



lisa wysocky's success tips newsletter

THE NEWSLETTER FOR PERSONAL AND EQUESTRIAN SUCCESS

Idea of the Month:

**"If nothing ever changed, there'd be no butterflies."
Anonymous**

- Clarity
- Fast Facts
- Your Horse and You
- Help Wanted!
- Success Story
- Exciting Upcoming Events
- Front of the Class MOVIE Update!

SIGN-UP!

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- Read Lisa's New Blog!

Change. It's a hot topic right now, and one that all of us deal with every day. Some of us handle change better than others, and I am one of the ones who really likes things to stay the same. But as that is not realistic, I put a positive spin on change whenever I can. Change can be wonderful, as with the case of my newest book, [Horse Country: A Celebration of Country Music and the Love of Horses](#), which is coming from The Lyons Press on October 14. *Horse Country* features twenty-seven stars of country music talking about their horses in a stunning 4-color, hardcover book.



For you, *Horse Country* means an exciting new read and some pretty amazing photographs. For me, it means change: lots of early morning drive time radio interviews, travel for book signings, and an increase in email to coordinate it all and also to answer email from readers. And that change is great!

Whenever I sit down to write a book, I want to give the reader something special, and in the early stages, I often don't know what that is. But this time it was very apparent: I wanted to give horse people a glimpse into the lives of wonderful country music stars and I hoped to introduce fans of country music to the wonderful world of horses. In the process, I wanted everyone to realize how much both horses and music impact our lives.

Have I done that? Only you can say. We are hoping that on WEDNESDAY, OCTOBER 15 you will take time to purchase a copy, either for yourself, as a gift, or for your local library. You can do so easily by clicking [here](#), then clicking on the *Horse Country* book cover. Thank you in advance; you have my deepest gratitude.

And when change comes into your own life, make a list of the many positive things that come with it. If you focus on the good that change brings, life may open up in ways you never imagined possible.

So often it is hard for us to really say what we mean. Whether it is giving directions, standing up to your boss, or telling your mother how your day went, we are often vague and disorganized in the words we use. Those words then reflect back on us. By delivering precise verbal messages we can eliminate stress and confusion, strengthen relationships, and even find happiness. Here's how:

1. Take a moment to visualize your thought. Then use the visual picture to describe what you need or what you'd like today.
2. Get rid of vague words and phrases such as: sort of, maybe, thing, just, kind of, I think, possibly, and any other word that ends in "ly."
3. Instead, use precise words and phrases such as: yes, no, I know, go, do.
4. Then practice precise sentences such as "Honey, please turn the TV off now," rather than, "I think maybe that it is kind of time to turn the TV off."

These ideas can bring amazing and positive changes to your relationships with your horses, household pets and fellow humans, so start practicing now!--From [Success Within: How to Create the Greatest Moments of Your Life](#)

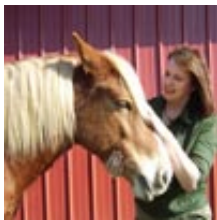
Read on...

The average American family spends 7 percent of its annual income on food. Does your family spend more or less?

The average seventy-year-old American has generated a lifetime accumulation of fifty tons of trash, including 11,500 pounds of table scraps.

All together, Americans spend roughly 43 billion dollars a year on their pets.

Read on...



Horses (and dogs and cats) spend a lifetime watching humans, but how well do you know your horse? Here are a few ideas you can try that involve simple observation that will help you get to know your horse much better than you ever thought possible.

1. How does your horse eat his or her grain? From the center of the bucket, from left to right, from front to back? How many bites does he take before chewing a while? Does he dive in or sniff first? How long does it take for him to eat his daily ration?
2. How does your horse graze? In an arc? Straight line? What grasses does she prefer? How many times does she chew before taking another bite? Does she walk while grazing? Does she lift her head while chewing?
3. How does your horse sleep? Is he weight bearing on all four feet, or does he cock a hind leg? If so, which one? When lying down, is he flat on his side or are his legs tucked under him? Which side does he prefer to lie on? Does his breathing

change when he lies down?

4. How many sips of water does your horse usually take at one time? Does she drink from the center of the trough or does she prefer one side? Does she suck her tongue when drinking? Does she dip her nose all the way under?

Knowing each of these preferences and more will not only help you get to know your horse better, it may aid in diagnosing illness or lameness. And, it is both easy and fun to do. All you need is a little quiet time in which to observe your horse. And it is good to know that these same observation techniques can also help you learn more about your dog or cat, or the people in your life.--From [My Horse, My Partner: Teamwork on the Ground](#)

Read on...



We need your help in letting others know of all that Lisa does. Here are a few easy things you can do that are so much appreciated that words do not even come close:

1. Stop by lisawysocky.com. There, you can view the 60 second *My Horse, My Partner* video clip, view new photos, read updated news, download freebies, listen to audio files, and more.
2. Forward this newsletter to your friends! It's easy, just click on the "Forward Email" link at the bottom left of this page.
3. If you have a copy of any of Lisa's books or DVDs please write a short review on Amazon.com. To review on Amazon.com you must have purchased a book, DVD or other product from them in the past. Here are the direct links:

- [MyHorse, My Partner book](#)
- [MyHorse, My Partner DVD](#)

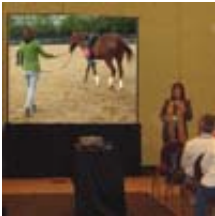
Success Within

If you have not made a purchase from Amazon.com, we'd love to hear your thoughts and reviews anyway. Please send them, along with your name, city and state to: lisainfo@comcast.net.

4. Post reviews and rate Lisa's Electronic Press Kit and My Horse, My Partner video trailer on [YouTube](#).
5. [View Lisa's Facebook profile](#) and, if you are a member of Facebook, add her as a Facebook friend.
6. VOTE FOR LISA for [StartUpNation's Most Innovative Home Based Business](#) by clicking [here](#). You can vote as often as once a day between now and September 30. THANK YOU for your votes!
7. On October 15, purchase a copy of *Horse Country*. This incredible book is sure to become a collector's item. Just click [here](#).
8. Visit [Lisa's brand new blog](#).
9. If your company, association, or organization ever books speakers for meetings or conferences, please consider Lisa. She is a fun and effective speaker on a wide variety of topics including corporate communications, diversity training, team building, leadership, and a host of equestrian topics. For more information, click [here](#).

Sometimes it is hard to ask for help, but it is good to know that most people are happy to help others. Teamwork is key to any endeavor, and with the support of a group of committed friends, everyone can reach their fullest potential. Thank you so much for helping Lisa reach hers.

Read on...



"I used to think life was boring. I was bored with my job, my family and my horses. I did the same thing day in and day out, saw the same people and really was stuck in a rut. At a Success Within Seminar I learned about Adventure Days and decided to incorporate them into my life. Now, if I have an hour for lunch, I'll go to a restaurant I've never been to. If I have a free evening, I might try a new style of riding with my horse, and one weekend, my husband and I played Laser Tag! I might only have time for an Adventure Day (or hour) once a month, but they have renewed my interest in life and I feel like a new person. Now, life is great!" Brenda Dodson, Louisville, Kentucky

If you have a success story you'd like to share, email it, along with your name and address, to: lisainfo@comcast.net. If your story is used, you will receive a signed copy of Lisa's book, [The Power of Horses](#).

Read on...

In addition to the featured events listed below, be sure to check out the full [itinerary](#). Lisa has some book fairs and festivals coming up, and she is debuting a fun new corporate writing workshop. If you'd like to bring Lisa to your barn or office, please send an email to lisainfo@comcast.net.

October 10, Graham, TX
THE POWER OF AWHISPER TOUR

Equine clinicians Lisa Wysocky and Sam Powell have teamed up to present this unique event! Clinic participants learn about equine thought, movement and behavior through PowerPoint Presentations that are followed up by arena demonstrations. Sam and Lisa also teach leadership principles that will revitalize all of your relationships, and help you become one with your horse. This is an event that you do not want to miss! Interested in learning more? Go to [Wildcatter Ranch](#), call them at 1-888-462-9277, or send an email to mmeade@tracylawrence.com with POWER OF A WHISPER in the subject line, or point your browser to PowerofaWhisper.com.

Join Lisa at the [Southern Festival of Books](#) in Nashville on Sunday, October 12 at 3:30 p.m. in Room 29. This will be the debut of Lisa's new book, [Horse Country](#), which officially publishes on October 14.

Read on...

Brad Cohen and Lisa Wysocky's book [Front of the Class: How Tourette Syndrome Made Me the Teacher I Never Had](#), about an elementary school teacher in Georgia with Tourette syndrome, will soon be a movie! In 2006, *Front of the Class* won Best Education Book at both the IPPY and the Foreword book awards, and was seen on *Oprah*. Hallmark Hall of Fame, is now set to air the *Front of the Class* movie on CBS on December 7, according to Lisa's literary agent, Sharlene Martin of [Martin Literary Management](#), who made the deal with Steve Fisher at APA. Emmy Award winning screenwriter Tom Richman (*Tuesdays with Morrie*) is adapting and Oscar winning Peter Wenner is directing. Filming has begun in Shreveport, Louisiana with Patricia Heaton and Treat Williams playing key roles.

Brad's inspiring story is about living with Tourette syndrome, but his message is that "you can achieve all of your dreams, no matter what." Additionally, a trade paperback version of *Front of the Class* will be published by St. Martin's Griffin on November 24. Look for it in stores and online everywhere.

[Read on...](#)

Until next month . . . enjoy every moment,

Sincerely,

Lisa Wysocky
LisaWysocky.com

email: lisainfo@comcast.net

web: <http://www.lisawysocky.com>

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LisaWysocky.com | P.O. Box 90751 | Nashville | TN | 37209