

On the path to a life less ordinary

By JO JOHNSON

CHANGE or stay the same, but do it on your own terms.

Award-winning author Janet Poole is on a mission to inspire people to take an active role in determining their life journey. She believes all people are entitled to lead extraordinary lives.

"Most [people] still believe in luck and fate, and think they have no choice over how their life turns out," she 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 debut book *How To Get Anything You Want - Just Like That!* has received rave reviews since hitting bookshelves late last year. It was born from seven years' intensive labour, though it stemmed from a lifelong passion for understanding life.

"I spent a long time researching the human mystery," she said. "I've always been passionate about life. I had a troubled childhood and that drove me to ask questions. For me, it was easy to be so inquisitive; but for a lot of people it isn't.

"Our culture grows us to do what we're told. We're herded into classrooms as children and we're taught to fit in so we feel accepted; I feel that stifles our freedom when we should be celebrating our unique gifts.

"This book is all about you deciding your life. We should be jumping out of bed in the morning with excitement about the day ahead, but a lot of people think we're not entitled to this.

"I want people to realise that somebody who is extraordinary is not someone else - it's you."

Born in South Africa, Janet now resides on a property near Oberon.

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Her book has already won awards in three categories of the 2011 Reader Views Literary Awards, was a finalist in the 2012 National Indie Excellence Awards and won a 2011 Pinnacle Book Achievement Award.

"I'm absolutely thrilled by the response," she said. "I poured my heart and soul into this book.

"I had one comment that it's the only self-help book you will ever need. It's a one-stop resource for understanding life and I hope people find it inspirational because it shows you don't have to put up with life the way it is, if you don't want to.

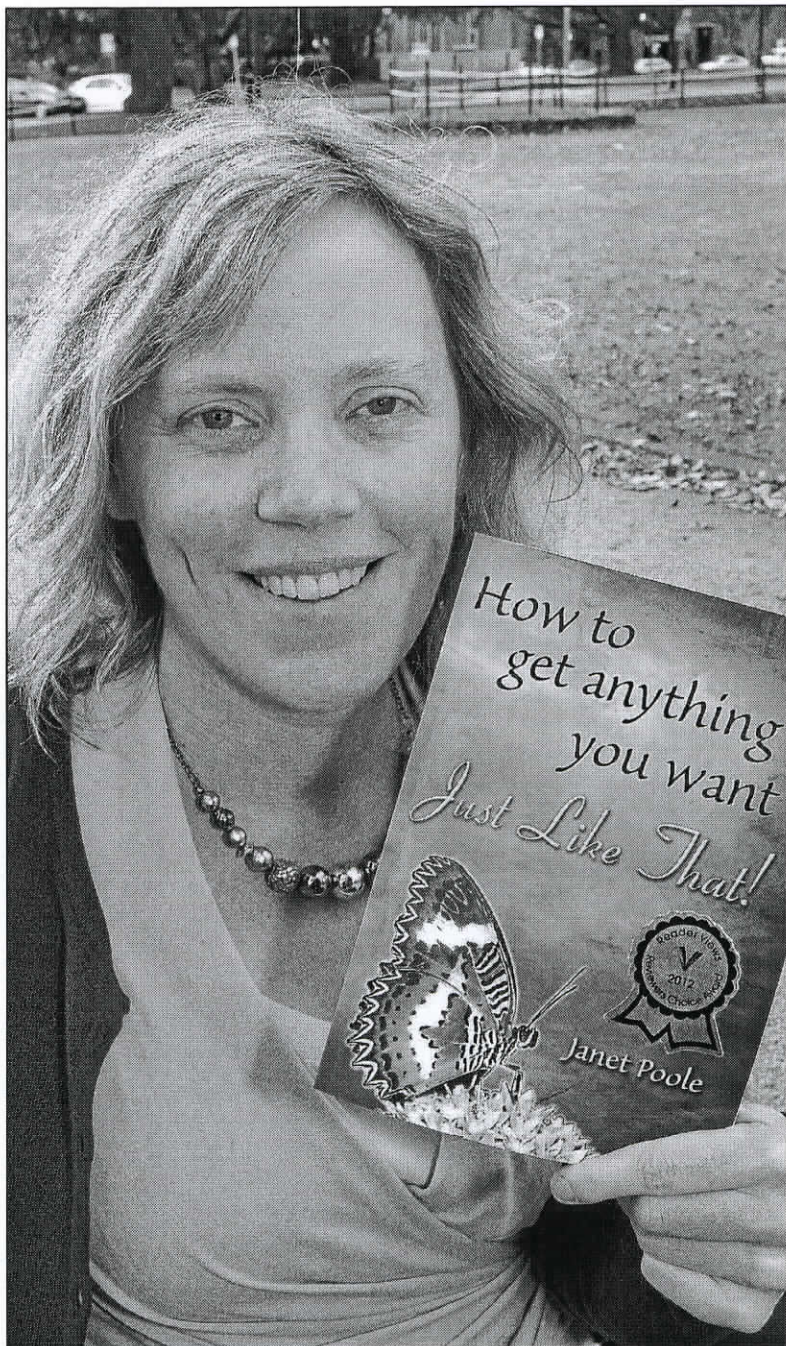
"Even just getting it into your head will start to change you."

No stranger to change, Janet previously worked as a computer programmer.

She followed many paths in her quest to understand life, from quantum physics to Taoism. Her exploration of the human mystery blew open when she began employing positive affirmations and visualisations.

"I was getting incredible results, but I didn't know why," she said. "Scientific evidence proves we are so powerful that every day we are each creating our own world. It is our choice to either wreak havoc in our lives or create anything we want just as easily.

"The book has been compiled with the science of quantum physics. My goal was to put everything into plain English.



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

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"I hadn't thought I'd ever be a writer, but my work has taken me to exciting places. I think it worked for me because I have incredible logic but I'm also quite a spiritual person. I've read widely and done a lot of courses to get to this point."

Janet is currently working on applying her research to develop coaching courses, audio and teleconferences.

"There's a lot more work to do - a book, for some authors, is the beginning and the end,

but that's not the case for me," she said. "I love the direction my life is taking. I just go 'wow'. If anything, the book is proving itself over and over again."

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

Log on to Janet's website now to download three chapters of the book free of

charge, or drop in to Inspirations today between 10am and 3pm where Janet will attend a book signing.

"For anyone looking to do something with their life now, I would say go for what's exciting and fun, something that's not an obligation," Janet said. "Strive to do what's right for you.

"If you love who you are and do what you love, that will take you to happiness and abundance."