

Reflections of How Our Lives Impact Others

BY GIGI BISHOP

**Best Selling
Author
Tim Gow**
“Inspiration for writing this book came after I thought about all the different things people had to say about the way others effect their lives... good or bad.”

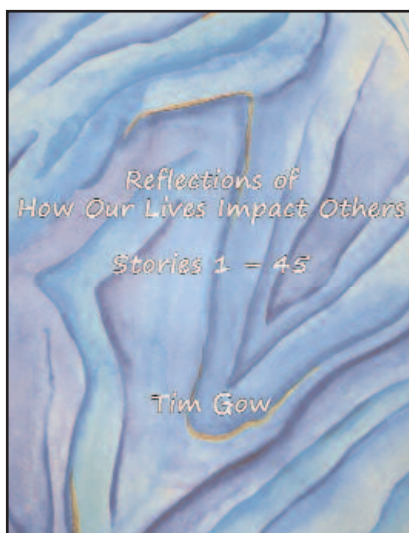


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Practically everything we do in life effects someone else whether or not we plan it that way. Our impact and impressions might be good, bad or indifferent, but we can't prevent them from occurring. The results of our interactions with others can be immediate or have long-term consequences we may never be aware of. Preparing for the involvement we can have in another's life is crucial as we

always leave something of ourselves behind. One way to offset any negative consequence we may bring to another is by raising our awareness and understanding of how our lives impact that of others: becoming consciously

responsible we have the opportunity to increase our chances of having a positive effect on those we come into contact with and by observing our lives through stories we see how our actions interconnect.



Evaluating the ways we participate in relationships can also help us change for the better. As we improve our actions, we can begin to change our interactions with other people.

GiGi: For a person reading your book, reflecting back on his or her life experiences of anxiety and pain, what advice can you offer to help that person face what has happened and move on?

Tim: Following each story is a journal page which allows every reader to capture the meaning and value of how the story's theme can personally benefit their lives. This book encourages us to reflect on how our lives impact others and offers an opportunity for personal evaluation. The emphasis has been placed on presenting a story and theme with as little distraction or influence to the reader as possible. Each person can reflect on where they are now or where they would like to be. On my website is an area for any person who has read my book and wishes to discuss such an experience with another person. This is an ideal way for people to share and relate to one another on various emotional levels. From the many

people who have read my book, thus far the reviews on how it has helped them has been tremendous.

“How we choose to live our lives provide results that affect the way we impact others.

Decisions about how we use words and actions are constantly on display.”

Not just individuals, but family interactions are being changed for the better. The positive response is growing with the numbers of books people are buying for themselves and others. I plan to release several ongoing volumes as well. I have dedicated this book to providing various ways people can reflect back on how they see themselves in their everyday interactions with others. I hope my readers are encouraged, inspired and motivated as they read these life-changing stories. I intended this to be a calm and reflective reading experience; one where people digest the stories and the forth-coming impact

as they read the book. My desire is that what I have written will not only offer enjoyment, but help people realize the importance of treating others respectfully and with love and light. Every action we do causes a reaction that positively or negatively impacts another. Our decisions about how we use our words and actions are constantly on display.

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