

BOOK INTERVIEW WITH AUTHOR DR. JAN

***5 Minutes A Day Dream-Action Path:*
Dream the Life & World You Desire, Then Create It!
by Jan L. Gault, Ph.D. “Dr. Jan”**

Q. There are so many self-help books out there. What is new and different about yours?

Ans. So far as I know, this is the first book on the market that gives readers specific steps for improving their lives and making a difference in the world, along with a plan to make it happen. And do it in their spare time!

Q. What is the theme of your book?

Ans. If it has one theme, I’d say it is: “Prosper by helping others prosper.” When we get outside of ourselves and our daily problems and start focusing on what we can do to help those less fortunate, we ourselves grow, become happier and in turn attract greater prosperity.

Q. What qualifies you to write this book?

Ans. Well, I have a doctorate in social psychology and have been helping clients and students improve their lives for over 15 years. Maybe more importantly, I enjoy interacting with others and can see the potential greatness and goodness in each person. My highest vision is a world void of the unnecessary wars, injustices and suffering that are so prevalent. This can only happen through more individuals believing in themselves and their dreams for a better life and world.

Q. How many books have you written?

Ans. This is my 7th book!

Q. What is your big dream?

Ans. Some of my big personal dreams in the past were to run a marathon, get a book published by a major New York publisher, get my doctorate in social psychology, be a university instructor, and live in Hawaii on the ocean. All of these have been realized. Hurray!

Today, my biggest dream is ongoing—to consciously evolve and walk my talk more frequently. Also to use whatever talent, expertise and wisdom I have to continue to facilitate the personal growth of others. My giant dream is for Prosperity for all People. I think it’s outrageous that we’re still having wars, and that over 70% of the world’s population is living in abject poverty.

Specifically, I’d like to see 1000s of people sign the Global Citizen Pledge on my blog stating that they will spend 5 minutes a day visualizing and acting toward Prosperity for All People. A

collective vision, belief in that vision along with enlightened actions can and will change our world.

Q. Ah, yes, I notice you advocate in your book that we all become Global Citizens. What is a Global Citizen?

Ans. A Global Citizen is a person who is motivated to serve their community in ways that benefit all people. In other words regardless of race or national heritage, a Global Citizen acts out of a worldview that considers the best interests of all humanity. At heart, we're all Global Citizens who'd like to contribute to a better world.

Q. Do you really show readers how to change their lives using only 5 minutes a day? This sounds like just more self-help hype.

Ans. No, it isn't hype. And yes, people really can change, once they have the right tools—and make that decision.

There are 3 basic keys to success in any endeavor: vision, belief and directed action. Readers who are serious about making changes in their life or in the world are asked to first clarify what they want by writing a vision statement. It's amazing how many of us still haven't figured out what we want to do when we grow up! And of course, our dreams and goals change at different stages in life.

I ask the reader to spend 1-2 minutes each morning writing their vision statement, and focusing on it at regular intervals throughout the day. Consistency is the key. For our dreams to manifest, we need to keep them alive in our imagination. And unclouded by doubts and discouragements.

As an aid to this, I suggest you write down, type or text your vision statement. Keep it short, Twitter style. 25 words or less is perfect. Make it as routine as brushing your teeth in the morning. What we focus on expands and will manifest in our lives. What you dwell on is what you will attract. **See the life and world you desire!**

Q. I notice you have several chapters in your book on the power of beliefs. Can you elaborate on this?

Ans. Yes, it's not enough to just dream and visualize what we want. We need to believe in our dreams for a better life and world. And we need to believe in ourselves and our power to make our dreams a reality. The stronger our belief, the greater the energy behind it. Believe in yourself. Believe in others. Believe in the Universe.

Q. But what if I have doubts?

Ans. Everyone has doubts from time to time. Again it goes back to focus, and what we choose to focus on. We can keep our mind stocked with empowering beliefs and focus on what we want and what's going right in our lives—or not. We have the choice to settle our mind on whatever we decide.

I offer readers a variety of mind tools for displacing toxic beliefs with empowering beliefs. E.g., we can make our new beliefs stronger by rehearsing them as we go about our daily routine. I suggest running the empowering beliefs through your mind while showering, commuting, doing household chores and exercising. This will reinforce them. After awhile they'll become a regular part of your mental makeup—your thinking and thoughts. And automatically prompt positive change.

How much time does this take? Nada! In fact you'll find that you have more time and energy as the new positive beliefs and thinking habits become second nature!

Q. That makes sense. Keeping our dreams alive with daily visualizations and believing in our powers to make them a reality. Is that it? Don't we need to act on our dreams?

Ans. Absolutely! Often a powerful vision and belief in that vision will trigger those events and actions that propel it into reality. To facilitate this process however, the book contains dozens of actions each of us can take in our spare time to create a better life and world.

No matter how small the beginning, it is imperative that we take that first step to move in the direction of our dreams and desires.

Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true.

~Ralph Waldo Emerson

If you can dream it, you can do it.

~Walt Disney

[Amazon.com link to 5 Minutes A Day Dream-Action Path:](#)

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