
Author's Embarrassing Admission

“Let’s see if you can walk across 6th Avenue without criticizing yourself.” I have no clue why that thought jumped into my mind one muggy July-in-New-York-City afternoon. Maybe it’s because I was so sick of the Criticism Committee playing its soundtrack during my every waking moment. I had an Olympic-standard internal nag. So I gave myself a challenge. Out of the blue, I decided to play an inner game to see how long I could last without negative self-talk.

As I walked across the gooey pavement (the streets do get mushy on hot summer days in the Big Apple) I felt my thighs rub together. “You are fat, fat. Faaaaat!” screamed the Criticism Committee in my head. Dang. I hadn’t even gotten to the center white line.

I lost my bet—and decided to begin learning how to love myself.

Funky to Fabulous started on the corner of 57th and 6th Avenue in July of 1981. Not the most glamorous of addresses, but that nondescript intersection is where this book was born. Not being able to walk across a street without bad-mouthing myself to myself sent me on a twenty-five-year journey. I did creative visualization, affirmations, forgiveness workshops, Insight Seminars, energy work, treasure maps, and mediation retreats. Yes, I am that woo-woo.

Using the techniques I learned, I started to turn my life around. I left the Euro-trash baron boyfriend who was an expert in bouncing checks. Instead of getting my sense of worth from a blue-blood beau, I started offering it to myself. I followed my dream, or delusion, of being an actress. John Madden (who won an Oscar for *Shakespeare in Love*) wrote a role into a play just for me. I was Michael Fox's girlfriend on *Family Ties*. I touted the joys of bread and cranberry juice in commercials. Then I moved to Los Angeles, where I discovered that in TV land I was the kinda girl they just love to kill on screen. You can die only so many times.

I used those techniques again when I started out with \$17 and a glue gun and eventually built a company that sold \$1.5 million worth of women's accessory products. Remember those sunflower scrunchies and flowers on jacket clips? That was me. Then . . . oops. I thought I was such a hotshot that I ignored what I had learned.

The Bad Hair Years

Within an eighteen-month period, I lost my marriage, my business, and my health. I had \$88,000 in corporate credit card debt. And no good shoes to show for it. Those were the Bad Hair Years. I longed to take a very long nap and wake up in somebody else's life. No such luck.

A flower changed my life. One day I did something different (that's a hint). I slowed down (that's a hint) and did something just for me (that's a big hint). I bought myself a yellow freesia on the way to work. Looking at that tiny, happy flower sitting in a

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Styrofoam cup on my desk made me smile right down to my Legs knee-highs all day.. That night I put on music and danced to candlelight instead of eating ice cream. That's how Turnaround Techniques™ were born. Taking even the tiniest step to empower yourself is a powerful success strategy. Even if it looks silly to someone else.

Seemingly miniscule changes gave me enough momentum to start making other positive changes. I enrolled in the University of Santa Monica master's degree program in spiritual psychology—even though I had no idea how I would pay for it. A doctor asked me to help him market his medical practice. What the heck. I knew how to sell accessories, why not a medical practice? More physicians asked for my assistance.

Soon I was driving a Mercedes instead of a borrowed, banged-up Honda. Using the tools I was learning at USM, I paid off most of the debt and moved from someone else's pool house to a beautiful home. My income doubled, tripled, and then quadrupled.

Folks wondered how I did it and asked me to help them. I did. They discovered that the success strategies worked. A client doubled her income in less than six months. She told her friends. More coaching clients came. Very savvy people were attracted to Authentic Success Coaching. In under two years, I was working with business owners, Emmy- and Grammy-award-winning producers, and a member of the founding team of FedEx. I was coaching people at the top of their game all over the country, and becoming a more and more committed student of the wonder of each person's process. I get to learn so much from each amazing client.

One day, the minister at a Unity church invited me to speak.

After the talk, Linda, a striking woman with a lithe body and long brown hair, came up to thank me. What I said had given her the courage to go for her dream: to teach dance. Instead of just talking about it, she was now going to take action. I asked her to keep me posted about her progress. Later that week, Linda called me from the pay phone at a treatment facility. My talk had also helped her realize that her first step was checking herself into rehab. I cry just about every time I think about that. The success strategies I was using with myself and my clients could help other people make profound changes. If I can help someone—anyone—take back their life, sign me up. I was hooked. Soon I was speaking around the country and on national television and radio.

Rearview Mirror Thinking

If you know how to drive a car, you have the skills to turn around your day. And hey, once you have turned around your day, you are on the way to turning around your life and steering yourself toward more success.

Stress is feeling out of control. Think of barreling down the highway with no hands on the steering wheel. Feeling panicked? You bet. Grab the wheel and you calm down, right? You are the one in the driver's seat. *Funky to Fabulous* gives you quick ways to grab the steering wheel of your life and create more of what you want—pronto.

Watch your hands on the steering wheel next time you are doing your daily drive and notice how you make the teeniest of changes to keep moving straight. Small adjustments are what

keep you going in the direction you want to go. Choosing to pick up the phone to call a girlfriend instead of picking up the closest donut may not seem like a big deal. Try it. Do it often. Eat fewer donuts. Your zippers start zipping more easily. If you don't think that success can be easy, fast, and fun, guess again.

Start with deciding where the heck you want to go. You add to the crazy-making quotient if you are vague about what you want. If I offered you a ride and you got in the car and asked me, "Where are you going?" and I said, "Well, I don't really know," you would probably leap right out again. You need to know if I am cruising over to the mall or heading to Canada.

A surefire way to turbocharge your successful outcomes is to keep your focus on where you are going, not where you have been. Think of driving to the grocery store looking in your rearview mirror. Did you get very far? Me neither. The same is true in your life. Rearview mirror thinking messes with your head and your body. And I have the science to back me up on that one, baby. If you spend your day contemplating all the crud that didn't work in the past, you will end up in a ditch.

Grab the Wheel

Each chapter in this book is my take on an area of funk and ways to turn it toward fabulousness. It's designed to help you look under the hood of your noggin and find out what it takes for you to have a better day. Have a better day, have a better life.

The first few chapters lay the foundation for the rest of the book. You can skip around, but God knows it took me four freakin' years to write this book so I hope you savor every syl-

lable. It gives you the info, but you are the one with the experience. Find out what works for you.

The bulk of the books on success are written by and for men. Women process information differently. So I thought I would even things up a bit and write one aimed at the gals (and the brilliant men who are willing to hang in there with all my shoe references). Success is staying on track with what you want. If you are swamped, it's easy to feel like your dreams are getting carjacked by your day-to-day responsibilities. *Funky to Fabulous* offers you techniques to snatch back the steering wheel of your life even on tough days. And have a good laugh doing it.

The games at the end of each chapter are success strategies that will assist you in putting this book into action. Why games? To make new behaviors fun! As you will discover, play is a power tool for learning. The only surefire way to make a lasting change is to stick with it. And the best way to stick with something is to enjoy it. No New Age guilt here. If you mess up (and I do on a daily basis), just keep playing. Make it fun and make it happen. The games follow a simple format. Center yourself, set an intention aligned with the highest good, do something new or different, and for heaven's sake thank yourself for taking a positive step.

The games are designed to encourage and honor you. Use them as a starting point to make up games of your own. After all, it's you who is the expert on what works for you.

Welcome. Now get ready to have the life you want, not the one you think you are stuck with.