

Clarity Quest: The Story

I started writing *Clarity Quest* to a dear friend of mine who was very unhappy in her job. It actually began as a drawing and a few bullet points on a napkin.

I'd met her for a walk on a beautiful August evening. We'd found a path through a grove of redwoods and discovered, at the top of a hill a breathtaking view of the bay and valley below. We stopped for a few moments to admire this wonderful panorama. It was beautiful and very peaceful.

After a few moments of silence, I turned to my friend. She clearly was not at peace, even in this beautiful, tranquil setting. She looked tired and distraught.

She told me she was mentally, emotionally, and physically exhausted from working at a very stressful job. Ironically it was job she didn't even enjoy -- but was terrified of losing. Her company had recently reorganized, and she was doing work that had previously been done by two. The daily meetings, long hours, and work-related problems completely drained her. Nevertheless, she was worried that if she worked fewer hours and didn't complete all of the tasks, she'd be the next person to be laid off. She was so fearful she had a hard time sleeping at night. Even her dreams were job related. She often dreamt that she was on a treadmill, running as fast as she could and unable to adjust the speed or get off the treadmill.

Then, her job stress started to affect other areas of her life. She started eating at her desk to save time -- mostly unhealthy, vending machine foods loaded with sugar and preservatives. She quit her exercise class after work so she could put in a few extra hours. at the office. Her relationships suffered and she stopped enjoying life's simple pleasures, beauty, joy, and love.

I was saddened by my friend's state of mind. Her lifestyle and attitude had changed dramatically under these stressful working conditions. She was only forty years old and felt that she'd reached a dead-end in her career and her life. She felt stuck and didn't know how to get unstuck.

By the time we finished our walk it was completely dark, and I suggested we continue our talk in a nearby cafe. I outlined an eight-week program on a napkin and promised that if she followed it, she would gain personal strength, inner power and be able to find a way to regain control of her life.

Like many people who will read this book, my friend was confused, burned out, and so paralyzed with fear that she couldn't think clearly about her future. As much as she disliked her job, she couldn't see how to restructure it and simply could not face the prospect of looking for another one.

You've probably met my friend or know of someone just like her. As we juggle the demands of work, family, and social commitments, it's hard to take the time to assess what's genuinely important in our lives and rediscover who we really are and what we really want.

Clarity Quest offers a unique, easy-to-follow plan for doing just that. It's a structured mini sabbatical designed to renew your physical, mental, and spiritual energy so you can think clearly and make new choices about your life and future. This eight-week program will benefit anyone whether they're going through a personal transition, beginning a relationship, restructuring a job or simply want to think clearly about their future. It's as effective as a full-fledged sabbatical but requires taking only one week off from work.

The book offers a seven-week conditioning program to calm fears, build strength and stamina, restore health to mind, body and spirit, and clear away the mental cobwebs and clutter. By the eighth week, readers will be in top physical, emotional, and mental shape allowing them to think clearly and creatively during the week-long sabbatical. For many people it's a week of profound rejuvenation, self-discovery, and renewal.

The simple weekly exercises and activities can be fit into the busiest of schedules and include such basic goals as:

- Getting a good night's sleep

- How to fuel the body and mind for optimum vitality, health, and energy
- Embarking on an exercise program to promote clear thinking, high energy and reduce the harmful effects of stress
- Using personal energy wisely
- Letting go and lightening up
- Making the best use of the final week-long sabbatical to plan and better define your future

I came to discover this unique process while undergoing my own professional, personal, health, and financial crisis. I had left a very secure corporate job and founded a home service business. I soon realized that I hated this business and at the same time found myself in the middle of a divorce which left me financially strapped. I was emotionally vulnerable and became physically ill with an intestinal disorder. I was afraid to close the business because I needed the income, and grew more miserable, confused, and fearful every day.

For the next three years I explored ways to restore my health -- physically, financially, psychologically, and professionally. I spent hours reading books, researching medical and health issues, taking classes, and undergoing therapy. I sought advice from doctors, nutritionists, fitness experts and friends.

My long search for emotional and physical rejuvenation eventually became *Clarity Quest*. It brought me the job of my dreams (without making a single phone call), health so vibrant that I ran a marathon, a wonderful new husband, peace of mind, and great spiritual abundance.

By sharing *Clarity Quest* with friends and colleagues, I was able to streamline the process and found ways to help people focus quickly so that they could return to work renewed, revitalized, and in some cases re-oriented, in only eight weeks. In my workshops people have been able to clear away the anxiety, fear, exhaustion, and unhealthy emotions that keep them from enjoying their work and performing at their best. They are able to focus on what they really want and take charge of their lives.

Clarity Quest is a sabbatical that anyone can take to revitalize, take stock and find new meaning and direction in life.