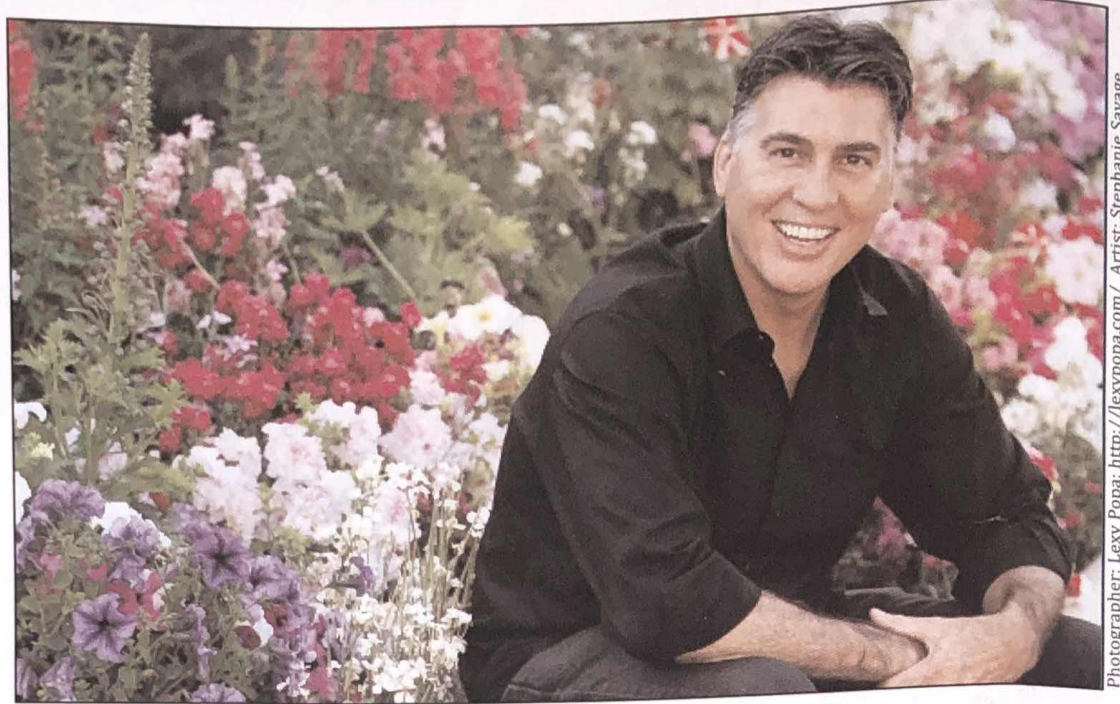


# Reflections of How Our Lives Impact Others

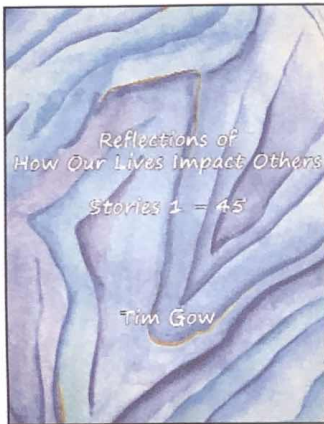
BY GIGI BISHOP

**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.”



Photographer: Lexy Popa; <http://lexypopa.com/> Artist: Stephanie Savage

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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