

On a mission to get just what you want

WHY are some people happy with very little, while others are miserable in paradise?

While travelling and working in several different countries, award-winning author Janet Poole found herself on a mission to solve this human mystery.

Poole, who resides on a property near Oberon, has brought together a lifetime of study in her debut book, *How to Get Anything You Want - Just Like That!*

"I spent a long time researching the human mystery," Poole said. "I hadn't thought I'd ever be a writer but I've always been passionate about understanding life, so my work has taken me to exciting places.

"Our culture grows us to do what we are told. This book is all about you deciding your life."

The book was created to be a one-stop resource for understanding life. Poole's answers are liberating, empowering and have made her one of the happiest people she knows.

She said scientific evidence proves we are so powerful that every day we are each creating our own world and it is our choice to either wreak havoc in our lives or create anything we want just as easily.

"Most still believe in luck and fate, and think they have no choice over how their life turns out," Poole said. "They've forgotten that we need to follow our dreams. Somebody who is bored or frustrated with life is not living their own dreams."

Her mission is to inspire people to live an extraordinary life on their own terms, to reach their full potential and to wake up enthusiastic about their day – every day.

How to Get Anything You Want - Just Like That! is available from Oberon Post Office, Books Plus in Howick Street (Bathurst), Inspirations in the Bathurst City Centre or online at janetpoole.com.

Log on to Poole's website to download three chapters of the book completely free of charge.



HOW LIFE WORKS: Janet Poole hopes to inspire people to get anything they want – just like that! Photo: PHILL MURRAY

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