

FOREWORD

PEACE OF MIND IS NO SMALL GIFT

For more than three decades, I interacted with, taught, listened to, encouraged, and counseled many people—young and old, male and female, professional and non-professional—in both my role as a college professor and administrator and in leadership positions in Delta Sigma Theta Sorority, Inc. I have observed over the years that many of those who sought my advice could often see the end of the road and envision a better life for themselves, but they, like a car with all four wheels embedded in ten or more inches of muddy red clay, were stuck. They could envision themselves on drier and higher ground and crossing the finish line, but they did not know how to make the right moves to get there.

Faye Hargrove has been gifted with an insightful perspective that assists each of us to overcome negative thoughts and influences in our life and to claim the power of positivity with which we have been blessed. She is the perfect coach for the stuck, broken, bitter, and unfulfilled. For over twenty-five years, she has used her professional expertise to help her clients—which include students, artists, executive leaders, ministers, military men and women, serious and violent offenders, and others of all ages and from all walks of life. In a life-changing fashion, she has helped them to identify and overcome obstacles that were preventing them from being truly happy and from succeeding.

Now, she has put in writing the remarkable personal breakthrough program that has moved so many from the “but, but, but” excuses mode to the “I know I can, I know I can” mode! This book, **Better Choices**, is to be experienced, not just read. It offers a ‘tried and true’ program for making appropriate choices in your daily living, as the title suggests. I can attest to the effectiveness of this program which demonstrates that “when we know better, we do better.” I personally experienced the balloon process to let go grief after the loss of my husband, initially, and to overcome my fear of lizards, later.

Better Choices is filled with gems of wisdom—from the stories of Grandma Mabel and her granddaughter Sonja, which introduce each chapter, to the techniques for SMART goal-setting. With the accompanying CDs, Dr. Hargrove’s voice gently guides you through the “letting go” and reframing process in a very assuring and comforting manner.

Whether you are hampered by anger, hostility, resentment, sadness, fear, shame, grief, guilt, or limited beliefs, you will find good, plain, solid wisdom that will enable you to “let go” of the negative influences in your life that obstruct your success and to capture the positive forces that will allow you to take charge of your life. It is my sincere hope that this book will reach the hands and desks of everyone who needs a breakthrough and the believing attitude of “I know I can, I know I can.”

*Louise A. Rice, Ph.D.
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&
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