

Denver Book Forums 2005



February 24, 2005 Matthew Budd, M. D. You Are What You Say

Dr. Matthew Budd, an acclaimed physician and former Harvard Assistant professor, was the architect of the first Behavioral Medicine Department of the Harvard Community Health Plan.

He also developed the revolutionary Ways to Wellness Plan, which won national praise for offering a proven program to help people uncover hidden emotional triggers that contribute to chronic illness. His work has been featured in The New York Times, The Wall Street Journal and on National Public Radio, among other venues. Dr. Budd lives in Boston, Massachusetts.



You can't fool your body - you can intoxicate it, overfeed it, overwork it - but it keeps telling the truth. Morality and ethics live in your body. As a young physician, Dr. Matthew Budd felt a growing sense of helplessness when faced with the sheer number of patients suffering from chronic conditions. These illnesses, which stubbornly resisted treatment, caused Dr. Budd to question why modern medicine could not cure such cases.

Finally he came to understand how the stories we tell ourselves on an intimate level contribute to chronic health problems. Our personal language defines and restricts the way we experience the world. In his breakthrough book, *You Are What You Say*, Dr. Budd reveals how concepts we cling to from the past can limit us in the present. Changing the script of what we say to ourselves and others can help us combat the ravages of stress, anger, perfectionism, depression and anxiety. In six steps, Dr. Budd offers a way to experience more radiant health and happiness.



April 14, 2005 Walter Updegrave We're Not In Kansas Anymore

Walter Updegrave, an award-winning journalist and author, is a senior editor of MONEY Magazine, where he writes the Ask the Expert column. He also appears as The Expert on AOL Personal Finance and CNN/Money's Web site, answering personal finance questions from online readers twice a week.

For nearly twenty years his humor and commonsense analysis have simplified the confusing jargon of personal finance.

A Philadelphia native, Updegrave now lives in New Rochelle, NY with his wife and son.

People now live in a whole new realm of circumstances requiring us to save and invest for our own retirement, instead of relying on employers as most of our parents have done.

MONEY Magazine Senior Editor Walter Updegrave sweeps away Wall Street smoke and mirrors by urging everyone to think for themselves when building an investment portfolio.

WE'RE NOT IN KANSAS ANYMORE illustrates specific, practical steps anyone can take to provide income for retirement.

He gives down-to-earth advice on creating a financial plan that works for you.

Mr. Updegrave includes concrete suggestions for what to do when your existing investment strategies aren't working, and offers a way to build a nest egg, even beginning at age 50.

If a financially secure future is essential to you, you'll welcome his insights!



October 19, 2005 David Allen Getting Things Done

David Allen has been labeled "one of the world's leading thinkers" by Fast Company magazine.

Mr. Allen is the author of two books: international best-seller *Getting Things Done: The Art of Stress-Free Productivity*, and *Ready for Anything: 52 Productivity Principles for Work and Life*. Mr. Allen's wisdom has helped such diverse organizations as Microsoft, Merck, Stanford University, Lockheed, L.L. Bean, New York Life, QVC, the World Bank, and the U.S. Navy.

Mr. Allen, 57, lives with his wife Kathryn in Ojai, California.



At first glance, you might think this book is simply about getting rid of clutter and cleaning out your inbox. But author David Allen explains how each object in our work-place or home has an invisible emotional hook that can distract us.

Disorder begs us to take action and overwhelms us with tasks we "need to do" but never get time to do. We lose our focus, become bogged down by endless drudgery.

Mr. Allen offers us mental freedom from this situation. He uses the analogy of a clear mind being like a fully operational computer. It becomes a powerful tool for creativity when it's not stifled by too many irrelevant or unnecessary tasks. He details methods for clearing the distracting elements from our space, and discovering unused energy reserves and more free time!

What's more, he demonstrates how productivity is directly proportional to our ability to relax. When our minds are clear and thoughts organized, we can more easily achieve our goals. We learn how to define clear lines of action that yield satisfaction.

And surprisingly, we begin to feel good about what we're NOT doing.