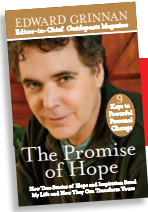


What Inspires Me

29 Favorite Resources
for Personal Growth

Edward Grinnan, Editor-in-Chief of *Guideposts* magazine and the author of *The Promise of Hope*

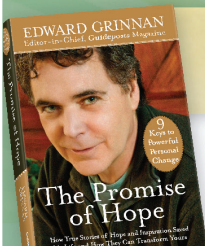


WHAT INSPIRES ME

INSPIRATION IS ALL around us. We find it in our friends and families, in our pets, in nature. We find it in our spirituality and deep within ourselves when we become calm and centered. Here are some favorite authors, web sites and movies that have lifted me up in my journey of personal change. Check them out. I call it looking for inspiration in all the right places.

Contents

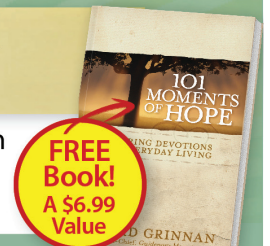
- 3 12 Favorite Personal Change Authors**
- 4 7 Favorite Personal Change Websites**
- 5 10 Favorite Personal Change Movies**

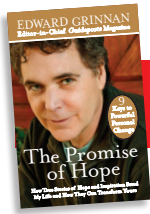


Discover the Power of Personal Growth through True Stories of Hope and Inspiration!

Edward Grinnan, *Guideposts* Editor-in-Chief, reveals: • 9 keys to personal growth • His untold story of spiritual transformation • Details from inspiring *Guideposts* stories

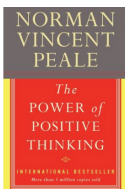
[Click Here to Order or Visit Guideposts.Org/PromiseOfHope](http://Guideposts.Org/PromiseOfHope)



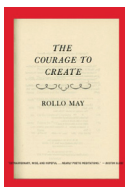


WHAT INSPIRES ME

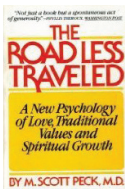
12 Favorite Personal Change Authors



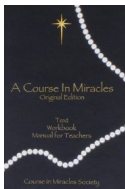
Norman Vincent Peale The Godfather of Positive Thinking. Peale told us it was all right to be happy. His thinking changed the way we live our lives.



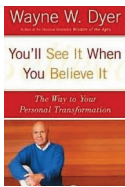
Rollo May The title of his greatest book says it all: *The Courage to Create*. He taught us that we didn't need to be trapped in our old ways of living and thinking.



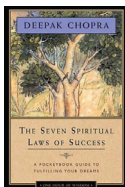
M. Scott Peck Brought gravitas and depth to the self-help genre. Change is good but it is a struggle and sometimes life is difficult. That is where our faith must play a role.



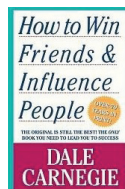
Marianne Williamson Showed us that miracles happen every day in our lives if we are just open to receiving them.



Wayne Dyer The practical optimist. Shows how a positive attitude can help us in daily living.



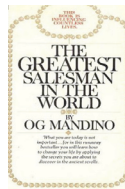
Deepak Chopra Melded Eastern thought with Western individualism and explains how we are all connected to something greater than ourselves—a vast, loving universe.



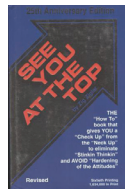
Dale Carnegie One of the great originals. He helped us learn to relate to others in a healthy, positive way.



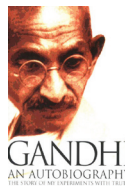
Bill Wilson The cofounder of A.A. changed the course of history by offering hope to hopeless alcoholics. Certainly one of the most influential thinkers of the twentieth century, along with Peale.



Og Mandino His fable of change and transformation endures to this day. A must (and very fast) read.



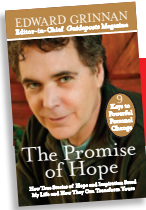
Zig Ziglar One of the great speakers and generators of one-liner wisdom ever. Brought faith into the public square.



Mahatma Gandhi He embodied his own philosophy: Be the change you want to see in the world.



Shakespeare Everything there is to be said about the human condition he said, and most of it lifts our hearts. No one understood love better and gave it more poetry.



WHAT INSPIRES ME

7 Favorite Personal Change Websites



Guideposts.org True stories of hope and inspiration...and much more. A place to inspire and be inspired by others through the power and magic of storytelling.

first30days.com

Ariane de Bonvoisin takes you through the first and most crucial period of any change... the first 30 days.

Sober24.com Inspiring community for 12-stoppers.

explorersweb.com/everest_k2

I love adventure and am inspired by people who do great and daring things.

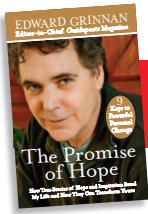
bestfriends.org Animals can change our lives and make us more human.

empowermentthroughadventure.com

Lori Schneider was the first person with MS to climb Mt. Everest. Need I say more?

lonelyplanetimages.com

How many of us have been transformed by a journey? The breathtaking images on this site reveal the world to me in all its amazing variety and beauty.



WHAT INSPIRES ME

10 Favorite Personal Change Movies



Days of Wine and Roses This Academy award-winning Jack Lemmon classic presents an incredibly realistic, moving portrait of alcoholism and early recovery. Beautifully written and directed. Lee Remick will break your heart.



The Verdict Paul Newman as an alcoholic Boston lawyer who gets sober to try his biggest case. One of the most inspiring recovery movies I know and a great story.



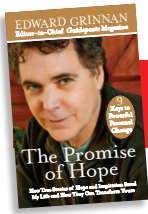
The Lost Weekend Ray Milland sets the standard for movie drunks. This is the original Hollywood treatment of alcoholism and stands the test of time. Gritty, no-holds-barred drama. Controversial at its release but today a canonical must-see.



Clean and Sober Michael Keaton totally nails it in the role of a slick real estate agent with coke and booze issues...and a serious problem with the law. Leave it to the stellar Morgan Freeman to straighten him out and change his life.



28 Days Sandra Bullock portrays an alcoholic newspaper columnist in the throes of denial who must come to terms with her life if she is to stay out of jail. Unflinching in its candidness about the struggle to get and stay sober, the movie nonetheless sounds a hopeful note.



WHAT INSPIRES ME

10 Favorite Personal Change Movies



I'll Cry Tomorrow This 1955 feature stars Susan Hayward as the driven, gifted but troubled singer Lillian Roth, battling and overcoming her demons. With Eddie Albert. Hayward is over-the-top good and you really root for her to get sober.



My Name Is Bill W. An inspiring, straightforward account of the life of Bill Wilson, cofounder of A.A., starring James Woods in the title role, JoBeth Williams as the long-suffering Lois Wilson, and James Garner as Dr. Bob. Historically accurate and engrossing. Bill and Dr. Bob (and Lois, who went on to found Al-Anon) changed the world.



The Morning After This hard-to-find 1974 made-for-TV drama earned Dick Van Dyke an Emmy nomination for his searing portrayal of Charlie Lester, a troubled public relations executive who can't beat the bottle. The movie was all the more poignant in light of Van Dyke's own well-publicized battle with booze. Not for the faint of heart, this story does not have a happy ending. Van Dyke's personal story, however, does.



Come Back, Little Sheba Burt Lancaster as a small-town doctor battling through his first year of sobriety. Shirley Booth plays Doc's beleaguered wife. Based on the 1951 play by William Inge, who himself suffered from depression and addiction, the script masterfully deconstructs the psychology of the alcoholic. The movie is also an accurate depiction of the role A.A. plays in the first year of sobriety. Kitchen-sink realism at its best and a little sad, *Come Back, Little Sheba* still packs a punch.



A Star Is Born How can you go wrong with James Mason and Judy Garland (who ironically is the character without the substance abuse problem) in a musical treatment of the subject? It works, though, and Mason is terrific as the fading Hollywood star drinking himself into an early grave. Garland has to choose between her love for him and her own rising career. Mason's depiction of alcoholic self-destruction is a tour de force.