



Julie Gaver Training & Development, LLC

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Theme: *Happy New Year!*

**“Tell me what you read
and I’ll tell you who you are.”**

Francois Muriac

This is not a New Year’s newsletter about losing weight, getting fit, or eating healthier. Although I readily admit it is important, I’m not the most qualified to give you the latest information on health and fitness. The way I look at it, *if loving carbs is wrong, I don’t wanna be right!* And while I’m being honest, if I get the urge to go for a run, I lie down until the feeling passes. So if you’re looking for inspiration in that area of your life, watch *The Biggest Loser* which began its new season January 1st.

I do want to talk about a different form of fitness – mental fitness. It’s been said that “reading is to the mind what exercise is to the body.” Our mind is like any other muscle. It will atrophy if not used. Reading is one of the most effective ways to stay in mental shape.

Are we becoming a society of nonreaders? In a 2007 Associated Press poll, which appeared recently in the Washington Post, it stated that 1 in 4 adults had read no books in the past year. If your literary diet consists solely of magazines and the internet, make 2008 the year you read a book. Choose to read, not because you *have* to but because you *want* to, by selecting a subject matter that is of personal interest. It will add depth and dimension to your life in a way you never thought possible. Also, I know for a fact that the easiest way to strike up a conversation with someone in the airport is to ask them about the book they’re reading.

Statistics also indicate that 27% of readers rely on recommendations from someone they know and about the same number choose books by browsing a library or bookstore. So grab a latte and peruse the shelves. Better yet, ask around. For what it’s worth, here are a few of my favorite reads from 2007:

Non-fiction

The New Workforce: Five Trends that Will Shape Your Company’s Future, by Harriet Hankin.

The Carrot Principle: How the Best Managers Use Recognition to Engage Their People, Retain Talent, and Accelerate Performance, by Gostick and Elton.

A Whole New Mind: Why Right-Brainers Will Rule the Future, by Daniel Pink.

The Starbucks Experience: 5 Principles for Turning Ordinary into Extraordinary, by Joseph Michelli.

Fiction

The Kite Runner, by Khaled Hosseini. (Coming to theatres soon, but read the book instead).

Life of Pi, by Yann Martel. (This book brings new meaning to compelling endings).

Love in the Time of Cholera, by Gabriel Garcia Marquez. (The greatest love story of all times. For the ladies).

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Happy 2008!

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