

# Journey to Wellness

Restore Your Health The Natural Way



## FAMILY VALUES

ACTION GUIDES FOR A BETTER TOMORROW



ITD INTERNATIONAL

*Copyright © 2016 by ITD INTERNATIONAL LLC*

Copyright under International, Pan American, and Universal Copyright Conventions. All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage-and-retrieval system, without written permission from the publisher. Brief passages (not to exceed 1,000 words) may be quoted for reviews.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering legal, accounting, or other professional service. If legal advice or other expert assistance is required, the services of a competent professional person should be sought. *From a Declaration of Principles jointly adopted by a Committee of the American Bar Association and a Committee of Publishers.*

*Photographs copyright by:*

Alan Cohen; Dr. Stephen R. Covey; Dr. Stan Dale, D.H.S.; John Goddard; Dr. Billy Graham: Billy Graham Evangelistic Association; Steve Hadar; Art Linkletter; Maryam Mallin-Dubin; Erik Olesen; Robert W. Reasoner; Elizabeth Taylor; Dottie Walters; Bettie B. Youngs, Ph.D.; Zig Ziglar

*ITD INTERNATIONAL LLC*

Carlsbad, California 92009

[www.itd-international.com](http://www.itd-international.com)

# Contents

---

Foreword .....	5
Introduction .....	6
About the Research Project .....	8
Introduction to Chapter 1 .....	9
<b>1 How Can Young People Increase Their Self-Esteem?</b> .....	10
Introduction to Chapter 2 .....	50
<b>2 How Can We Reduce the Rampant Violence in Our Society?</b> .....	61
Introduction to Chapter 3 .....	87
<b>3 How Can we Bridge the Communication Gap Between the Generations?</b> .....	89
Introduction to Chapter 4 .....	117
<b>4 How Can We Regain a More Positive View About the Future?</b> .....	119
Introduction to Chapter 5 .....	156
<b>5 How Can We Persuade People to Take More Responsibility for Themselves and Others?</b> .....	157
Introduction to Chapter 6 .....	191
<b>6 How Can We Reestablish Family Values in Our Society?</b> .....	193
<b>7 The American Dream</b> .....	220

## 8 Contributing Authors

Alan Cohen .....	221
Stephen R. Covey .....	223
Dr. Stan Dale .....	226
John Goddard .....	228
Dr. Billy Graham .....	230
Lt. Col. Steve Hadar .....	234
Art Linkletter .....	235
Maryam Mallin-Dubin .....	238
Erik Olesen .....	240
Robert W. Reasoner .....	241
Dottie Walters .....	244
Bettie B. Youngs, Ph.D. ....	245
Zig Ziglar .....	246

## 9 Research Authors

Connie Penn, Ph.D. ....	247
Herbert J. Kellner, Ph.D. ....	248

# Foreword

## “Words to Live By”

The good life is loving and caring for others, showing compassion to the weak, and support for the needy. It is fulfillment of your objectives after a lot of discipline and hard work.

Education is one of the most useful tools in helping you to meet all of life’s challenges head on. It is through education that I have come to learn, that more important than high honors, grades, and extended degrees, is the will and desire to “learn”. With this intent, there will never be any boundaries in the depth of your knowledge and success in your career goals.

*Elizabeth Taylor*



# Introduction

As we discussed the plans for our research project, we asked ourselves: Does the world need another program? The answer we all arrived at was “No”, it does not. Then why did we decide to create this program?

We decided to create this program because it is not another program. On the contrary, it presents a series of Action Guides that can not be found elsewhere. We looked out at the world we are now living in and became increasingly alarmed at the direction our culture seemed to be taking. The self-destruction, the abandonment of our core values, the disintegration of so many families, the inexcusably high percentage of our citizens in jail, the unchecked random violence facing us all—for these and many other reasons that will become apparent, this program was created.

It has been said that those who sit idly by and watch are as responsible for the results as those who perpetrate. Neither of us could accept a passive role in the face of such momentous changes occurring in our society. Something must be done, and someone (many someones) must act.

The individual topics were not meant to be complete. However, they were meant to be representative of what must change. Our young people must become aware and then trained to become responsible partners with those of us from older generations. The so-called generation gap is a luxury we can no longer afford. We intended and still intend to spend whatever time we have redressing the wrongs as we see them. We are willing to travel the country speaking to and listening to whatever portion of our youth will listen and talk. Every forum is open, no group too small, no individual too distant, no partner will be rejected. The collective goodwill of Americans must prevail.

Each topic addresses a theme essential to our national survival. Failure to address these themes can only result in tragedy. It is our fond hope that this publication will be just one of the first of many to come, not only from us, but from all those who wish to forge our future.

# About the Research Project

It is with great pride and warm enthusiasm that we announce this publication. It contains the results of one of our most important Research Projects – “Creating Your Future”.

The critical importance of this effort dictated my choice of our most qualified research expert – Dr. Herbert J. Kellner – to direct this effort. Our published results serve as more than adequate testimony to his skill, dedication and compassion.

Our country now faces challenges in an unprecedented scale. A university is sometimes thought of as an ivory tower of learning, somewhat distant from the lives of ordinary people.

As President of Newport University, I have fostered a focus on information directly applicable to the daily lives of our citizens. This report, if applied by the readers, will increase our control over the forces shaking our society.

Taking control of our future individually and collectively is no longer a luxury – it is crucial for the well-being of our future.

This report is the first of an ongoing series of research projects that will be undertaken by this University. It is my fond hope and deep wish to obtain the support of the American people in the rapid implementation of these outstanding Action Guides.

Every contribution you make will inspire someone to do more.

Thank you.

*Ted Dalton, Ph.D., L.L.D.*  
*President, Newport University*

## Introduction to Chapter 6

The basis for every successful, long-lasting culture up to this point in history has been a family support system that nurtured a set of values good for that culture.

Based upon our studies we have discovered that a large portion of Americans feel that our basic structure of family values is rapidly and seriously deteriorating. While it is true that “Family Values” can mean different things to different people, it is clear that a great many Americans feel that significant changes must be made if our country is to grow, prosper and offer safe opportunities to its present and future citizens.

As a reading of our material will demonstrate, our contributors all feel that a coherent and clear set of values must be held by and orchestrated through the family structure. No other agency, vehicle or organization can take its place. Attempts to have the Government perform this vital function have failed. While churches or other forms of religious institutions can play an active part in a society, they can not and should not replace the family as the inoculator of basic values.

It is equally clear that many of our citizens feel that a return to “old-fashioned ways” is necessary for us to survive as a nation. Many others feel that unless new paths are charted and followed we are doomed to fail as a nation. Still others hope for a blend of the Old and the New. With millions of new citizens arriving every decade, a plethora of new religions, ideas, cultures, folkways, mores, languages, paradigms and habits are being deposited here in America for us to reject, assimilate or accept.

The metaphor of America has always been the “melting pot” in which we all became so similar that we all shared the same (or at least similar) set of values. It appears now that the new metaphor for America may be a “salad bar” in which each population ingredient is mixed in with all the others, but



retains its original identity to some extent. A cucumber may end up in small pieces, for example, but we still see it as a cucumber.

It is our fond hope that this research project of Newport University will foster the widespread use of our Action Guides. We hope they assist our country in its never-ending search for an improving future for all.

*Herbert J. Kellner*

# How Can We Reestablish Family Values in Our Society?

by Alan Cohen

We must cease to participate in activities that disempower us. Withdraw your energy from vain pursuits such as inane and violent media presentations, mindless argumentation, and adversarial politics. Spend time in nature, work with your hands, and give children creative things to do with their minds rather than sit in front of the television like zombies. Take an interest in alternative education. Teach children not with words but actions. They learn more from our beings than from our ideas.

## *What role did family values play in your life?*

As my own family was not a strongly knit unit, I did not learn about communication or teamwork. I had to learn family through my friends and community. Your family is those who are there for you. We need family; if you didn't get a positive one, it is never too late to create one.

# How Can We Reestablish Family Values in Our Society?

## Interview With Dr. Stephen R. Covey

I'd say by modeling, mentoring, teaching. It comes right back to working from the inside out. Strengthen and build strong relationships in your own family. Make it a priority. Next, help others do the same. Reach out and be a friend, a brother, a sister, a father, a mother, a son, a daughter to someone else who deeply needs one. Finally, share with and teach others what you are doing, what you are learning.

### *What role did family values play in your life?*

They have always been right at the heart of my life. But I was unaware of it. Fish discover water last. It was just breathed into me through the atmosphere that my parents and grandparents and aunts and uncles and cousins created for me.

### *What about those who don't have such a model?*

It is their responsibility to find that model.

### *What if I am a young adult and I have had a terrible experience in my own family and I don't know if I even want a family myself? Why should I try? What can I do to have something any different from what I've had?*

I think that family is in your nature and you won't feel fulfilled if you don't have a family. It is also in your nature to choose and make a total change in your family. It can also back up and affect your own siblings and your own parents. To operate apart from those two insights would be to operate against

your nature so you will always be fighting it inside yourself. Your conscience will always be laying this responsibility on you.

***What if I just deeply resent everyone in my family for what they've done to me?***

It isn't the snake that bites you that causes the real damage. It's chasing the snake that drives the poison to your heart. You've got to get over that resentment, get the spirit of a Nelson Mandela who invited his prison wardens of 27 years to the front row of his presidential inauguration. Look upon the people you resent as part of your responsibility to serve.

You see, you are a creator—a force of nature in your own right. You are not a victim and you need to stop feeling sorry for yourself. Get out of self pity. Grow up, rise up. Face your unique endowments. Our greatest gift is our life. And our second greatest gift is to choose the direction of that life.

© 1995 Stephen R. Covey

*Used by permission.*

# How Can We Reestablish Family Values in Our Society?

by Dr. Stan Dale

*Allies make marvelous partners.* This is true whether we are talking about countries, friends, children, or the next-door neighbor. In our society of nuclear families, allies have become difficult to find and maintain. We have become isolated units—*islands in a sea of people*—with few, if any, safe harbors. Most of us have moved many miles from the family and friends of our youth. We find ourselves alone and lonely. Many times we are afraid to venture forth to establish a bridge with the next little island. We fear the bridge will collapse, or the natives will be hostile. We have become prisoners of our own islands.

The gross alienation in this country began with the industrial revolution, when people left their farms or homelands to venture forth to the cities to work in the new factories. What appeared to be the promise of new wealth and fortune turned out, for most people, to be an empty hope. The wife became the slave of the home and the husband the slave of the factory. When (and if) they had time to be with each other, they were usually tired and bleary-eyed. Many became little more than stranger/zombies simply living with each other as battling roommates. Whenever there was time available for a little intimacy, entertainment, or diversion, they were either too alienated or too pooped. As a result they turned further inward, and became more isolated. They were hardened strangers to each other. All they accomplished, by and large, was to get further in debt, more angry, and more dissatisfied. Their possessions took precedence over their relationships. They found it harder to relate to one another. Increasing divorce left single parents who came to rely on their children for emotional support. Increasingly, children became a

substitute for the missing spouse.

The extended families of the past provided a base of support and nurturing. Now virtually nonexistent, in many ways they resembled collectives and communes, in that the members provided each other with mutual support. However, extended families had their dark side. Some were little more than mini-dictatorships, headed by tyrannical despots who issued commands and made demands with little regard for the individuals concerned. In spite of this, there was a feeling of community—of belonging. This sense of family is often missing in today’s isolated nuclear families.

Because children fill the void left by the collapse of the extended unit, they are sometimes expected to limit their associations. Parents may be suspicious of them and their friends. We may limit the amount of time they spend with “strangers.” We teach our children to have their needs met within the confines of the family. Unfortunately, stranger/zombies with no zest for life are poor resources for bright, inquisitive, restless, playful children.

Grandparents, those veritable fountains of everything good from the past (from home-baked pies to Grandpa’s homespun stories), enrich the lives of our children. However, in many cases opportunities to visit are limited. The same is true of aunts, uncles, and cousins, all of whom have much to add to the patchwork-crazy-quilt fabric of life. They are often virtual strangers whose visits are squeezed into a hectic pace of life.

### **Do We Really Want to Be Nuked?**

*The nuclear family is a poor substitute for what we humans desperately desire—a full-blown family tree and a magnificent, goody-laden Christmas tree. We want a family tree to shelter us from the storms of life. We do not want our families to be a prison. We want our families to be a place we are perfectly free to leave, without fear or guilt, whenever the need or desire arises.*

Helen, our sons, and I have discovered that we can have the benefits of the extended family of the past—without the brambles and burrs that sometimes accompany these relationships. We have found ways to make this balance available in the here and now. It is there for the asking.

Together we have established an “intentional non-oppressive family” that, at last count, numbered about 200 people. They are the supportive, nurturing, loving, intelligent, like-minded people who have transcended the invisible barrier of just being friends and acquaintances. These are people who exhibit pure heart-to-heart love, concern, and intimacy for each other, and for us. They have become closer to us than most members of our biological family. These are people who know and accept us, and the rest of our family, with unconditional love. There isn’t a thing they wouldn’t do for us, or we for them. We need never fear that one of them would “stab us in the back” or do anything negative or counterproductive to our welfare.

The culling process of finding family members has been going on now for over ten years. We are totally satisfied that we are a family, not just unrelated friends. Think of everything positive that means family to you. That is what these people are to us. I trust them with everything I have, including my life and the welfare and well-being of my children. Some of them have been, and still are, surrogate parents to our children.

Children with access to the minds and thoughts (as well as the stroking) of only one set of parents have a very limited space in which to grow. They are denied the possibility of a richly lush Garden of Eden. *How arrogant we parents are to believe we are the only ones qualified to raise our children.* Each person is a huge reservoir of experiences, thoughts, information, and physical contact that enrich the lives of our children—and all with whom they come in contact.

We never have to worry about dictators, tyrants, or rip-off artists in this family. We continually come together to reinforce our love and our belief in each other. Like family, none of us stands on ceremony with another. We accept

each other unconditionally, just the way we are. That doesn't mean we don't dislike some of the things each of us may do or say, but that never diminishes the love we feel for each other.

Periodically we have family meetings at which we share what we like and dislike about ourselves and each other. This exercise in total honesty serves to further strengthen the bonds that unite us. Sometimes at these sessions (which may last an entire weekend) each person has an opportunity to face each of the other members of the family. Each of us can share anything he or she has to say without any reply or interruption, or any fear of rebuke, alienation, rejection, judgment, or abandonment. This gives each of us the opportunity to share what doesn't work for us in our relationships with other members of the family, and to take responsibility for doing something about it. Each comment is stated with nurturing love and concern, never wielded like a bat or sword.

By the time this process is through, there is never a lack of things to talk about. Our parties and fun times are never phony or filled with trite, trivial conversation. At some meetings we get together to update who and what we are and what we believe and think. Ours is a conscious, intentional family, not a random collection of individuals who happen to be connected by blood. We are together because of a shared base of beliefs. And because our beliefs change as we change and grow, it is important that we keep each other up-to-date.

### **Democracy Begins in the Family**

No one in our family is the leader, and each person has the opportunity to become facilitator of our meetings, or to take the floor as often as is wanted or necessary. It amazes me how family members take responsibility for their needs, wants, and desires, and for solving the problems that may enter their lives. We do not take advantage of each other or the group, except in the positive sense of that phrase.



No matter how small or large your family, the above may serve as a model of what is available to you and those you love. It is extremely easy to form an extended family. List your friends and acquaintances, and compile a list of those with whom you'd like to be more intimate. Then broach the question of extended family status with them. It may astound you how receptive many of them will be, especially when they realize that the benefits are infinite, and the love abounding.

It is also possible to start this kind of family by putting personal ads in your local newspaper, or a publication from your place of work, your church, or the clubs and organizations to which you belong. It is even possible to get on various radio and TV talk shows to advance the idea and ask for potential family members. The culling process can be one of the most exciting experiences of your life. And be sure to include the children. Remember, they are your family, too.

# How Can We Reestablish Family Values in Our Society?

by John Goddard

I think the media can help a lot. The media has been very irresponsible in the way they sensationalize everything they produce. In other words, the spotlight is too often on the aberrant individual or on the outrageous behavior of our society. We need to encourage leaders, like Senator Bob Dole, for scolding the entertainment and theatrical industry for their lack of responsibility in curbing the moral standards and for providing too much violence and sex into everything they produce. We need to recognize that parents should start in the earliest age of their children to give them parameters of behavior, and instill in them a sense of morality and ethics as well as a desire to be social, so that they do not have to be “go-along-ers”.

## *What role did family values play in your life?*

They are dominant. They gave me a good sense of love, of solidarity and relationships within a family. I have five great children, one just graduated from USC in Nursing. They are all attending or have graduated from college. One, my nineteen-year old, is at Orgeon State and she'll leave in a couple of weeks to be a sophomore.

## *So you would say—without family values, could you be where you are?*

Not nearly as far along. They were the solid bases of any success I've had.

# How Can We Reestablish Family Values in Our Society?

by Dr. Billy Graham

“Train a child in the way he should go, and when he is old he will not turn from it” (Proverbs 22:6). It also commands us to do all we can to help our children understand God’s truth.

It is true, of course, that the time must come when a child makes his own decisions for Christ. But that does not mean we should neglect to guide and instruct him. After all, you seek to protect your child from physical dangers, and you help him to understand (for example) why it is important to be careful when he crosses the street. You also feed him a balanced diet so he will grow physically. He does not know what is best for him at this age, and part of your responsibility is to help him and keep him from harm.

It is important to guard your child physically—but it also is very important to guard him spiritually as well. He is not just a physical or mental being—God has given him a spiritual nature as well. In fact, the most important decision he will ever make in his life will be whether or not he will trust Christ for his salvation and follow Him in his life. Now is the time to help him understand that God loves him and wants him to be His child.

What will you teach your child—not only by your words, but by your actions? If Christ means little to you, your child will probably grow up thinking Christ doesn’t need to be very important in his life. But you need Christ. You need to make Him the foundation of your marriage and your family.

There is a danger in protecting our children too much. That is, we can withdraw them from society as it is until they come to have a Pharisaic attitude. We must face the real situation. These dishonest and immoral children are a

normal cross-section of humanity and your children will always have to live in contact with them. The wise course of action is to give your children the spiritual and moral training and example at home that will equip them for working and doing business with such people. They will be more likely to develop strong spiritual powers through opposition than through living in a situation where they never need to make decisions. The important thing is to give them the grounding they need in the Scriptures, let them see sin in its real light, and show them that with Christ as Savior and as their guide, they can face opposition and win. Their small victories will prepare them for the larger battles ahead.

# How Can We Reestablish Family Values in Our Society?

by Art Linkletter

One of the most important foundations for success is a secure, happy family life. These days, some people argue that broken marriages are such an everyday occurrence that they shouldn't have any impact on a person's career development. But in fact, divorce is a failure as devastating as any business debacle. The individual who fails to work hard to maintain his marriage and other family relationships is sowing the seeds of personal disorder and ineffectiveness. After all, how much time can a business person spend on creative thinking about the job when he's preoccupied with divorce or separation proceedings?

The first step in strengthening this major foundation of your life is to recognize how important your family is to you. This is no easy task because it means moving upstream, against the current of prevailing American practice and attitudes. I suffered a significant business failure a few years ago because I didn't understand how hard it is to make the strengthening of family values a priority in the average household. A religious businessman approached me about producing and selling a home study course to teach families how they could become closer and more loving and communicative. He told me that if I could get some other stars to endorse the course, we might become as successful as other home correspondence courses, and it would also do a great deal to help rebuild American family life.

The idea sounded great to me, so I contacted Pat Boone, Danny Thomas, the current Miss America, and a number of other well-known personalities. We got Dr. James Peterson, head of the Family Institute of the University of Southern California, among others, to put together a record album and other

study material, which we decided to sell for about \$100 a package.

But as interesting and useful as the whole thing looked on paper, the entire venture went down the drain. Potential customers agreed they needed such a course, but not enough people were willing to pay for it, and among those who did take it home, most put it on a shelf without working at it. This experience and others like it have convinced me that it takes more than a passing interest or sales promotion to make someone take his family seriously. What's needed is a deep commitment to make family life work, and this commitment has to be just as serious and heartfelt as any ambitions to make money or gain status in the business community.

There are two things that tend to undermine marriages in business societies: the growing public rejection of traditional sexual standards and excess consumption of liquor. Correcting these deficiencies could cut the divorce rate by 50 percent.

In America, today, there are countless "attractive nuisances," or sexually interesting and available young men and women who think there's nothing wrong with striking up an open sexual liaison with somebody else's spouse. Television, movies, and magazines like *Playboy* all wink at the old-fashioned Puritan standards, but the history of mankind argues differently. Remember this and you'll be less likely to fall into the trap of destroying your own family life and consequently getting into extracurricular activities that are certain to undercut your effectiveness at work.

I wouldn't hold myself up as some moral paragon, but I have always advocated rather traditional standards of sexual morality, and I've always put marriage very high on the scale of institutions that should be preserved and protected. As a result, I've developed a reputation as a family man, and those who comment on the Hollywood scene—and are constantly on the lookout for the self-righteous hypocrite—are not about to let me forget it.

Columnist Hedda Hopper, for many years a close friend of ours, once told

me: “Art, in all my years in Hollywood, I’ve lived through one disillusionment after another. People I’ve believed in have turned out to have feet of clay. Marriages I’ve lauded to the skies have exploded in my face. The most unlikely people have been unfaithful to their wives. I just hope I never find out anything about you.”

Sighing, I replied, “I do too, Hedda.”

“What do you mean by that?” she asked accusingly. Although I had intended no double meaning, her suspicious mind was already trying to read between the lines.

“Nothing, Hedda,” I said.

“There better not be!” she snapped. And I knew if there were something going on, she and the other Hollywood pundits would be after me, even more eagerly than most other people, because I openly espoused traditional family values.

The more I developed a reputation through family magazines, the more important it was for me to protect that reputation because, increasingly, I had a great deal to lose. Not only would I irreparably damage the great relationship I have with Lois, but my public would look at me in a different, less favorable light.

The same is true of you in a different way. Consider your relationship with your spouse. Apart from any moral or religious assumptions you may make—and I don’t mean to downplay these values because I give them a high priority in my own life—just think for a moment about what you stand to lose for a little bit of ephemeral pleasure. Of course, that pleasure may seem all important at the moment it presents itself. In the film industry, actors and actresses run in and out of each other’s dressing rooms and spend long hours together on location. It’s inevitable that sexual encounters will become a factor in their relationships.

But what many people fail to realize is that what motivates a young woman to get involved may have more to do with career advancement or the desire

for an influential husband than the man's raw animal magnetism. The "audition couch" is a well-known institution in Hollywood, and I know the same factors are at work in the business community between employees and their superiors. It's not always so easy, however, to protect yourself from the repercussions of that couch. Someone is bound to talk, and one furtive telephone call to your spouse can give you endless hours of worry and arguments at home and may eventually lead to the breakup of your marriage. Is this pain and uncertainty and distraction from your career objectives worth the indiscretion? I believe not, but that's something only you can decide.

To help you focus on just how much you have to be thankful for with your spouse, try the following exercise on a piece of paper. Answering these questions should give you an overview of your marital relationship and suggest a few steps you can take to improve it.

1. How many years have you been married?
2. When was the last time you complimented your spouse?  
State the nature of the compliment.
3. When did you and your spouse have your last fight?  
Indicate the subject of your disagreement.
4. What issues do you fight about most often?
5. Indicate what you think you can do to prevent such fights in the future.
6. List what you consider the good points and strengths in your marriage.
7. List the three biggest problems you and your spouse face, and beside each problem, suggest ways you can solve it.

As you reflect on the problems you and your spouse face, remember that the principles I've discussed about success in life—including good conversa-



tion techniques and listening to the needs of the other person—often apply to family as well as business situations. I’m amazed, for example, at the number of husbands and wives who have forgotten how to talk to one another about the things in life that really matter. They can discuss which bills need to be paid or who should be invited over for the next dinner party. But they seem incapable of intimate discussions about what life means to them, about their deepest fears and anxieties, about their most intimate dreams for the future.

If this is one of your concerns, try a technique that worked for one young couple I know. The husband had fallen into the habit of watching television during the evening meal, and he would continue to stay glued to the screen as they sat around drinking their tea or coffee. As a result, this couple found that they did very little meaningful communicating after they came home from work at night. The solution to their difficulty came when the wife suggested: “Why don’t we start going out to dinner more often? It costs more money but would be cheaper and less expensive than marriage therapy!” So they began to eat at inexpensive restaurants several nights a week, and they discovered one another again. It’s almost impossible during an hour’s meal, when you’re looking at the other person with nothing to distract you, not to get into those deep conversations that should involve every married couple.

Many of you undoubtedly listed alcohol as one of your major problems, and I know there’s no easy solution to this one. Of all the drugs I know about, this one is by far the worst. Excessive drinking is the cause of more marital discord and career problems than any other single thing I know. I don’t know how often I’ve seen a person get drunk at an office party and tell an immediate superior what he really thinks of him, or make an embarrassing move with the young woman he’s been ogling secretly for months.

If you haven’t developed a serious problem yet, I’d just encourage you to take some time before each party you attend and consider the consequences of excessive drinking. Ask yourself if it’s really worth it—alienating a boss or a valuable social contact by getting sloppily and obnoxiously inebriated. Drinking excessively at home also impairs your ability to communicate with

your spouse, so it's important to consider whether temporary dulling of the senses and light-headedness justify damaging and perhaps destroying your marriage.

If your spouse's drinking problem has already gone so far that it borders on alcoholism, counseling with your pastor or a psychotherapist, or getting him or her interested in an organization like Alcoholics Anonymous may be the only solution. But whatever you decide, start working toward that end right now, for the future of your marriage probably hangs in the balance.

Building a stable, secure family life must begin with your spouse, but it can't end there. No matter how secure and loving the relationship between husband and wife, there will always be unhappiness, discontent, and time- and energy-wasting anxiety if you've failed to tend to the welfare of your children.

# How Can We Reestablish Family Values in Our Society?

by **Maryam Mallin-Dubin**

Family values is a catch-all phrase that perhaps means different things to different people and different segments of our population. Family values, to me, means the respect of each partner for the other, respect and nurturing of the children we bring into the world. It also means imparting to our children the ethical standards which enable people to conduct their lives so that they are of benefit, not harm, to others. It would also mean teaching them the moral precepts of my particular religious or cultural milieu. However, morality changes with the times, and depends on cultural and religious norms. And morality, since it is more private, cannot be legislated (we try to do so, but it doesn't work). Ethics, practiced more publicly in the political and business arena, can. The confusion of the two has caused great difficulties and schisms in our nation.

## *What role did family values play in your life?*

My family's values had much to do with how I live my life. My parents, and other members of my family were loving, tolerant of others beliefs, intolerant of bigotry in any form, appreciative of the arts and their enrichment of the quality of life, and deeply in tune with nature and its expression of the Creator. They also believed that one should learn and grow throughout life. Therefore they were never bored. Life always excited them. I reiterate, again, my gratitude for their lives.

# How Can We Reestablish Family Values in Our Society?

by Erik Olesen

To reestablish family values, we need to reestablish the family. One of the most important ways to do that is to turn off the television or limit it to only one hour or two each night. In my interviews for *Mastering the Winds of Change*, the successful people I spoke with watched, on average, less than an hour of television each night.

Television tears apart families. Instead of communicating, they turn on the tube. It is especially destructive to children, who end up watching a great deal of violence on television.

We can also contribute to the family by teaching teens about the value and importance of birth control. An unwanted child born to a single mother creates a difficult start for the new family.

## ***What role did family values play in your life?***

My family is very important to me. Being a good parent and spouse is hard work, and that is how it should be. To be committed takes effort. But it's also one of the most rewarding aspects of life.

Our values must also go beyond the family. We must be committed to our community, to our nation, and to our fellow human beings. We must, with every important decision we make, ask, "What can I do that will make the world a better place?"

# **How Can We Reestablish Family Values in Our Society?**

**by Robert W. Reasoner**

Family values played a major part in my upbringing. I was expected to fulfil my chores each day and participated with my family in church activities from an early age. The core values so often referred to as family values are deeply imbedded in most religions. Thus, a major question is, “What will it take to bring families back to church?” In previous generations, there were limited choices of activities so attendance at church was a more natural thing to do. Today, there are so many options that many families find family members going off in several different directions. As a result there is no feeling of belonging and no commitment to others. I see little hope to restore family values in our society until families realize the significance of establishing close family ties, where the family eats together at least once a day, works together, and plans activities together.

# How Can We Reestablish Family Values in Our Society?

by Dottie Walters

The only way to do so is to live them yourself. Napoleon Bonaparte said, “I can win any battle with a lion leading an army of lambs. I will lose any battle with a lamb leading an army of lions.”

## *What role did family values play in your life?*

See above. The negative one taught me what never to do. At the public library I found all the great minds. I began reading biographies when I was very young, and still do so today. At least six a week.

## How Can We Reestablish Family Values in Our Society?

by **Bettie B. Youngs, Ph.D.**

I've just written a book on this called **Values from the Heartland**. It's a beautiful collection of heartwarming short stories that highlight values in action, values such as genuine caring, sharing, integrity, commitment, honor, sacrifice, and self-discipline. These stories illustrate how values are instilled by family members, community, and others who take the time to guide us and reminds us that there are no quick fixes in life—that what is enriching and lasting in life is often the result of long term investments in the people we love and care about. While written for adults, it's a book for readers of all ages, really. I've used storytelling as a forum because throughout the ages and within every culture, storytelling has been regarded by parents, teachers, community and spiritual leaders as a treasured teaching tool and source of inspiration. These stories show how our desires, goals and expectations are set in motion, and of their contribution to the map we ultimately design for our journey down the path of life.

### *What role did family values play in your life?*

My family demonstrated heartland values in action; they gave me a blueprint for living purposefully. They were excellent models of emotional, physical, spiritual, and intellectual wellness in motion.

# How Can We Reestablish Family Values in Our Society?

by Zig Ziglar

If I were to acquire millions of dollars but destroy my health and sacrifice my integrity in the pursuit of those dollars, I would not consider myself successful. I would have bought those dollars at a grossly inflated price, as I've seen many of my colleagues do.

If I should go to the top in my profession, become the best in the whole world at what I do, and then have one or more of my four children come to me and say, "You know, Dad, I sure wish you had saved a little time for me when I was growing up. Maybe if you had given me some of the advice you so freely give to others, my own life would not have been the disaster it turned out to be." I can assure you it would break my heart.

The same dangers relating to achieving success also apply to you. Regardless of your age, sex, or occupation, if you have a loving, stable relationship with your family, you will be more effective and hence more productive and successful in your profession. That's one reason so much of this book is designed to give you an attitude lift, because you pass on to your family and, to a lesser degree, your co-workers the attitudes you possess. With your own attitude and future intact, you can more effectively work to develop all the qualities necessary for a child to be positive.

## **Do as I Do**

A solid foundation for children involves a solid moral base. Parents who teach their children honesty but fail to practice it themselves create real problems.

For example, suppose parents repeatedly tell their children to be truthful, but when the telephone rings, they call out to the child who's answering it, "Tell



them I'm not home.”

The message to the child is clear. If children are taught to lie *for* parents, they are taught to lie *to* parents.

As another example, suppose parents lecture their children on the importance of obeying the law, yet install a radar detector in the car to avoid being stopped for speeding. The message again is clear. If you're going to break the law, don't get caught. Be smart like your dad or mom.

And another, suppose parents instruct their children to be good citizens, yet they cheat on their income tax return. The message? It's okay to be dishonest when it comes to taxes because “the government is going to waste the money anyhow. “ Parents who do this are dishonest, and they're teaching their children to be dishonest.

### **There's a Market for Moral Values**

The home is the place to lay the foundation for high moral values, but the process must be continued in our educational institutions. Franklin Delano Roosevelt said, “To train a man in mind and not in morals is to train a menace to society.” Steven Muller, president of Johns Hopkins University, summarized this interplay of values, “The failure to rally around a set of values means that universities are turning out potentially highly-skilled barbarians.”

Further, honesty is a marketable commodity. In 1982, the Forum Corporation of Boston, Massachusetts, studied 341 salespeople from eleven different companies in five different industries to determine what accounted for the difference between the top producers and the average producers. (Of these, 173 were top salespeople, and 168 were average salespeople.)

When the study was finished, it was clear that the difference between the two groups could not be attributed to skill, knowledge, or ability. The Forum Corporation found that the difference could be attributed to honesty! The persons who were rated top in sales were more productive *because their customers trusted them*. And because their customers believed these top producers, they

bought from them.

Being effective parents hinges on trust, too. If kids know that their mom and dad believe what they're teaching, and if kids know that what their parents teach is consistent with the life they live, then kids will trust their parents and will respond positively to what their parents say. Hypocrisy—if it ever was “in”—is totally and completely “out” with kids today. We fail our children if we say, “Don't do as I do, but do as I say.”

### **Find the Good and Applaud**

When you find something good (and it will be easy to do) tell your child specifically what you found that you like. Applaud your child. Do it often. Millions of parents love their kids, but, unfortunately, they never tell them. That's too bad because applause is an effective confidence builder. Applause is so effective that in the world-renowned Suzuki method of teaching violin, one of the first things the children are taught when they are two, three, and four years old is how to take a bow. The instructors know that when the children bow, the audience invariably applauds. And “applause is the best motivator we've found to make children feel good about performing and about themselves.”

Despite this fact, however, a study by the National Parent-Teachers Organization revealed that in the average American school, eighteen negatives are identified for every positive that is pointed out. The Wisconsin study revealed that when kids enter the first grade, 80 percent of them feel pretty good about themselves, but by the time they get to the sixth grade, only 10 percent of them have good self-images.

Applause is a great encourager, but real encouragement is more than being given a slap on the back or a position as a cheerleader. It is positive, affirming input from parents, which also affirms authority in the most positive way.

High school principal Dr. Frank Rainaldi says that our kids really need to hear a continual reminder of the things they do well. Any time we see our

kids being good or doing good, we need to let them hear that approval. Our encouragement and praise should be specific. Not “You look really neat this morning,” but “I like the way you matched your skirt and blouse. That really looks nice.” And being good encourages us to be good listeners. We need to hear what our children want us to hear.

Finding the good in every person and in every situation is a learned skill that requires work, but because we love our kids, we must make the effort. As parents we must practice and be examples of “good-finding”, a characteristic of the successful that is caught more than taught.

## Action Plan: Reestablishing Family Values

<b>Goals</b>	<b>Which goals do you want to reach?</b>		
	Goal 1: _____ Goal 2: _____ Goal 3: _____		
<b>ACTION</b>	<b>How will you accomplish the behavior changes?</b>		
	Steps: _____ Tasks: _____ Activities: _____		
<b>DATE</b>	<b>What is the time frame for your goals?</b>		
	<b>Goal 1</b>	<b>Goal 2</b>	<b>Goal 3</b>
	Begin Date: _____ End Date: _____	Begin Date: _____ End Date: _____	Begin Date: _____ End Date: _____
<b>RESULTS</b>	<b>What is the expected performance improvement?</b>		
	Goal 1: _____ Goal 2: _____ Goal 3: _____		
<b>BENEFITS</b>	<b>What will be the benefits?</b>		
	Goal 1: _____ Goal 2: _____ Goal 3: _____		

## The American Dream

I hear the unformed question  
that sleeps restlessly  
when we awaken  
for our morning coffee.  
I see it closed within ourselves  
locked in briefcases  
carried down bright corridors  
of our post-modern fortresses.  
The well-tended atriums  
where sun-light is allowed  
a few plants in cubicles  
the only wild things left.  
All other lines straight  
and corners squared  
like square-headed gods  
of artificial intelligence  
on alters at every desk  
furniture walls workers even  
color-coordinated  
everything in its place.

No room for questions  
that lurk beyond the gates.

Fitness centers churn out bodies  
the look like gods  
yet doctor offices are filled  
hospitals prosper therapists  
have not enough hours  
to finish their paper work.  
And suits against them all  
pile up like clothing racks  
at a bargain sale.

We go about getting and spending  
rise each morning shower deodorize  
and dress stylishly  
build barriers of information  
against the non-linear  
and noise that speeds us on our 9 to 5's  
rush to and from kissing children  
good-bye and hello.

The latest shiny things conceived  
gluttonize us.

We toast each other after hours  
with crystal wine glasses  
pretending love and wisdom.

But there is no escape  
from the cat holes  
in our protective atmosphere  
no escape  
from a Chernoble of our own  
from nuclear winter  
formed by our myopic hearts.

Disney World Club Med  
the fulfillment of our dreams.  
We dance and do not touch  
we cannot hear the message  
beneath the music's heavy beat.  
It drums out the question  
that cries in the night:

"It is for this I live?"

Maryam Mallin-Dubin





**Alan Cohen** is a heart act to follow. One of the most popular and beloved inspirational writers and teachers in America's new thought movement, his books, tapes, and workshops have transformed the lives of hundreds of thousands of appreciative readers who have found the courage to believe in themselves and follow their dreams.

*The Dragon Doesn't Live Here Anymore* has become a modern metaphysical classic. Since its publication over ten years ago, it has remained on the new age best-seller list. Now used as a college text and foundation for church study groups, many ministers, healers, and teachers refer to the book as one of the most often quoted sources in their teachings. A survey of Unity ministers cited *Dragon* as "one of the ten most influential books in the Unity movement." A selection from *Dragon* is included in Simon & Schuster's *A Treasury of Light - the Best in New Age Literature*.

Alan's recent book *I Had It All the Time* has received wonderful acclaim from many well-known and respected authors. James Redfield, author of *The Celestine Prophecy*, praised the book with these words; "*I Had It All the Time* is uniquely inspiring and timely. As always, Alan Cohen is the most eloquent spokesman of the heart."

Alan's monthly column, *From the Heart*, is syndicated in magazines throughout the nation. His feature articles and interviews have been celebrated in *Science of Mind*, *Unity*, *New Frontier*, *Visions*, *New Realities*, *Human Potential*, and *New Woman Magazines*, among many others. Alan is Associate Editor of *New Frontier*.

A welcome guest on radio, television, and sought-out lecturer and workshop leader, Alan has delivered keynote addresses at many major spiritual conferences, including the Whole Life Expos, national Unity and Religious Science conferences, and the International New Thought Alliance. In the medical world he has spoken to the American Holistic Medicine Association and the Clinical Conference for the Association for Research and Enlightenment.

Alan's global healing work has taken him to the Earth Conference in Bali and the Pan Holistic Center in Sweden. As a citizen diplomat, Alan brought groups of Americans to the former Soviet Union for dialogue and prayer that contributed to the healing between our nations.

Mr. Cohen resides in Maui, Hawaii, where he conducts retreats in spiritual awakening and visionary living.

To order any of Alan Cohen's books or request a free catalog of his books, tapes, and seminar schedule, write to RLS, 250 Huron, Port Huron, MI 48060 or call 1-800-462-3013.



**Stephen R. Covey**, founder and chairman of Covey Leadership Center (CLC), has made teaching principle-centered living and leadership his life's work. A respected author, lecturer, teacher and organizational consultant, he holds an M.B.A. from Harvard and a doctorate from Brigham Young University, where he was professor of organizational behavior and business management and also served as Assistant to the President and Director of University Relations. For more than 25 years, he has taught millions of individuals in business, government, and education the transforming power of principles rooted in unchanging natural laws that govern human and organizational effectiveness.

Dr. Covey is the author of several acclaimed books including, *The 7 Habits of Highly Effective People*, international best-seller, which has also been on the Business Week, USA Today, and Publisher's Weekly best-seller lists for over four years. It has sold over seven million copies in 28 languages and 35 countries throughout the world. His book, *Principle-Centered Leadership*, is one of the best selling business books of the decade. In its first year, Dr. Covey's most recent book, *First Things First*, authored with A. Roger and Rebecca R. Merrill, achieved double the hardback sales that *The 7 Habits of Highly Effective People* produced in the same time period. His newest books in progress focus on highly effective families and organizations. Dr. Covey, and other Covey Leadership Center authors and spokespersons, all authorities on leadership and effectiveness, are consistently sought after by radio, television, magazines, and newspapers throughout North America and the World. Dr. Covey and CLC have participated in several TBS specials, including a 90-minute PBS documentary program based on *The 7 Habits of Highly Effective People*. Other CLC documentaries and short feature films have won numerous honors, including seven CINE Golden Eagle Awards, one silver and two gold medals in the New York Film Festival, and 25 Telly awards.

Among recent acknowledgments, Dr. Covey has received the Wilbur M. McFeely Award from the International Management Council for significant



contributions to management and education, the 1994 International Entrepreneur of the Year Award, the 1994 Toastmaster's International Top Speaker Award, the 1994 Sales and Marketing Executives International Tops in Marketing Award, the first Thomas More College Medallion for continued service to humanity, and *Inc. Magazine's* Products and Services Entrepreneur of the Year Award.

Dr. Covey's organizational legacy to the world is Covey Leadership Center, founded with the vision of teaching organizations to implement and embody principle-centered leadership deeply into their culture. Appearing on the 1994 "Inc. 500 List of the Fastest Growing Companies," CLC's client portfolio includes half of the Fortune 500 companies, thousands of small and midsize companies, hospitals, and educational, government, and nonprofit organizations worldwide. Programs taught by Covey Leadership Center associates in over 75 cities in North America and 40 countries throughout the World reach nearly half-a-million people annually.

The Center has created pilot partnerships with several cities seeking to become principle-centered communities. CLC associates are teaching *The 7 Habits of Highly Effective People* to teachers and administrators in over 3,000 school districts and universities nationwide, while comprehensive statewide initiatives have been formed with education leaders in 27 states.

COVEY LEADERSHIP CENTER MISSION STATE-  
MENT

*Our mission is to serve the worldwide community  
by empowering people and organizations  
to significantly increase their performance  
capability in order to achieve  
worthwhile purposes through understanding  
and living principle-centered leadership.*

*In carrying out this mission,  
we continually strive to practice what we teach.*



**Dr. Stan Dale**, D.H.S., is a Transactional Analyst, educator, workshop facilitator and author. A New Yorker by birth, Dr. Dale spent 19 years in Chicago, where he originated and hosted the first ever psychological based call-in talk show. Prior to that he was the announcer/narrator for *The Lone Ranger*, *Sergeant Preston of the Yukon*, and *The Green Hornet*, and for a brief period was the voice of *The Shadow* on radio.

For more than 20 years after his arrival in San Francisco, Stan was the host of numerous radio talk shows on KGO, KSFO, and K101 and continues to be in constant demand on television shows including *Donahue*, *Oprah*, *Joan Rivers*, *Geraldo*, *CNBC*, *Sally Jessi Raphael* and many more too numerous to mention. He has written two books, *Fantasies Can Set You Free and My Child, My Self: How to Raise the Child You Always Wanted to Be*, and he is featured in the best selling books *Chicken Soup for the Soul* and *Bridges to Heaven*.

Dr. Dale has advanced degrees in psychology and sociology from Roosevelt University, Chicago and the Illinois Institute of Applied Psychology. He received his Doctorate in Human Sexuality from The Institute for the Advanced Study of Human Sexuality in San Francisco where he is Adjunct Professor of Behavioral Studies in Human Sexuality.

Dr. Dale has been on the faculties of Loyola University, Mundelein College in Chicago, and Sonoma State University in Cotati, California. He is a frequent lecturer at many colleges and universities in California and elsewhere, and speaks to a wide variety of service and civic organizations, social clubs, churches, high school and junior high school campuses as well as corporations.

After serving with the US Army in Korea, he received a commendation and Ribbon of Meritorious Service. He is one of only 10 worldwide recipients of the prized *Mahatma Gandhi Peace Medallion* for his selfless commitment to the cause of world peace, humanity and brotherhood. He was also

presented with the *Humanitarian of the Year* award from the Ethical Humanists of Chicago and has received the *Distinguished Member* award of Who's Who Worldwide. In 1968, Dr. Dale created The Human Awareness Institute. Since then more than 40,000 people have attended the Institute's workshops and seminars in various parts of the United States, Russia, Australia and Japan.



**John Goddard**

**“To dare is to do . . . to fear is to fail.”**

This philosophy has characterized John Goddard since he was 15, when he listed 127 challenging lifetime goals--like exploring the Nile, climbing Mount Everest, running five-minute mile, and playing Clair de Lune on the piano.

Now, a generation later, he has accomplished 106 of these quests, and has logged an impressive list of records in achieving them. He was the first man in history to explore the entire length of the world’s longest river, the Nile, in a 4,160 mile expedition which the *Los Angeles Times* called “the most amazing adventure of this generation.” He then matched that achievement and became the first man to explore the entire length of the world’s second largest river, the Congo; he scaled the Matterhorn in a raging blizzard after several professional guides had refused to go along; and he has established numerous records as a civilian jet pilot, including a speed record of 1,500 miles per hour in the F-111 Fighter-Bomber, and an altitude record of 63,000 feet in the F-106 Delta Dart.

A graduate of the University of Southern California, where he majored in anthropology and psychology, Mr. Goddard has studied obscure cultures in all parts of the globe. In addition, he has climbed 12 of the world’s highest mountains, conducted 14 major expeditions into remote regions, traversed 15 of the world’s most treacherous rivers, visited 120 countries, studied 260 primitive tribes, and traveled in excess of one million miles during his adventurous life.

A resident of La Cañada, California, where he lives with his wife and two of his children, Mr. Goddard does not believe in pursuing adventure for the sake of frivolous thrills, but used these experiences to achieve a worthwhile end. This end, for him, is scientific exploration, adding to the world’s store of knowledge. “Digging out the facts is the real challenge”, Mr. Goddard

says in summing up his career. “The adventure is exciting and enjoyable--but secondary.”

Yet digging out the facts can be a hazardous occupation. Goddard has been bitten by a rattlesnake, charged by an elephant, and trapped in quicksand. He has crashed in planes, been caught in earthquakes, and almost drowned twice while running rapids. But his overwhelming desire to discover fresh knowledge and to complete his youthful list of goals has driven him on in spite of danger.

Honored by the U.S. Junior Chamber of Commerce as one of California’s outstanding young men, John Goddard belongs to the Adventurers’ Club of Los Angeles (youngest member ever admitted), the Adventurers’ Club of Chicago, the Explorers’ Club of New York, the Savage Club of London, the Royal Geographic Society, the French Explorers’ Society (only American member), the Archaeological Society, the Mach II Club and the Sigma Chi Fraternity, of which he is a life member.

He has appeared on more than 200 television talk and adventure shows and been the guest of such television personalities as Bob Hope, Johnny Carson and David Frost.

For more information contact:

John Goddard  
4224 Beulah Drive  
La Cañada, CA 91011  
(818) 790-7094



**William (Billy) F. Graham**

**“My one purpose in life is to help people find a personal relationship with God, which, I believe, comes through knowing Christ.” –Billy Graham.**

Billy Graham took Christ at His word when He said in Mark 16:15, “Go ye into all the world and preach the Gospel to every creature.”

Evangelist Billy Graham has preached the Gospel to more people in live audiences than anyone else in history—over 210 million people in more than 185 countries and territories—through various meetings, including Global Mission. Hundreds of millions more have been reached through television, video and film.

Since the 1949 Los Angeles crusade vaulted Mr. Graham into the public eye, he has led hundreds of thousands to make personal decisions to live for Christ. That is the main thrust of his ministry.

Born November 7, 1918, four days before the Armistice ended World War I, Mr. Graham was reared on a dairy farm in Charlotte, North Carolina. Growing up during the Depression, he learned the value of hard work on the family farm, but he also found time to spend many hours in the hayloft reading books on a wide variety of subjects.

At the age of 16 in the fall of 1934, Mr. Graham accepted Christ through the ministry of Mordecai Ham, a traveling evangelist, who visited Charlotte for a revival meeting.

Ordained in 1940 by the Southern Baptist Convention, Mr. Graham received a solid foundation in the Scriptures at Florida Bible Institute (now Trinity College). In 1943 he was graduated from Wheaton College in Illinois and married fellow student Ruth McCue Bell, daughter of a missionary surgeon in China.

After graduating from college, Mr. Graham joined Youth for Christ, an orga-

nization founded for ministry to youth and servicemen during World War II.

Mr. Graham preached throughout the United States and in Europe in the immediate post-war era, emerging as a rising young evangelist.

The Los Angeles crusade in 1949 launched Mr. Graham into international prominence. Scheduled for three weeks, the meetings were extended to more than eight weeks, with overflow crowds filling the tent each night.

Many of his subsequent early crusades were similarly extended, including one in London which lasted 12 weeks, and a New York City crusade in Madison Square Garden in 1957 which ran each night for 16 weeks.

Today at age 77, Billy Graham and his ministry are known around the globe. He preached in remote African villages and in the heart of New York City, and those to whom he has ministered have ranged from heads of state to the simple-living bushman of Australia and the wandering tribes of Africa and the Middle East. Since 1977, Mr. Graham has been accorded the opportunity to conduct preaching missions in virtually every country of Eastern Europe, including the former Soviet Union.

Mr. Graham founded the Billy Graham Evangelistic Association in 1950, which headquarters in Minneapolis, Minn. He conducts his ministry through BGEA, including:

- the weekly “Hour of Decision” radio program broadcast by more than 1,000 stations around the world.
- television specials which regularly appear in prime time in almost every market in the United States and Canada, reaching an estimated 60 - 80 million viewers each year.
- a newspaper column, “My Answer,” which is carried by newspapers across the country with a combined circulation of more than seven million readers.
- “Decision” magazine, the official magazine of the association, which is



read in 160 countries. With a circulation of 1.7 million, “Decision” is one of the largest religious periodicals in the world.

– World Wide Pictures is one of the foremost producers of evangelistic films in the world. Available on video cassette and as 16/35 mm films, they are distributed outside of North America by BGEA’s International Film Ministries, working with local distributors, Christian ministries, churches, missionaries, TV stations and cinemas. In 1994, in the U.S. and Canada on average nearly 350 churches per week showed these films to over 3,385,000 people.

Mr. Graham has written 17 books, all of which have become top sellers. In the latest, “Storm Warning,” published in 1992, he examines today’s world in light of biblical revelation, offering hope and tangible ways to meet the approaching storm.

Of his other books, “Approaching Hoofbeats: The Four Horsemen of the Apocalypse” (1983) was listed for several weeks on The New York Times best-seller list; “How To Be Born Again” (1977) had the largest first printing in publishing history with 800,000 copies; “Angels: God’s Secret Agents” (1975) sold one million copies within 90 days; and “The Jesus Generation” (1971) sold 200,000 copies in the first two weeks.

Mr. Graham’s counsel has been sought by presidents, and his appeal in both the secular and religious arenas is evidenced by the wide range of groups that have honored him, including numerous honorary doctorates from many institutions in this country and abroad. Recognitions range from the Gold Award of the George Washington Carver Memorial Institute, and the Speaker of the Year Award, to the Templeton Foundation Prize for Progress in Religion. He has received the Big Brother Award for his work on behalf of the welfare of children and been cited by the George Washington Carver Memorial Institute for his contributions to race relations and by the Anti-Defamation League of the B’nai B’rith and the National Conference of Christians and Jews for his efforts to foster a better understanding among all faiths.

Mr. Graham is regularly listed by the Gallup organization as one of the “Ten Most Admired Men in the World” and was described by them as the dominant figure in that poll over the past 45 years –making an unparalleled 37th appearance and 30st consecutive appearance. He has also been on the covers of “Time”, “Newsweek”, “Life,” “U.S. News and World Report,” “Parade,” “Look,” and numerous other magazines and has been the subject of many newspaper and magazine feature articles and books.

Mr. Graham stays fit by swimming and aerobic walking when his schedule permits. He and his wife, Ruth, have three daughters, two sons, 19 grandchildren and seven great-grandchildren. The Grahams make their home in the mountains of North Carolina.



**Steven P. Hadar, M.A.**, Director, Performance Consulting.

He has been a student and teacher of leadership, behavioral sciences and organizational development for over a quarter of a century. Holding a B.S. in Psychology and an M.A. in Human Resources Management, he had over 20 years in practical experience as a leader in the United States Marine Corps. As a senior officer, he commanded an organization of over 1,000 highly motivated individuals.

While Head of the Leadership and Management Department of the prestigious Marine Corps Command and Staff College, he incorporated the Myers-Briggs Type Indicator (MBTI) as a self-assessment and team-building tool for hundreds of officers and several military and civilian organizations. Known for his passion for leadership, LtCol Hadar was invited two consecutive years to lead seminars at the annual Russell Leadership Conference hosted at the FBI Academy.

After his military service, he also served as an executive in corporate America. He founded Eagles Unlimited, an association of management consultants providing time management, personal development and organizational effectiveness seminars. Steve is an active member of Toastmaster International and an accomplished speaker and trainer. As such, he has conducted seminars throughout the United States, Canada, and the Far East. Steve Hadar served as Assistant Professor for Management at Newport University.

His personal hobbies include dancing, skiing, physical fitness, hang gliding, and enjoying San Diego.



**Arthur Gordon Linkletter** was born in Moosejaw, Saskatchewan, Canada where, as an orphan, he was adopted by a Baptist evangelist minister, Reverend Fulton Linkletter. Reverend Linkletter, his wife, and their newly adopted son, Arthur, moved to Lowell, Massachusetts where they lived for several years. Two moves followed: the first was to San

Pedro, California where Art went to grammar school; the second was San Diego where Art went to high school and college. Fully intent on becoming a college professor, Art majored in English and psychology and graduated from San Diego State College in 1934 with a B.A. degree. However, during his last year in college, Art was offered a job as a radio announcer at Station KGB—a CBS outlet in San Diego. By the time he graduated, he'd moved up to chief announcer and decided to remain in broadcasting.

It was during Art's junior year in college that he met his future wife, San Diego native, Lois Foerster. They were married on November 27, 1935—Thanksgiving Day—and continue to celebrate their anniversary on this holiday. The Linkletters had five children—three daughters and two sons. Their son Jack, the eldest of the three remaining children, is married and has two sons and a daughter; their daughter, Dawn, is married and has twin sons; and their daughter Sharon is married and has two daughters.

Art and his family are great outdoor people. They take family backpack trips into the mountains and swim, surf and scuba dive in the summer. In the winter they ski at Sun Valley, Aspen, and abroad.

Prior to his marriage in 1935, Art served as Program Director of the California International Exposition, after which he returned to Station KGB for a short time as the station's Program Director. The next stop was Dallas as Radio Director of the Texas Centennial followed by a similar job at the San Francisco World Fair, where he was also author and co-producer of *Cavalcade of the Golden West*—which was also the fair's theme.

Art has been a star in show business for more than 60 years. His best known

shows established records for longevity: “*People Are Funny*” ran on NBC-TV and Radio for 19 years and was rated in the Top 10 for more than 11 years. “*House Party*” ran on CBS-TV and Radio for 25 years and was one of the top daytime shows from the day of its first broadcast in 1945—it won two *Emmy Awards*, as well as numerous other nominations for awards. In addition, Art starred in and co-produced many spectaculars and specials, as well as acting in half a dozen dramatic shows and several motion pictures.

In 1962, Art received an honor in which he takes considerable pride—he was named *Grandfather of the Year*. He has also served as *Honorary Mayor of Hollywood* for two years; on the Board of Directors for the *Heart Fund*; on the Public Relations Committee for the *Boy Scouts of America*; as the West Coast Chairman of *Foster Parents Plan*; as Honorary Chairman—*Easter Seals*; on the National Board of Directors—*Goodwill Industries*; on the *National Committee on Physical Education*; as a member of the Board of Directors—*YMCA*; as a member of the Board of Directors—*City of Hope*; as Regent—*Art Center College of Design*; as a member of the *Board of Trustees—Springfield College*; as a member of the *Board of regents—Pepperdine University*; and as Vice Chairman of the *Center of Aging, UCLA*.

Although Art has received honors, awards, and other forms of recognition too numerous to list, a sampling includes: recognition for *Distinguished Service*, for the *Crusade for Freedom*, as *Man of the Year*, from the *City of Hope*, from the *Brotherhood of Children*, from the *Newspaper Boys of America*, the *Brotherhood Award*, from the *National Conference of Christians & Jews*.

Art has been awarded the following honorary degrees:

- Doctor of Humanics, Springfield College
- Doctor of Letters, Iowa Wesleyan College
- Doctor of Humane Letters, Westminster College
- Doctor of Humane Letters, National University
- Doctor of Humane Letters, University of Redlands
- Doctor of Laws, Birmingham Southern College

- Doctor of Laws, Pepperdine University
- Doctor of Laws-Honoris Causa, Stamford University
- Ph.D., Art Center College of Design

... and he's a well known author having written one of the top nonfiction best-sellers in the history of publishing—*Kids Say The Darndest Things*. The book led all sellers for two years and is #14 on the list of all nonfiction published in the United States. Other books are:

- People Are Funny
- Kids Sure Rite Funny
- Secret World of Kids
- Child's Garden of Misinformation
- Oops: I Wish I'd Said That
- Linkletter Down Under
- Women Are My Favorite People
- How To Be A Supersalesman
- Yes, You Can!
- I didn't Do It Alone
- Hobo On The Way To Heaven
- Public Speaking For Private People
- Old Age Is Nor For Sissies

For additional information contact:

Lee Ray, Executive Assistant

Linkletter Offices

8484 Wilshire Boulevard., Suite 205

Beverly Hills, California 90211

Telephone (213) 658-7603



**Maryam Mallin-Dubin**

The arts have always been an important part of my life, beginning with piano at the age of four and drama at eight. I have a certificate in theater, a B.F.A., and an M.A. in Clinical Psychology, with an emphases on the Expressive Therapies.

I believe very strongly in the mind/body connection, carefully nourishing it, in addition to the vital spiritual aspect of my being. I have three loving and caring adult children and four terrific grandchildren. Myself, I am 67 years young and continually say “Hallelujah!”.

I am also a poet and performer, and feel a deep responsibility to present material that has value for our lives. I have always been an activist, involved with issues I feel are important.

With my recent marriage of four years, I became involved in the operation of Personal achievement Institute, a on-profit corporation founded in 1978, by my husband, Burt. I would not have become involved (not being a business person) except that our separate visions for a future in which the highest aspirations of humankind are nourished, were united in the development of the Speaking Success System (sponsored by the Institute). I am most pleased that the System, as a whole, or in part, is now used by hundreds of successful speakers, worldwide; speakers whose vision, whose personal message touches and influences the lives of many hundreds of others. The System is a powerful resource that not only helps aspiring and professional speakers position, package, promote and present themselves, it also assures that the generating principles of spiritual values and higher service are released into the world. This comes as a result of the in-depth examination of the very meaning and purpose of one’s life required by the first step of the Speaking Success System: the Mission Statement. It always warms my heart to observe the heightened awareness and consciousness that Burt’s empathic mentoring and consulting brings to each individual.

We would be happy to speak with any aspiring or professional speakers who

desire both to create for themselves continuing profitable speaking engagements, and serve the higher calling of their hearts and the betterment of humanity.

Personal Achievement Institute, 1 Speaking Success Road, Kingman, AZ 86402-6543. From USA, phone 800-321-1225. Outside USA, E-mail BDU-BINSPKR@aol.com.





**Erik Olesen** has spoken or consulted for over 70 organizations throughout the United States, including Citicorp, IBM, Johnson & Johnson, and Blue Shield. He formerly taught biofeedback and stress management at San Francisco State University. Olesen is a licensed psychotherapist and has a private practice in counseling, with offices in Sacramento and Auburn, California. He is interviewed frequently on television, radio, and in the print media.

Drawing on his 15 years experience in guiding organizations and individuals through times of stress and change, Mr. Olesen interviewed 40 peak performers and surveyed 120 others. Now he reveals their secrets in a fascinating book: *Mastering the Winds of Change: Peak Performers Reveal How to Stay on Top in Times of Turmoil*.

*Mastering the Winds of Change* (HarperBusiness), with a foreword by Denis Waitley, Ph.D., is now available in most bookstores. Or, if you'd like to order by phone, call at 1-800-STRONG U.

Olesen & Associates: 2740 Fulton, Suite 203, Sacramento, CA 95821. Phone: (916) 489-COPE



**Robert W. Reasoner** is an international authority on self-esteem and a noted speaker. He has had more than 35 years experience as a school administrator in California and Europe, and recently retired after serving as a superintendent of schools.

He has been conducting research and developing programs to foster self-esteem for the past 20 years and is author of *BUILDING SELF-ESTEEM: A Comprehensive Program for Schools*, and co-author of *BUILDING SELF-ESTEEM IN SECONDARY SCHOOLS* and the *STUDENT SELF-ESTEEM INVENTORY*, an instrument to assess self-esteem. He has produced two videotapes on self-esteem, and has published numerous articles in professional journals. In 1991 he was selected as *National Educator of the Year* by the National Council for Self-Esteem.

He has conducted training programs for teachers, administrators, and parents in over 100 school districts in fourteen states, and has served as a consultant to the State Department of Education in California, Maryland, Michigan, New Mexico, Louisiana, and Hawaii. In addition, he has designed and conducted training programs in Canada, Australia, Russia, Scandinavia, Europe, the Mediterranean, and the Near East.

He served as Executive Director of the California Center for Self-Esteem from 1980 to 1992 and currently holds the office of *President of the International Council for Self-Esteem*. His model for developing self-esteem has been acknowledged to be effective not only by public schools, but also by schools of psychiatry, adolescent treatment hospitals, drug and alcohol abuse centers, and private business. His commitment to helping others expand their human capacity and self-esteem has caused him to continue his work with schools, organizations, and communities as they seek solutions to social problems, especially those problems related to youth.



**Dottie Walters** began tiny advertising business on foot, pushing two babies in a broken down baby stroller, in a rural community with no sidewalks. She built that business into four offices, 285 employees and 4,000 continuous contract advertising accounts. Dottie sold this large business to concentrate on her own speaking, writing, the administration of

Walters International Speakers Bureau and her own news magazine.

- International Speaker, Author, Consultant
- Publisher/Editor: “*Sharing Ideas*” Newsmagazine. Top international publication for over 15 years in the paid speaking-meetings-speakers bureaus world.
- President, Walters International Speakers Bureau
- World Class Speaker: Favorite with audiences in the U.S., England, Malaysia, Australia, Japan, Canada, South Africa and Singapore. Topics: Sales and Professional Speaking.
- Publisher, Great Speakers Anthology Books
- Original Vanguard Member, US National Speakers Association,
- Past National Board Member; Founder Los Angeles Chapter
- NSA–Life Board Member; Honorary Member Australian
- National and Ontario Canada Speakers Associations; Exec.
- Director Advisory Board, International Society Speakers,
- Authors, Consultants–ISSAC; Speakers Bureau Association;
- Founder: International Group of Agencies & Bureaus–IGAB
- Recipient of John Palmer Award for Outstanding Contributions to Speakers Bureau industry.

For more information contact:

Walters Speakers Services, P.O. Box 1120, Glendora, CA 91740,  
Phone (818) 335-8069



**Bettie B. Youngs, Ph.D., Ed.D.**, is a Pulitzer Prize-nominated author of more than thirty books published in thirty-one languages. Dr. Youngs is a former Teacher of the Year and university professor. She is coauthor (along with daughter Jennifer) of the runaway bestselling *Taste Berries for Teens* series, including *365 Days of Taste Berries for Teens*, *A Teen's Guide to Christian Living: Practical Answers to Tough Questions About God and Faith*, *12 Months of Faith: A Devotional Journal for Teens* and *A Teen's Guide to Living Drug-Free*.

Bettie has appeared frequently on CNN, NBC Nightly News and Oprah.

For more information contact:

Bettie B. Youngs & Associates  
3060 Racetrack View Drive, Del Mar, CA 92014  
Phone (619) 481-6360



**Zig Ziglar** is chairman of the Zig Ziglar Corporation, which is committed to helping people more fully utilize their physical, mental, and spiritual resources.

Hundreds of corporations worldwide use his books, videos, audiotapes, and courses to train their employees. Ziglar is one of the most sought-after motivational speakers in the country. He travels around the world delivering his message of humor, hope, and enthusiasm to audiences of all kinds and sizes.

He has appeared on the platform with such outstanding Americans as Paul Harvey, Dr. Robert Schuller, General Colin Powell, General Norman Schwarzkopf, Coach Lou Holtz, the late Dr. Norman Vincent Peale, and former presidents George Bush, Ronald Reagan, and Gerald Ford, as well as many congressional representative and state governors.

For more information, contact

The Zig Ziglar Corporation  
3330 Earhart, Suite 204  
Carrollton, TX 75006



**Connie Penn, Ph.D.**, is a clinical psychologist in private practice with degrees from UCLA and CSPP San Diego. She is on the faculty of United States Online University and president of the Accrediting Alliance for Training and Development.

Dr. Penn is coauthor of the widely used training program “Conflict Management” and the program “The Heart-Body-Brain Connection”.

Connie currently lives in La Costa, California with her husband and two children.



**Herbert J. Kellner, Ph.D.**, President and CEO of ITD INTERNATIONAL and United States Online University, holds advanced degrees in Psychology and Communications from both German and American universities. Dr. Kellner served as a Professor of Communications at Clayton University, established by the faculty of Harvard University, and also

Director of Continuing Education Programs throughout Europe for New York University and Pepperdine University.

Dr. Kellner has published numerous articles in training and development journals. He is author of several books. He designed, produced and delivered more than one hundred video training programs for a variety of organizations, including eight Fortune 100 companies. He developed and produced the only competency-based, video-driven and computer-scored sales assessment program. His Sales Talent Assessment Review program (STAR) is published in five languages and over one million salespeople worldwide have participated.

Dr. Kellner is also an accomplished television journalist. He produced the TV Adventure/Documentary series Travel Secrets: South Pacific and Travel Secrets: Mexico. The programs were aired on the Travel Channel, Discovery Channel and FamilyNet Television. Currently, he works on Travel Secrets: North America for the 2016 broadcast season.

Dr. Kellner was the recipient of the ASTD Professional Contribution Award and the European Award of Masters for Innovation. A panel of highly regarded producers and the editorial staff of the AV Video & Multimedia Producer Magazine have selected him from a large pool of applicants twice as one of the Top 100 producers. He is a past President of the European Trainer Association and a national member of ASTD, the American Society for Training and Development.

His personal interests are in scuba diving and sailing. In 1987, he sailed with his wife and daughter on a 38' sailboat from Germany to California. Five years later, they proudly became American citizens.