



How to Be, Do, or Have Anything: A Practical Guide to Creative Empowerment

By Laurence G. Boldt

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Ever wonder why some people are able to live their dreams, while others feel trapped, forced to live a life they haven't chosen? Is it pure luck, the hand of fate, or super-charged genes that gives some people the upper hand in the game of life? Or could it be that anyone can learn to unleash their creative power and build a life of meaning and joy? Author Laurence G. Boldt reveals the secrets of the creative process in a simple series of steps that even the most rigid thinkers can absorb and apply. You'll learn how to develop your powers of concentration, overcome indecision and fear, stop procrastination, master discipline, and sustain lasting motivation. Whatever your goal, be it making more money, fulfilling your career aspirations, improving your relationships, or achieving a balanced lifestyle, HOW TO BE, DO, OR HAVE ANYTHING will build your self-confidence and send you down the road to success and a sense of self-fulfillment.

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Editorial Review

From Publishers Weekly

Anyone can be taught how to be, do or have whatever they want (within reason), contends consultant and personal coach Boldt in this extensively revised and updated version of his *Manifest Your Destiny: Life Planning with a Punch* (1984). Employing the same approach as in his 1991 classic, *Zen and the Art of Making a Living*, he offers a mix of inspiration, philosophy and how-to in a step-by-step format that entails creating a vision, committing to it, following through and periodically evaluating one's progress. Rooting his concepts in common sense and clear language, Boldt illustrates them with bracing quotations, graphics, related questions and exercises (including examples of how Leonardo da Vinci or Michelangelo might have responded to them). As in his other books, readers can dive into the chapters in any order that dovetails with their goals, skills and interest level. Those familiar with Julia Cameron's *The Artist's Way* books will find Boldt's daily log and "manifestation journal" familiar, while those who have read widely in the genre will find his approach to topics like visualization, overcoming fear, and sharpening one's focus and decision making reminiscent of Barbara Sher's *Wishcraft*, Susan Jeffers's *Feel the Fear and Do It Anyway* and Stephen Covey's *7 Habits of Highly Effective People*. Agent, Peter Beren. (May)

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About the Author

LAURENCE G. BOLDT is a writer, career consultant, and personal coach, with more than a decade of experience helping people shape their dreams into practical realities. He is the best-selling author of *Zen and the Art of Making a Living* and *How to Find the Work You Love*. He lives in Santa Barbara, California.

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