not up to me to change the person." From my experience, nearly everyone needs to work on that issue. Another affirmation related to that one is: "It is not up to me to change or shift someone else's beliefs.... We are all on our own journey toward enlightenment." Another insight (and affirmation) to ponder is: "What I believe is what I will see. My beliefs influence my life."

Aspect Three is "Apology and Forgiveness." These pages emphasize how important it is to honor and respect oneself as well as others. "I am doing my best with what I know at each moment and so are others." Like Eckhart Tolle, author of *The Power of Now* and *A New Earth*, Chimenti honors the present moment: "Now is the only moment that is truly here." Like Tolle and others, the author also notes the problem of resistance: "What I resist... persists. What I focus on... continues." More great insights via affirmations are: "I now leave blame, criticism and judgment behind.... I accept responsibility for my own thoughts and actions."

Aspect Four covers "Gratitude and Praise." Clearly, as Chimenti writes, "Gratitude changes my attitude." One affirmation particularly resonates with my own life experience and what I have observed in others. "All my feelings and emotions, whether positive or negative, are part of a life lesson I may need to experience. Once the theme of the lesson is learned, it will feel more like a blessing."

Aspect Five involves "Loving Choices." Here we become more aware of how we make many choices throughout each day. One affirmation notes: "Sometimes I choose to see the positive, sometimes the negative. The one I 'feed' is the one that grows." Another point that most of us need to constantly remind ourselves about is: "The only one I can truly improve is myself.... I now let go of any expectations or hope of changing others." Now that is realistic! I especially liked the affirmation that says: "God sends us each other to support and guide one another toward happiness." The lesson here is clear. We are not here to "control" others in our lives, but to love and support them.

Aspect Six encourages "Flowing in Life." This part reminds me of the Zen idea of allowing life situations, experiences and emotions to flow through you, rather than catching and holding onto them. "I empower

myself by embracing life." A practical affirmation here is, "When I feel stressed, I now stop whatever I am doing and I breathe." Also it is important to remember "What I am experiencing may be temporary," and "All of life goes in cycles."

The final and Seventh Aspect encourages "Sharing Gifts and Talents." Some insights here begin with "Effort is different from struggle." For all the perfectionists out there, here's a big one: "I now let go of my need to be perfect according to the world's standards." Why so? The author reminds us: "We are already God's perfect creations," and "God gives all of us gifts to share with one another."

A note before we leave this section. This book is a horizontal, rather than a vertical publication. That is, it is 8 inches wide and 6 inches high. Therefore, each page, 6 x 8, is like a large note card. Each page of affirmations in each aspect section may carry one or several affirmations. Readers could prop up a favorite page as a reminder for that day. Another option for those with copiers would be to copy a favorite page or two to paste up on the bathroom mirror or the refrigerator as reminders. This book is clearly one that encourages creative reader participation.

The concluding section of the book contains pages that provide interesting exercises, experiments, meditations, writing assignments, ceremonies, prayers, positive affirmation creation guides, all of which encourage readers to participate as fully as possible in awakening their true selves. One of my favorite exercises here is one called "Mirror, Mirror," an exercise that involves interacting with others. Among the insights here is the author's point that "When people do things that bother us, it is our issue as well as theirs." In other words, what life brings us and what other people say or do, are all neutral events unless we allow ourselves to be affected by the situation and we react – usually emotionally and without forethought. This is what happens when we or others, take things personally. We have, instead, the choice to respond when that is appropriate, but the problematic issue only becomes ours when we "react" to it. The very positive side is that "since we are all connected on a higher level, we affect one another with our peacefulness." That is a point to ponder, indeed.

Another exercise emphasizes this very point. Chimenti says, "When you are at peace within yourself, you are able to share your peace with others." A further exercise helps us process the insight that "Whatever you believe inside will show up in your world in some way. So, as you change your thoughts, you change what you see in your life."

The author's excellent organization also includes a fine list of recommended additional authors and books, plus a list of resources and services. An index of all the positive affirmations and statements in the book is another welcome resource.

Indeed, *The Real Me* is a charming work, filled with inspiring wisdom and insights. It is easy to follow and could be perfect for summer musings. And what is "The Real Me"? Chimenti encourages us to say, "I am filled with love... I am love... this is the Real Me."

Sandra Chimenti's website is: www.CreativeBooksandMusic.com.

Gayl Woityra, a retired high school English and Humanities teacher, now resides in Arizona where she continues to pursue her eclectic metaphysical studies in consciousness, the Ageless Wisdom, astrology, flower essences, music, color and alternative medicine. Please visit <http://love-that-spirit.blogspot.com>.

Sandra Agazzi Chimenti, M.Ed.

Empowerment Presenter and Author of a New Book!

The Real Me: Awakening Your True Self

Positive Affirmations for Empowering Your Life

Featuring the "Seven Aspects of Spiritual Awakening"

The Real Me

Awakening Your True Self

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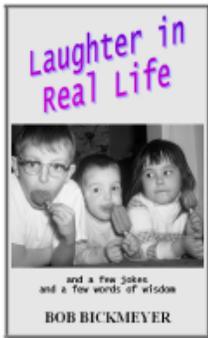
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Book Review



Laughter in Real Life By Robert H. Bickmeyer Think Club Publications

Here we have an assortment of jokes and anecdotes collected over a lifetime. Need to get rid of a safe? You can find out a creative way to dispose of one. Or you can pick up some good natured tricks to play on your friends or co-workers. The author no doubt has a good time wherever he

goes. Along with the laughs, are many observations about the simple things in life which many of us let rush by without notice.

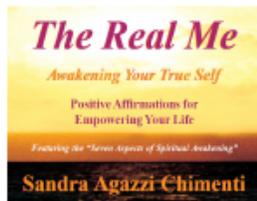
There are plenty of chuckles, whether it be from dealing with a perpetually late wife or chiding a doctor for keeping you too long in the waiting room. No doubt reading about the little life moments of someone else will spur many of us to remember our own little life moments. Generously, space is provided in the book to enter your own anecdotes.

This book makes an excellent gift for any occasion.

-Reviewed by David Beagan

The Real Me – Awakening Your True Self

Author: Sandra Agazzi Chimenti
Published by Creative Books and Music



Life does not come with a user's manual. Chimenti, however, has attempted to compile one based on her own thought, education and life experiences. Her book, *The Real Me (Awakening Your True Self, Positive Affirmation for Empowering Your Life)* is a

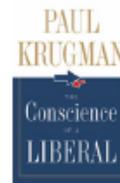
guide for awakening and empowering ourselves. For years, Chimenti has been giving classes on the subject of spiritual awakening and, thus, has shared her wisdom with others. *The Real Me* is an attempt to reach those who have not had the opportunity to learn from her in person.

It is true that our thoughts create our reality, nevertheless, the only thing that remains constant in life is God's love (not our thoughts) because His love is unconditional and all-pervasive. Once we accept our creator and let Him guide us on the path of life, we can rejuvenate ourselves and breathe in healing energy (exhaling all negativity). Having established that trust, Chimenti takes us to the seven aspects of spiritual awakening consisting of divine creation, communication, apology and forgiveness, gratitude and praise, loving choices, flowing in life and sharing gifts and talents.

Her intellectual and divine energy creates very effective positive affirmation statements. Some of my favorites are: "God loves me just the way I am. Life is a process, not a product. When points of view are in conflict, I am willing to listen to others without trying to solve the problem. Thoughts have power. I am a human; mistakes may happen; forgiveness is my 'reset button.' I take responsibility for myself. I accept who I am. I see the best in me; I see the best in others. Today, I choose to live in love vs. fear." It is so inspiring that I could narrate the whole book.

The entire manual is adorned with Chimenti's love for humanity with her personalized messages such as, "I encourage you to awaken to the infinite love that is already present in each of us and in each moment to create a more peaceful, and happy life" Chimenti has also listed "Resources and Services" towards the end. The most noticeable are: Some Signals of Inappropriate Behavior and Index of Positive Affirmations and Statements. I recommend this book as a quick behavioral therapy for busy individuals of all ages. - Reviewed by Musafir

The Conscience of a Liberal Author: Paul Krugman Publisher: W.W. Norton & Company, Inc.



I was very curious to read this book because the author is very liberal and proud of this fact. Whether you agree with Krugman or not, you have to be impressed by his credentials and the way he argues his points. An economist by training, he is a winner of the John Bates Clark Medal. This is the second most prestigious award that

can be given to an economist behind only the Nobel Prize. Whenever he appears on news programs and is faced with a conservative opponent, he manages to win the argument and make his opponent look very foolish in the process. I have seen him do this to otherwise formidable adversaries such as Newt Gingrich and Bill O'Reilly.

The book starts out with a review of how the economic distribution has changed over time. In the 1920s there was tremendous concentration of wealth in the upper economic brackets. With the New Deal in the 1930s continuing into the Great Society in the 1960s there was substantially more parity between the rich and poor classes. He correctly points out that Eisenhower, Nixon, and Ford were Republicans who were in many ways to the left of Bill Clinton on tax and welfare policy. In fact, it was Nixon who raised taxes, increased environmental regulations, and even advocated national health insurance. However, in the 1970s and afterward the Republican Party moved markedly to the right as a result of

Continued on Page 13

BOOK REVIEW

by Oakland University Journalism Graduate Elizabeth Scussel

The Real Me: Awakening Your True Self

by Sandra Agazzi Chimenti, M.Ed.

Sandra Agazzi Chimenti's book *The Real Me* is a must-have workbook for life. The message that the book sends is a powerful one. Through her steps entitled "The Seven Aspects of Spiritual Awakening," she walks the reader through the different facets of our lives that we must conquer to help live a self-fulfilling, blissful existence. Divine Creation, Communication, Apology and Forgiveness, Gratitude and Praise, Loving Choices, Flowing in Life, and Sharing Gifts and Talents are the seven aspects Chimenti elaborates on in her book.

Chimenti's book is much more than a reference filled with guidelines for self-help. It teaches one to change from within and put faith in the belief that even seemingly unimportant, small events in our lives are, in fact, small stones constructing a path to greater things.

The book teaches one to put belief in the unknown and the unseen. You do not need to be religious to comprehend the message Chimenti is conveying. Included in the book are worksheets, some empty pages to be filled with your personal prayers and beliefs, and positive affirmations. Chimenti also includes a Peaceful Prayer Meditation to calm the mind, body and soothe the soul.

I suffered from health problems three years ago and wish that I had this book to help me through those hard times. However, it's not just the hard times that this book teaches you to overcome. *The Real Me* helps with the hardships we encounter on a daily basis. It also illustrates how to achieve dreams that seem impossible or out-of-reach. The encouraging words of Chimenti are captivating and stay with you long after you've finished reading it.

Visit Sandra A. Chimenti's web site for information on her book, empowerment presentations, and more. Visit: www.CreativeBooksAndMusic.com or call 1-866-582-7328 (1-866-58-CREATE).

BOOK REVIEW

by Oakland University Journalism Graduate Lauren Stewart

The Real Me: Awakening Your True Self

by Sandra Agazzi Chimenti, M.Ed.

If you're looking for spiritual guidance, a way to be happy being you, and a better life in the New Year, look no further. Sandra Agazzi Chimenti has the answers you've been searching for. Chimenti, a former teacher, now works hard at her own publishing company, Creative Books and Music, L.L.C., and helping others empower themselves with her book.

The Real Me: Awakening Your True Self is more than a book; it is a journey you make with yourself. Featuring the "Seven Aspects of Spiritual Awakening," which are divine creation, communication, apology and forgiveness, gratitude and praise, loving choices, flowing in life, and sharing gifts and talents, her book leads you with positive affirmations and beautiful quotes. The book provides an overview on Chimenti's teaching methods based on allowing yourself to feel your emotions fully before you can truly move on and actively seek happiness and peace within yourself.

After an explanation of the "Seven Aspects of Spiritual Awakening," you are given positive statements and affirmations for each aspect. Some are short, others longer, but all are uplifting messages designed to empower you. What is truly great about this book though is the way you are actively involved in it. You are not simply the reader; you are the writer as well.

As you read on, there are pages for you to write your own positive affirmations as they come to you and exercises such as "Mirror, Mirror" and "Release Strife, Enjoy Life". These exercises are part of the "awakening process" and allow you to write down your experiences and fill out surveys designed to break through the barriers we put up when we try to ignore our bad emotions. By doing so, Chimenti says, you allow yourself to get rid of these feelings and make room for the new peace you'll find within yourself. Also included are pages and pages of resources for specific issues, a gratitude journal, Chimenti's original poems and songs, and meditations to try.

This book is definitely different from most books I've read, as it is more of a self-help book. But upon going through it, it taught me to trust myself and be positive. As a child, I was definitely that girl in class that always cried over nothing and as I've gotten older realized I have issues with anxiety. I always tried to ignore these facts and stemming from crying a lot as a child, I try to hold in the tears now and act as if everything is okay. I hold things in until I explode, basically. Chimenti's book taught me that you can't do so to be a happy and empowered person. You have to get through the bad emotions and learn where they come from to get rid of them.

While I know I am nowhere near the "Real Me" as the book describes, I am happy to have this book to continue to look at and learn from. The positive affirmations are ones that I can look at if I'm having a tough day. This book may be tough to understand if you are not spiritual at all, as God is often talked about, but the great thing is no matter what your religion or if you are religious at all, you can use God as any God. All in all, a great read for those actively seeking a better self.

Visit Sandra A. Chimenti's web site for information on her book, empowerment presentations, and more. Visit: www.CreativeBooksAndMusic.com or call 1-866-582-7328 (1-866-58-CREATE).

BOOK REVIEW

by Oakland University Journalism Graduate Tracy Paauwe

The Real Me: Awakening Your True Self

by Sandra Agazzi Chimenti, M.Ed

We all have heard the phrase, “Every new day is a new opportunity,” but sometimes those opportunities seem unreachable. With the help of Sandra Agazzi Chimenti’s book, *The Real Me: Awakening Your True Self*, I have realized that I must open myself to new opportunities if I want to experience them in my life.

Sandra’s interactive book includes instructional guidance, inspirational affirmations and personal exercises to inspire you to be the best possible version of yourself. One of the affirmations states, “I am open to myself, my life, and all that is present in this moment.” For me, this serves as a reminder to embrace every new opportunity that presents itself.

The interactive features within the book provide you, as the reader, with the opportunity to create your own affirmations to inspire yourself. It also includes space that allows you to journal your own thoughts and reactions to the material presented and exercises through which you can learn Sandra’s unique awakening process and teach yourself to embrace your true self.

The Real Me has something for everyone. As the collaborative product of a real woman’s journal and personal life experiences, it is more than a typical self-help book aimed at those who are experience a particular hardship. It is a practical guidebook full of useful advice that can be applied to everyday life.

Visit Sandra A. Chimenti’s web site for information on her book, empowerment presentations, and more. Visit: www.CreativeBooksAndMusic.com or call 1-866-582-7328 (1-866-58-CREATE).

BOOK REVIEW

by Oakland University Journalism Graduate Amanda Davis

The Real Me: Awakening Your True Self

by Sandra Agazzi Chimenti, M.Ed.

People who welcome love, peace, solace, success, fulfillment, and happiness would really benefit from reading Sandra Agazzi Chimenti's book *The Real Me: Awakening Your True Self*. This book doesn't claim to be a magic cure for all of life's issues and that is exactly why I loved it. This book does not feed you a bunch of meaningless lines to repeat to yourself, hoping against hope that the empty repetition will somehow change something for the better. Instead, Chimenti's book reminds you that you already have all the answers and tools you have been searching for within yourself. You have access to all your inner power to guide you through any challenge. You are the answer. You are the power.

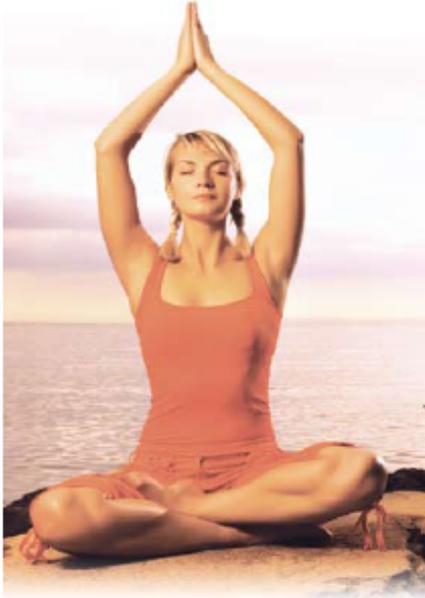
I am not unfamiliar with the common struggles that life presents for us all. At times, we all feel like we need some help. We sometimes feel we need something solid and tangible that we can hang on to, to get us through until the storm passes, so to speak. Chimenti's book does a great job of explaining that all we really need to get through any difficult situation is ourselves. Chimenti guides you to navigate through any of life's challenges and reminds you that life is a journey to learn more about yourself and others. Even the struggles and the strife that we endure are part of our journey, a process that takes time but eventually helps us to grow.

Through her "Awakening Process," Chimenti shows you how your thoughts, feelings, emotions, and beliefs are truly powerful things that can affect you on a physical level. She also shares how we do have control over what we think and therefore how we feel and act. Part of this "Awakening Process" is to temporarily feel any physical pain that occurs with our negative thoughts, feelings, and emotions. Feeling this pain and then releasing it allows you to replace it with only the positive energy of love which is a crucial part of this healing process. By acknowledging the pain, feeling it, and then letting it go, you can welcome a positive affirmation and believe it. Chimenti's book is truly an enlightening self-empowerment book. I would recommend *The Real Me* book to anyone seeking a more positive outlook on life.

Visit Sandra A. Chimenti's web site for information on her book, empowerment presentations, and more. Visit: www.CreativeBooksAndMusic.com or call 1-866-582-7328 (1-866-58-CREATE).

10 Tips for Healthy Living

Consider these 10 tips to help you live a happy, healthy, safe and balanced life.



1. Get Physical

Exercise not only helps you build muscle and lose weight, giving you more self-confidence, but it's vital in maintaining a healthy heart. And don't think you need to spend hours at the gym to achieve a new physical you. From strength training and cardio workouts, to walking the dog or taking the stairs – anything that gets your heart pumping will benefit your health.

2. Stress is a Mess

Over time, stress can lead to serious health issues such as obesity, depression and even death. When you start seeing red, instead think blue – as in blueberries. Antioxidants found in the tasty fruit fight stress hormones. Also, don't forget to breathe. Inhaling a deep breath for five seconds, then exhaling for another five seconds, can help clear your mind and enhance blood circulation.

3. LOL (Laugh Out Loud)

Build your immune system through laughter. Health-increasing hormones, such as endorphins, are released through your body when you laugh. Additionally, laughter works your abdominal muscles and boosts your state of mind. Web sites such as www.FunLOL.com can be a quick fix for a downer day.

4. Eat Healthy

We know we should eat healthy, and with new online tools it's a no-brainer. The new MyPyramid program, www.MyPyramid.gov, developed by the U.S. Department of Agriculture, allows you to choose the ideal proportions of foods and food groups to eat according to your body size and structure.

5. Get Plenty of Zzzzz's

Between work, family and extra activities, it's sometimes difficult to get the necessary six to eight hours of sleep per night. Be sure to avoid caffeine or exercise right before bed. Instead try reading a book or meditating. Bath and body shops often carry aromatherapy sleep aids such as chamomile bath salts to aid in a good night's rest.

6. What's Up, Doc?

Going to the doctor only when you're sick isn't going to cut it. For both your physical and mental well-being, it's wise to have

a routine annual physical examination. Especially if your family has a history of health problems, such as heart disease, diabetes or high blood pressure, getting regular check-ups can help prevent or detect serious health issues.

7. Yoga

Yoga, an ancient practice of stretching and breathing techniques, has become a popular exercise for both men and women. In addition to releasing positive energy, yoga prevents injuries, promotes flexibility and can add relief to a stressful day.

8. S.O.S. - Save Our Skin

As the largest organ of the human body, your skin's health is vital. Luckily, caring for your protective layer can be easy and enjoyable. Try a trip to the spa, or even create a spa at home. There's no better way to start your day than with an invigorating, spa-like shower. Finish off your pampering shower with your favorite body cream to lock moisture in your skin.

9. Your Right for Recreation

You schedule meetings and appointments each week, so why not schedule time for recreation? Be sure to set aside time each week for activities you enjoy. Whether it's dinner with family and friends, or taking the phone off the hook and curling up with a good book, be sure to block out time on your calendar with activities that you enjoy and will rejuvenate you.

It doesn't take a radical change in your behavior to start living a healthier lifestyle. By following these simple tips, you'll be on the road to a happy, healthy, safe and balanced life.

10. Get a Grip on Safety

Think bath safety products are just for older generations? Think again. With wet, hard surfaces, the bathroom is your home's biggest danger zone. So, get a grip on safety by adding a few stylish and safe products to your ensemble, such as grab bars, tub grips, bathtub tread strips, shower chairs or transfer benches. HomeCare by Moen offers a wide assortment of stylish, stable and durable bath safety products. Visit homecare.moen.com for more information.

New Cable TV Show Invites Public as Audience Members

Sandra Agazzi Chimenti is the creator, producer, and host of the new empowerment cable show "Discover Your Power to Succeed!"

She interviews guests in front of a live studio audience on topics that range from achieving success in your personal and professional relationships to success in parenting, education, business, nutrition, and developing your skills and talents for your dream career!

Chimenti's next guests, arriving from Ventura, California, are Mariaemma Pelullo-Willis and Victoria Kindle Hodson, authors of several books, including *Discover Your Child's Learning Style...The Key to Every Child's Learning Success*. Visit their site at www.learninguccesscoach.com.

Adults are invited to be studio-audience members at this next show on Saturday, January 10, 2009 from 9:45 a.m. – 12:00 p.m. Free refreshments will be provided by Nino Salvaggio.

Author Sandra A. Chimenti is the owner of Creative Books and Music – a publishing company of books, music, and other family-friendly products and services. Through her books, music, and cable shows, she hopes to inspire people to remember that true success starts within ourselves.

"By being our real selves and sharing our gifts and talents, we share who we are with others and create success in all areas of our life," said Chimenti who will be giving autographed copies of her new book, *The Real Me: Awakening Your True Self*, to some lucky audience members.

Visit www.CreativeBooksAndMusic.com for more information and a map to the Community Media Network TV Studios in Troy (www.cmntv.org). Request your free event tickets via email at info@CreativeBooksAndMusic.com or call (586) 996-8660.



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Hills author traces path to empowerment

By Gary Winkelman
STAFF WRITER

Sandra Agazzi Chimenti is on a mission to help people lead lives of happiness and fulfillment.

The Rochester Hills resident is reaching people through workshops, a new book and soon, a cable television show.

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Her message is multifaceted, metaphysical and unmistakably positive. Filled with upbeat affirmations and motivational advice on finding one's right balance of body, mind and spirit, Chimenti says her book, *The Real Me: Awakening Your True Self*, is a blueprint for creating success, joy and inner peace.

Drawing on her background as an educator and musician, Chimenti, married and the mother of a 10-year-old son, writes about finding new levels of awareness and what she calls the "seven aspects of spiritual awakening."

Chimenti, 40, says her teachings can help lead people to their "natural state" - a place of comfort and empowerment.

"Not (their) normal state but their natural state," she says. "And they just have this feeling of divine presence around them - love - and they just look at me and go, 'This is so much better.'"

Chimenti doesn't claim that her book and presentations are a solution for everyone's problems, but rather provide an emotional and spiritual framework for responding to situations.

"The problem hasn't been solved, but what has happened is they have a new perspective," she says. "They've let go. They're now open to divine guidance."

For Chimenti, the idea is looking inward to overcome obstacles and achieve understanding.

"It's being responsible for your own feelings," she says. "It's acknowledging, being conscious. It's ... this whole idea that you awaken."

She says her writing includes this "missing step" not found in other self-help books.

"There's no secret. This is within you," Chimenti says. "I'm reminding you of what you already know as a spiritual being. I'm not saying anything so different - I mean I'm packaging it differently - but you already know this. On some level you feel it."

DESIRE TO HELP



Rochester Hills resident Sandra Agazzi Chimenti outlines a path to personal empowerment in her new book, 'The Real Me.'

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Chimenti says her motivation as an author and teacher traces back to childhood.

"Ever since I was younger I've always had this desire to help," she says, noting that her sensitive and intuitive persona makes her a good healer.

"I found that I just didn't like to see people suffer."

Chimenti says she's not bothered by skeptics of her ideas and feels great satisfaction when people benefit from her presentations or book.

"If it brings you joy, that's the biggest reward," she says. "And when I'm teaching these classes I tell (people) 'you're giving me as much as I'm giving you.'"

Chimenti has previously presented in enrichment programs through Rochester, Troy and Lake Orion school districts, as well as at St. Andrew Church in Rochester and Oakland University, where she is an alumna.

Upcoming events include a talk on how to "Empower Your Life with Real Love" for Rochester Parents Without Partners on Feb. 14 at the River Crest banquet hall in Rochester Hills.

She also will be host of a new cable TV show, Discover Your Power to Succeed, which tapes its first episode at 2 p.m. Saturday, Jan. 26 at the Community Media Network studio in Troy.

The show will air in March and Chimenti is encouraging folks to be part of the audience. Free tickets and more information is available at www.creativebooksandmusic.com or call (586) 996-8660.

Chimenti says the show will feature guests and focus on success in business, relationships, parenting and more.

"People are looking for real success and happiness while discovering a way to share their talents and find fulfillment in life," she says. "This is an incredible opportunity for people to discover how to succeed at achieving their dreams."

For more information about Chimenti, visit her Web site, www.creativebooksandmusic.com

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Oakland University to host author, motivational speaker

Author Sandra Agazzi Chimenti, M.Ed., will speak about her new book, "The Real Me: Awakening Your True Self — Positive Affirmations for Empowering Your Life," at Oakland University Nov. 12 from noon to 1 p.m. with a book signing from 1-1:30 p.m. in the Fireside Lounge of the Oakland Center at the university.



Sandra Agazzi Chimenti

A talented speaker and teacher, Chimenti's presentations inspire people through her empowerment approach.

"Our thoughts influence our level of success and happiness," explained Chimenti. "Yet, instead of just repeating an affirmation to feel better, I teach people how to meet any current negative feelings and release the story through the 'Awakening Process.'"

She will share the "Seven Aspects of Spiritual Awakening" from her book that form the main sections of the positive affirmations. Her book and presentation guide people to discover their life purpose to achieve their dreams.

"I have a passion for writing, speaking, and sharing this empowering process with others," said Chimenti who spent nine years creating this spiritually welcoming book. For the past four years, she has offered class-

es through local enrichment programs. She has helped hundreds of people through her book, presentations, and peer consulting.

Chimenti is the owner of Creative Books and Music, L.L.C. and Growing Parents. "I wanted to maintain a creative influence over my projects while learning about the world of publishing," said Chimenti of her company that publishes her creations. She has written many books, but this is the first one to be published.

A 1998 graduate of Oakland University, Chimenti has a master's degree in Early Childhood Education and a Bachelor of Science degree in

Elementary Education. She has taught in public and private schools for over ten years. She was also the "Growing Parents" columnist for the Suburban Lifestyles newspaper for six years. Now, Chimenti is on her book tour, teaching these successful techniques from her inspirational book. Chimenti has appeared on local cable programs such as Bloomfield Community Television's show, "Bottom Line", sharing the concepts from her book and presentations. She offers her empowerment classes through programs like Rochester Community Schools Enrichment, Troy Continuing Education, and Lake Orion Community Education.

"Life doesn't have to be a struggle," explained Chimenti. "We can learn to move past our challenges, return to our inner peace, and create our own happiness. When we share the gift of who we are with others, we discover our purpose and become successful in all areas of our life."

Visit either web site at www.CreativeBooksAndMusic.com or www.TheRealMeBook.com, or call (866) 58-CREATE. For more information, call Oakland University at (248) 370-2400 or visit www.oakland.edu.

Young Professionals to hold first meeting

The Rochester Regional Chamber of Commerce and the Oakland University Alumni Association announced today the first meeting of the new Young Professionals of Rochester group would be held Wednesday, Nov. 7 from 5:30-6:30 p.m. in the chamber office at 71 Walnut, suite 110 in downtown Rochester at the corner of First and Walnut Streets. The meeting will be an informal open house.

The Young Professionals of Rochester will consist of chamber members who are under 40 years of age or businesses that have been operating for less than five years. There will be five divisions of YPR including -

- Professional Development
- Social Networking
- Mentoring Programs
- Special Events

• Civic/Philanthropy

Anyone in the greater Rochester area is welcome to join. Participants must be a chamber member in good standing. Business membership rates vary and student membership in the chamber is available for \$50 annually and not only includes access to YPR but also the many benefits membership in the Rochester Regional Chamber of Commerce has to provide.

The YPR chairman, Leonard Magro said, "YPR is a great opportunity for 'young' businesses and professionals alike.

Our aim is to provide young talent in our region the support-network to grow in what they have started by developing synergies amongst lively, gifted, like-minded people; and the support of successful, established local leaders who have been there and done that."

ENTERTAINMENT

Italian-American Author Shares Empowering New Book

If you are looking for a way to create true happiness, success, and inner peace, an inspirational new book by the Italian-American author, Sandra Agazzi Chimenti, M.Ed., might be the answer. *The Real Me: Awakening Your True*

Self — Positive Affirmations for Empowering Your Life guides the reader to discover how to empower his/her life.

"I have a passion for writing and sharing this unique approach with others," said Chimenti who

spent nine years creating this spiritually welcoming book. "I have written many books, but this is the first one I have published."

Instead of just repeating a positive affirmation to feel better, this book actually shows you how to meet any current negative feelings and release the painful story through the "awakening process." Featuring the "Seven Aspects of Spiritual Awakening," Chimenti's book includes positive affirmations, writing exercises, meditations, and more. This book guides readers to discover their



SANDRA CHIMENTI

life purpose and achieve their dreams.

Chimenti is the owner of Creative Books and Music, L.L.C. "I wanted to learn about the world of publishing while maintaining a creative influence over my projects," said Chimenti of

her company that publishes her creations.

A first-generation Italian-American, her parents were born in Italy. Her mother is from San Marino and her father is from Bergamo. During a recent family vacation to Italy, she shared the first copies of her motivational book with relatives and friends.

As an author, musician, parent, presenter and educator with a master's degree in Early Childhood Education, Chimenti was the *Growing Parents* columnist for the *Suburban Lifestyles* newspaper for six years. She plans to continue focusing on writing and publishing books, recording her piano music compositions and hosting cable programs to inspire people to live their dreams.



A talented speaker and teacher, Chimenti offers presentations and classes that inspire people through her peer-empowerment approach. *The Real Me* is currently available through her Web site, classes, or at her upcoming presentation event at the Unity East Church in Clinton Township, Sunday, Sept. 16 from 11:15 to 11:45 a.m. followed by a book signing. Visit her web sites at www.CreativeBooksAndMusic.com and www.TheRealMeBook.com, or call (866) 58-CREATE. For information call Unity East Church at (586) 783-1546.

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Concorso d'Italia Arrives Sept. 15

The 6th Annual Concorso d'Italia is bringing the best and most exotic Italian vehicles to Bloomfield Hills on Saturday, Sept. 15, 2007 from 11 a.m. to 5 p.m.

Concorso d'Italia is an Italian Car Show with over 70 of the most beautiful cars in the world including Ferrari, Maserati, Alfa Romeo, DeTomaso, Lancia, Fiat and Lamborghini which makes for one of the world's most exciting and best classic car shows.

Aside from all of the beautiful cars to take in, there will be plenty of

other things to do. For instance, there will be Italian tastings, with foods available for purchase. Some of the foods include paninis from Cafe Cortina and Italian sausages from Palazzo di Bocce. A complimentary tasting of olives, cheeses, olives oils and bread will be donated by Cantoro Baking Company and Cantoro Italian Market. There will also be bocce ball courts with referees donated by Palazzo di Bocce.

Concorso d'Italia will be held at 2500 Turtle Lake Dr. (On Square Lake between Telegraph and Middlebelt) in Bloomfield Hills.

Cost is \$10 per person, children 12 and under are free. Tickets can be purchased at the gate or at the Fanclub Arts Foundation by calling (248) 584-4150. All proceeds will be donated to the Fanclub Arts Foundation.

Following the Concorso d'Italia is the Bellessima Festa from 7:30 to 11 p.m. The cost is \$125 per person and includes a variety of tastings, a fashion show, and a live auction.

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OU alumna releases new book

Motivational lecture encourages audience to aim high in life

By TRACY WAWRZYNIAK
Staff Intern

Sandra Agazzi Chimenti, author of "The Real Me: Awakening Your True Self — Positive Affirmations for Empowering Your Life," gave a motivational lecture in the Fireside Lounge of the Oakland Center Nov. 12.

The discussion, "Discover Your Power to Succeed," encouraged the audience — a mix of students and local residents — to "let go of the past and not worry about the future."

The Oakland University alumna referred to her book — her first nonfiction endeavor — and its "Seven Aspects of Spiritual Awakening" to encourage the audience to release negative energy and go for their dreams.

"It was informative, educational and enlightening," said Dan Platz, an area resident.

Chimenti said that her 9-year journey in self-publishing through her company, Creative Books and Music L.L.C., was a process. She took time out to be a parent and teach self-parenting classes, as well as work on other writing projects.

Chimenti holds a master's in early childhood education and a Bachelor of Science degree in elementary education.

"I'm glad I got my degrees at Oakland University. I really liked the instructors and the classes," she said. "I felt like I learned how to learn."

Chimenti said now she spends most of her time traveling, promoting her book and lecturing.

"People have been very excited. It's been well received," Chimenti said.

She emphasized that the book is not an autobiography.

"It is about awakening your true self," Chimenti said.

According to Chimenti, "The Real Me" contains guides, exercises and positive reinforcements. It also contains "Seven Aspects of Spiritual Awakening," including communication, apology and forgiveness, as well as sharing gifts and talents.

"The book evolved, changed and grew as I did," she said. "I wrote it first for me and then to share it with everyone."



SANDRA AGAZZI CHIMENTI

Critics of her approach, Chimenti said, "can do whatever they need to do, and that's OK. If they benefit from it, it's to their benefit. This is spiritual, not religious."

Chimenti also rejects the label of self-help.

"This is for anybody. It's helped so many people," she said.

Area resident Barbara Mihalic, who attended the lecture, said, "It was wonderful, very inspiring."

"I'm very proud of it," Chimenti said.

In addition to her book, Chimenti also is looking ahead to local television appearances and future speaking engagements.

Already having a large repertoire, Chimenti, who also plays the piano, said that she resisted the urge to play at the Fireside Lounge. But she said she hopes to incorporate her music into her lectures in the future.

The event was sponsored by the university's Gender and Sexuality Center.

Following the lecture, Chimenti answered questions and signed copies of her book.

"The Real Me Awakening Your True Self — Positive Affirmations for Empowering Your Life" is to be available at www.creativebooksandmusic.com Nov. 27.

Chimenti said that she also hopes to offer DVDs at her Web site in the future for those who cannot attend her lectures.

What is the Source of True Happiness and Success?



by Sandra Agazzi Chimenti, M.Ed.

(Sandra is the owner of Creative Books and Music, L.L.C., and is an empowerment presenter, parent, educator, musician, author, and producer/host of "Discover Your Power to Succeed!" - a new cable show airing in Michigan.)

When we feel good, we tend to feel happy. When negativity enters our life, it has the potential of making us sad or angry. Our happiness and sadness are like opposite sides of a coin with our fate at the mercy of outside forces!

What if there was a more reliable state of being? More than happiness, our universal desire as human beings is inner peace. When we are truly at peace with ourselves, we aren't swept into the trauma and drama of life's stories. We stay centered, like being in the eye of the hurricane where all is calm.

Inner peace is our real spiritual nature. It is the source of true happiness and success in all aspects of our life. *Being your real self* - a divine creation of a loving Creator - returns you to your true inner peace. Living life with love, respect for ourselves and others occurs naturally when we lovingly let go of the past, stop worrying about the fu-

ture, and live in the present - our best gift.

In my book, ***The Real Me: Awakening Your True Self***, I share an experiential, reflection exercise that I call the *Awakening Process*. When teaching this amazing approach to people at my presentations, they are pleasantly surprised and say, "This really works!" I smile and say, "I know!"

What makes my book and presentations so unique is that I don't tell people that when they are feeling sad, they should just say they are feeling happy until they feel happy. Clearly, this is not how they are feeling, and to say a statement they don't believe is a form of denial!

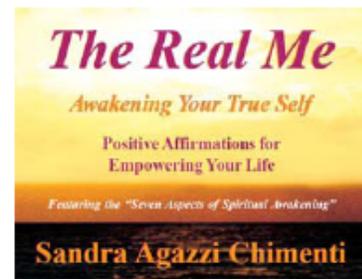
Instead of skipping any steps, I guide them through the *Awakening Process* as well as the *Seven Aspects of Spiritual Awakening* that form the main sections of my book's positive affirmations.

During this process, I invite people to recall a past (painful) situation. As they safely re-experience it in their mind, I guide them to sense where they feel the emotional pain in their body. I invite them to choose to let go of the *story* and feel the pain or discomfort on a physical level, placing their hands or feelings on that part of their body.

Then, I share a visualization meditation from my book that helps them release the pain and replace it with the *Presence of Love*. As people discover the *theme* of their emotional pain, they begin to see the life lesson and move past the challenge. I share many reflection exercises from my book that helps them release the past, not

fear the future, and discover their blessings in the present moment of *now*.

Reflecting on what has been a nine-year journey from writing to self-publishing, and now to sharing my spiritually empowering book, I feel very blessed to be able to share inspirational and life-changing messages. We are all individually united on a spiritual level. By being our loving *real selves*, we create true happiness, success and inner peace as we share the gift of who we are -- Love. I invite you to enjoy the gifts within my newly released book,



The Real Me: Awakening Your True Self - Positive Affirmations for Empowering Your Life. (Copyright © 2008 by Sandra Agazzi Chimenti.) Please visit: www.CreativeBooksAndMusic.com, call 1-866-58-CREATE (1-866-582-7328), or email: info@CreativeBooksAndMusic.com.

(This article appeared in the April 2008 issue of the "San Marino Journal USA." Located at: 186 Lehrer Avenue, Elmont, New York, 11003. (621) 242-2212.)

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Sandra Agazzi Chimenti, Author of The Real Me, Appears on Michigan Entrepreneur TV

Sandra Agazzi Chimenti discusses her latest book, *The Real Me: Awakening Your True Self*. Michigan Entrepreneur is a weekly television talk show featuring Michigan business leaders.

FOR IMMEDIATE RELEASE

PRLog (Press Release) – Jan 10, 2009 – Michigan Entrepreneur is a weekly television talk show featuring businesses from start-up to stellar. The program for the Week of March 9, 2009, features Sandra Agazzi Chimenti, owner of Creative Books and Music, LLC, and author of *The Real Me: Awakening Your True Self – Positive Affirmations for Empowering Your Life*. Sandra discusses affirmations, gratitude, dealing with difficult situations and other topics related to discovering our true selves.

Produced and hosted by Tara Kachaturoff, Michigan Entrepreneur is a weekly television talk show featuring Michigan business leaders as well as organizations that promote and support entrepreneurship.

Michigan Entrepreneur is a community access television program based and produced in Oakland County, Michigan, in partnership with Bloomfield Community Television (BCTV). From high-tech to biosciences, and everything in between, Michigan Entrepreneur focuses on business leaders who are key to Michigan's successful economic growth.

Created, hosted and produced by coach and business consultant, Tara Kachaturoff, this program is designed to support and build entrepreneurship within the local community as well as throughout the State of Michigan. For more information about the program please visit the <http://www.MichiganEntrepreneurTV.com> or contact Ms. Kachaturoff at 248.723.1926.

###

About Michigan Entrepreneur Television:

Michigan Entrepreneur is a weekly television talk show featuring businesses from start-up to stellar. Produced and hosted by Tara Kachaturoff, Michigan Entrepreneur is a weekly television talk show featuring Michigan business leaders as well as organizations that promote and support entrepreneurship.

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Most people who own *The Real Me: Awakening Your True Self* have no idea what they have in their possession. Your book opened the door to a whole new world of higher consciousness. I meditate nearly every morning and clear myself of negative energy using the "Awakening Process." I have been able to achieve a clarity that I had previously only enjoyed for a few short fleeting moments. The most important thing that I have been able to do is just "be" ... and the things that happen to me just "are."

I must say that I have read lots of books and attended seminars and gotten similar information to what's in your book, but no one explains the information in everyday terms or gives actual instructions on how to benefit from the "Awakening Process." The deeper I go into holistic health and the higher my consciousness ascends, the more I appreciate what you have given me. ~ Chris Lee, Author of *From Frustration to Fulfillment*

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Did you know that your thoughts create your reality? Positive or negative, what you believe is what you will see. Yet, to create happiness and success, you must first process any negative emotions. By allowing your feelings to move through you, you clear a path to your happiness, opening to a new level of awareness and understanding. As you create inner peace, welcoming positive thoughts becomes easier. Discover how this unique approach guides you to achieve your dreams, improve your relationships, and empower your life.

The Real Me is an invitation to awaken to your true self — LOVE. Featuring the "Seven Aspects of Spiritual Awakening," *The Real Me* is filled with positive affirmations, prayer meditations, writing exercises, resources, spiritually empowering ceremonies, and more. Let *The Real Me* guide you in creating the life you truly deserve to give your *real* self.



Sandra Agazzi Chimenti, M.Ed., is the owner of Creative Books and Music, L.L.C. and Growing Parents. She is an author, musician, parent, presenter, and educator with a master's degree in Early Childhood Education. Through her empowering books and music, she inspires you to always live your truth, love your life, and embrace each new day with positive affirmations like, "I now honor the real me."



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