

Milton Means Business

Author tells readers how to manoeuvre change

By **STEPHANIE THIJSSEN**
The Champion

Don't like some aspect of your life? Just change it.

Although that might sound overly simplistic to some, it makes a whole lot of sense to Milton's Peggy Grall, former psychotherapist and self-described change agent.

In fact, *Just Change It!* is the title of the author's recently-released book, a manual on how to successfully manoeuvre change — whether or not it's a change that's been chosen.

"This book is about making changes," Ms Grall said. "I say in the introduction that I want people to think of me as their coach or companion."

She said her many years helping people manoeuvre through changes in her private therapy practice, as well as her own experiences with change have well equipped her to write the book.

Changes can be big or small, and Ms Grall said the book is written for everyone. It can motivate people who are initiating changes themselves — such as quitting smoking or transforming an unfulfilling relationship — and lend guidance and support to those facing changes they never asked for, such as a failed marriage or a lost job.

It can benefit individuals in their personal lives, but also corporations going through changes.

"I use personal and professional examples," Ms Grall said.

The book, which is currently available at Coles in Milton Mall and soon across the country, is practical and straight forward, Ms Grall said.

"It's written for the person who doesn't have a lot of time to read — it has concise bits of information."

When Ms Grall closed her in-town therapy practice, she shifted her focus solely to helping people deal with change, she said, explaining she's good at handling change.

She said she found herself analyz-

ing what she did that made change come more easily to her than others, and that formed part of the book's content.

"I'm a change-friendly person. Change is something I do well."

Although Ms Grall had previously co-authored a book, this is her first time in the literary spotlight on her own.

It's a change she said she's enjoying — as usual.

"It's been a real labour of love. It represents lots of years of experience."

She said she has learned that anytime you set your mind to do something, obstacles will come your way. For Ms Grall, challenges included writers' block and facing the difficult question of how much of her personal life she should include.

"It's not an autobiography, but I use (personal) examples. You realize you're writing down for the world to see something that was difficult for you. It was liberating and challenging."

Of course, it's rewarding to hear from people who have been helped by the book, Ms Grall said. But the personal growth she experienced while writing was another rewarding aspect.

She said she found herself taking on the role of a student as she researched for the book.

"I was immersed in the whole concept of change for two to three years, so I learned a lot. It's not just my own thoughts. I feel I'm even more qualified now to speak to change."

As for the future, Ms Grall said she wouldn't mind writing another book.

"There are things that are still unsaid," she said — and changes still to experience.

Ms Grall will sign copies of her book Friday at 6 p.m. in the Coles store at Milton Mall.

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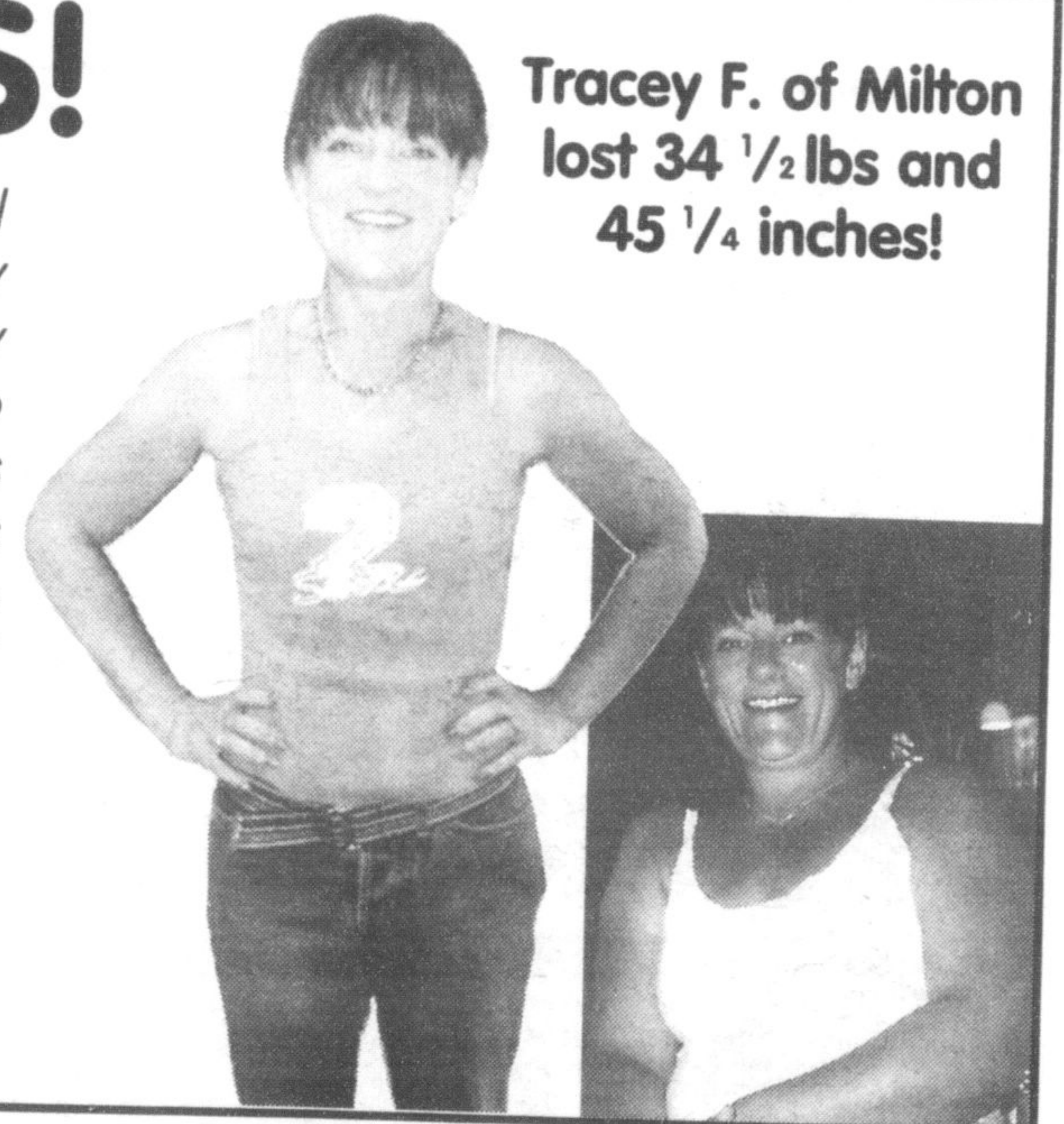
Milton's Peggy Grall is a self-described change agent who has written a book about the subject.

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