



This book of 52 life lessons is full of affirmations and inspirational wow's (words of wisdom) for the busy woman on the go. Perfect for the woman who wants a simple gift to share with a co-worker or girlfriend on the mend. Ideal for the woman who wants a personal pick me up to start her day or who likes to mellow-out her coffee break.

*This is a teapot book. You can share this book with a friend over a pot of tea. Before the teapot's empty, you'll have discussed most of life's lessons!*

Natalie L. Sanders, M.D.  
Co-Founder  
Literary Sisters West Book Club

For the graduating senior who is exploring new territory, this is wonderful way to bridge the generation gap.

These powerful topics provide fuel for interactive discussion of life lessons.

*I love it! This was so inspiring. I felt you were speaking directly to ME. You made me realize that life is a process and no one is perfect. Thanks Dr. Neen!*

High School Senior

For the transitioning mind, this inspirational book provides ideas to ponder in depth. It brings clarity and quiet contentment as answers to questions and challenges are revealed to the seeker.

*This book is a wonderful source of clarity reminding us to look inside first as we begin to explore life's important questions/challenges.*

Charles Davis  
Artist

**The perfect gift book for all.  
*Think It, Do It!*<sup>®</sup> -YOU Have the Power!**

**Think It, Do It!**<sup>®</sup> You Have the Power

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Cell phones, faxes, email, internet surfing, instant messages, voice mail, traffic...

When life gets filled with *other* priorities, it's nice to be able to sit quietly and ponder. Don't have time to do that for long? That's ok, because this book fits into your purse or pocket just as well as it fits into your busy schedule.

- Take a moment to read this book in line at the grocery store, the bank, the coffee house or the dentist.
- Share it with a co-worker or a friend on the mend.
- Give it to a graduating senior and offer to discuss their viewpoints about the topics.
- Treat yourself to a moment of indulgence and ponder your purpose using this book as a guide.

Whatever you choose to do, YOU have the power.

Please enjoy the following excerpts from the book.

[www.ThinkItDoIt.com](http://www.ThinkItDoIt.com)

## Suggestions for how to use this book

### *For personal contemplation:*

You can focus on one topic per week and journal your thoughts and experiences.

### *With a friend:*

Choose a topic. Discuss whether you agree or disagree with the message. Share examples to support your point of view.

### *For employee morale:*

Differing values can cause conflicts. Discuss relevant topics during conflict resolution sessions or ethics/value training.

### *As a mentor:*

Offer to listen to a younger person's viewpoint and share your experiences.

Following are excerpts from the actual book on **Cash Flow, Gratitude and Trust**. A full table of contents follows the order form.

## **Cash Flow**

*I direct my cash to flow to the right place at the right time.*

*I have a healthy relationship with money.*

*I receive and circulate abundance.*

## **Cash Flow**

Money is like water. It is either in vapor stage, where you are grasping at air, or in liquid stage, where you let it flow to you, to your bills and to the things that make your life pleasant. It can also be in a solid, non-liquid phase such as investments.

When you choose to work with money, let it flow in a responsible manner. Remember to pay yourself first. Remember to tithe 10% back to the source of your good fortune.

“Seed” money is when you expect at least 10% from investing in future returns on investment such as business efforts, young people with promising futures or community projects that help spread good will.

Examine your relationship with money. YOU have the power to direct cash flow.

## **Gratitude**

*I am thankful for everything I experience.*

*I appreciate everyone.*

*I take time to honor myself.*

## **Gratitude**

Gratitude is about feeling thankful for little and big things in your life. For example, breathing, can either be taken for granted or seen as a gift for which you are thankful.

When you have the ability to move forward on your goals, you can ignore your progress and just check it off your list, or you can take time to rejoice in some way. When you fulfill a commitment to yourself, do you thank yourself, the way you would thank someone else? How do you reward yourself?

When others would like to recognize that they appreciate you for being you, do you allow them to express their gratitude? It is just as important to receive as to give. YOU have the power to be grateful.

## **Trust**

*I know that each person I connect with intends the highest good for all.*

*We are all in this together.*

## **Trust**

Trust can be so liberating. The results are far reaching.

Trust allows us to love others, share our inner thoughts and to grow in a relationship.

Fear or distrust stems from interpreting experiences incorrectly. This is usually due to lack of information. To renew your trust, ask yourself about the motivation of the person you would like to trust.

Once you know why someone behaves the way they do, you will understand their next moves and not feel taken off-guard.

When you understand how a person thinks, you can emotionally detach from their actions and focus on the opportunity to love this person during their negative behavior. YOU have the power to turn fear into trust.



## ORDER FORM

- ( ) Please put me on the mailing list  
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A portion of the sales of this book benefit women empowerment programs.  
Donated books are tax deductible to you.



Women's Peace Campaign  
www.WomensPeace.com  
People Helping People (PHP) Program

### DONATION FORM

Your donation of this book, *Think It, Do It!*<sup>®</sup> *YOU Have The Power*, helps women transition from domestic abuse into the mainstream.

Your donation is tax deductible and you will be sent a receipt before the end of the year.

Thank you for your support.

I would like to purchase \_\_\_\_\_ books that will be delivered to a woman in the Women's Peace program.

Enclosed, please find my check # \_\_\_\_\_ for \$ \_\_\_\_\_

Please place my name \_\_\_\_\_ in the donated book:

(usually reads: This Gift Book with its valuable message is presented to you by...)

Send tax receipt to:

Name

Company

Address

City

State

Zip

Phone #

Fax#

E-mail Address

Put me on the mailing list at the above address

I'm already on the mailing list for the above address

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## **About the Author**

Dr. Nina Craft, Ph.D., M.B.A., affectionately known as Dr. Neen, the Think It, Do It!<sup>®</sup> Queen, is the author of several Think It, Do It!<sup>®</sup> books and tapes.

Dr. Neen has been empowering women and their loved ones as well as youth for over twenty years.

Dr. Neen began her career in the personal development industry during her undergraduate years at U.C.L.A. where she switched from an English/Creative Writing major to majoring in Psychobiology.

During her senior year, she discovered that the severely emotionally disturbed children she was teaching made great strides using her journaling techniques.

She continued her studies in the area of mind/body/spirit after graduation. She eventually left medical school to pursue metaphysics. She received her Ph.D. in 1989 and started a practice for women and their loved ones.

In 1991, Dr. Neen founded a non-profit for teens and developed programs recognized by various cities including the city and county of Los Angeles as well as the United States Senate and Congress. Sponsors of her teen programs have included IBM, Pacific Bell, Vons, Southern Calif. Edison, the Gas Company and Bank of America.

As her work with women continued, she developed books and tapes and received sponsorships from major corporations such as Toyota, Bank of America, and Shell Oil. Her books and tapes have also been used by the U.S. Federal Government.

In 2001 Dr. Neen received her M.B.A. from Pepperdine University with an emphasis in marketing strategy.

Dr. Neen recently formed the Professional Development Network for business owners.  
([www.ThePDNonline.com](http://www.ThePDNonline.com)).