

THE ULTIMATE WISH BOOK FOR GROWN-UPS: HOW TO USE THE MAGIC OF SANTA TO
CREATE YOUR DREAMS
MELANIE CALITRI HOLDEN, Rekindering, Pelham, NH, \$24.95 US, hardcover,
(122p)
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Melanie Calitri Holden observes that as adults we are conditioned to control situations and do things for ourselves, rarely asking for or accepting help. At the same time, we place restrictions on ourselves and constantly narrow our beliefs. Children, on the other hand, are flexible, eager to learn, and exhibit "a perfect balance between 'I can do it myself' and 'Help me, Mommy!'" They are full of wonder and accomplishment.

"The Ultimate Wish Book for Grown-Ups" is an inspirational work that teaches adults to realize their wishes by nurturing their inner child and actively embracing the magic of Christmas all year round. Beautiful illustrations and simple, heartfelt prose work together to create a kind of children's book for adults that sparkles with magic and delight.

At the heart of the book is "a system so easy and effortless, you will laugh with delight as your wishes come true." It consists of five simple steps for making dreams come true. The first step is making a wish list. The author encourages readers to relax, find a peaceful place, and jot down whatever comes to mind. The second step is writing a letter to Santa. The third step is mailing the letter. The author explains that taking this emotional risk, and doing something that might seem silly at first, is an important step; it means you are actually ready to receive the gifts you asked for.

Step four is receiving your gifts. Holden wisely notes that "Sometimes, we have to take action to achieve or receive our wishes." She explains that this step may take time and effort, but also notes that "Saint Nicholas is always at work with you, the elves and the angels, to turn your dreams into reality." The final step is showing true gratitude for the gifts you have received.

"The Ultimate Wish Book for Grown-Ups" also contains inspirational stories that illustrate how family and friends have used the power of Christmas wishes to live happier lives.

Grown-ups who have misplaced their childlike sense of wonder and accomplishment will find it waiting for them here.

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