

Dream It Do It

Inspiring
Stories of
Dreams
Come
True

Sharon Cook &
Graciela Sholander

PLANNING/COMMUNICATIONS

River Forest, Illinois

**Copyright © 2004 by Sharon Cook and Graciela Sholander.
All rights reserved.**

Published in the United States of America. No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without express written permission from the publisher, except for brief quotations used in reviews written specifically for inclusion in a periodical or online computer service.

For quantity discounts and permissions, contact the publisher:

PLANNING/COMMUNICATIONS

7215 Oak Avenue
River Forest, Illinois 60305 ☎ 708/366-5200
Internet URL: <http://jobfindersonline.com>

Cover design by Salvatore Concialdi
Interior design by Daniel Lauber
Text and photos edited by Jennifer Lee Atkin
Produced using Corel Ventura 10, PhotoPaint 11, KnockOut 2

Disclaimer of All Warranties and Liabilities

The authors and publisher make no warranties, either expressed or implied, with respect to the information contained herein. The authors and publisher shall not be liable for any incidental or consequential damages in connection with, or arising out of, the use of materials in this book.

Publisher's Cataloging-in-Publication Data
(Provided by Quality Books, Inc.)

Cook, Sharon (Sharon L.)

Dream it, do it : inspiring stories of dreams come true / Sharon Cook & Graciela Sholander.

p. cm.

LCCN: 2003111006

ISBN: 1-884587-30-5 (paper)

I. Self-actualization (Psychology) — Case Studies.
2. Spiritual biography I. Sholander, Graciela. II.
Title

BF637.S4C66 2003

158.1

QB133-1590

Table of contents

<i>Dedication</i>	<i>v</i>
<i>Acknowledgments</i>	<i>vii</i>
<i>Foreword</i>	<i>xí</i>
1 <i>Dream It</i>	1
2 <i>Dream CPR</i>	5
THE ELEMENTS OF DREAM CPR	8
CONFIDENCE: TRUST YOURSELF	8
COURAGE: SUMMON YOUR STRENGTH	8
COMMITMENT: STAY FOCUSED	9
CREATIVITY: IMAGINE YOUR REALITY	9
PURPOSE: REACH HIGHER	10
PASSION: LOVE WHAT YOU DO	10
PERSISTENCE: KEEP TRYING	10
RESILIENCE: BOUNCE BACK	11
RISK: TAKE A LEAP OF FAITH	11
RESPONSIBILITY: CHOOSE WISELY	12
BECOMING A DREAM ACHIEVER	12
3 <i>confidence: Believe In Yourself</i>	14
HARRISON FORD: ACTING ON HIS OWN TERMS	15
CALE KENNEY: WILD WOMAN ON SKIS	22
NANCY ARCHULETA: FROM HIGH SCHOOL DROPOUT TO HIGH-TECH CEO	27
BUILD YOUR CONFIDENCE	32

4 *Courage: Conquer Your Fears* 37
 MARIGOLD LINTON: BLAZING NEW TRAILS 38
 LANCE ARMSTRONG: A TOUR DE FORCE 43
 STEPHANIE NGO PHAM: STRANGER IN A STRANGE LAND 47
 COURAGE TO MOVE FORWARD WITH YOUR DREAMS 50

5 *Commitment: Devote Yourself* 53
 BARBARA VOGEL: ENCOURAGING STUDENTS TO STOP SLAVERY 55
 TIGER WOODS: LEGEND IN HIS TIME 59
 CYNTHIA HESS: CAREER PSYCHIC BY CHOICE 63
 COMMIT YOURSELF TO YOUR DREAM 67

6 *Creativity: Create a New Reality* 71
 BILL NYE: EXPERIMENTING WITH FUN 72
 SUSAN TITCOMB AND DAVID MACKAY: RECIPE FOR SUCCESS 76
 PHIL VISCHER: A HIGHER CALLING LEADS TO A BIG IDEA 80
 CREATIVITY BREEDS DREAMS 85

7 *Purpose: Find Your Reason to Dream* 88
 BEVERLEY BERLIN MAS: TURNING TRAGEDY INTO TENDERNESS 89
 BINH NGUYEN RYBACKI: REMEMBERING THE FORGOTTEN CHILDREN ... 94
 JIMMY AND ROSALYNN CARTER: POST-PRESIDENTIAL PEACEMAKERS .. 99
 PURPOSE IS THE REASON BEHIND OUR DREAMS 104

8 *Passion: Get Fired up* 107
 GLORIA ESTEFAN: UNSTOPPABLE SINGING SENSATION 108
 MICHAEL CLARKE DUNCAN: DITCH-DIGGER NO MORE 113
 EILEEN COLLINS: WHERE NO WOMAN HAD GONE BEFORE 116
 CARL NICHOLAS KARCHER: FROM HOT-DOG STAND TO FAST-FOOD EMPIRE
 120
 PASSION FUELS YOUR DREAMS 124

9 *Persistence: Try and Try Again* 127
 BARBARA WALTERS: BREAKING BROADCAST BARRIERS 128
 EDWARD A. BERGER: REVOLUTIONARY AIDS RESEARCHER 134
 JANETTE FENNELL: SAFETY STANDARDS THAT SAVE LIVES 137
 PERSISTENCE IN AN INSTANT GRATIFICATION SOCIETY 142

<i>10 Resilience: Rise up with Hope</i>	<i>145</i>
RICHARD BLOCH: SHARING A WEALTH OF HOPE	146
MAYA ANGELOU: WRITING THE WRONGS	150
DOUG WEST: THE POWER OF CALM	155
SUSANNE BLAKE: FINDING SPIRITUAL SUSTENANCE	159
LEARN RESILIENCE TO RECOVER FROM BLOWS	164
<i>11 Risk: Take a chance</i>	<i>167</i>
YO-YO MA: EXPLORING ARTISTIC FRONTIERS	168
CONNIE BRADY: PUTTING CHILDREN'S NEEDS FIRST	172
GEORGE FULLERTON: DEVELOPING A NEWFANGLED GUITAR	175
DAVID HOWARD: FACING HIGH STAKES IN HIGH-TECH	179
TAKE A RISK TO GROW YOUR DREAMS	184
<i>12 Responsibility: Choose wisely</i>	<i>187</i>
DOUG AND WENDY ISHII: MARRIAGE OF ART AND SCIENCE	189
CHRISTY CURTIS: FOLLOWING HER CONSCIENCE	198
MARY O'DONNELL: PAVING A WOMEN'S ROAD TO RECOVERY	201
DENNIS WEAVER: LEADING MAN FIGHTS FOR THE BACKDROPS	205
TAKE RESPONSIBILITY FOR YOUR DREAMS	209
<i>13 Nine Keys</i>	<i>211</i>
<i>14 Do It!</i>	<i>222</i>
BREATHE LIFE INTO YOUR DREAM	223
GO FOR IT!	224
<i>Appendix A</i>	<i>227</i>
VOICES OF THE FUTURE	227
<i>Appendix B</i>	<i>231</i>
FOR MORE INFORMATION	231
<i>credits & permissions</i>	<i>233</i>
<i>About the Authors</i>	<i>238</i>