

# PAGES

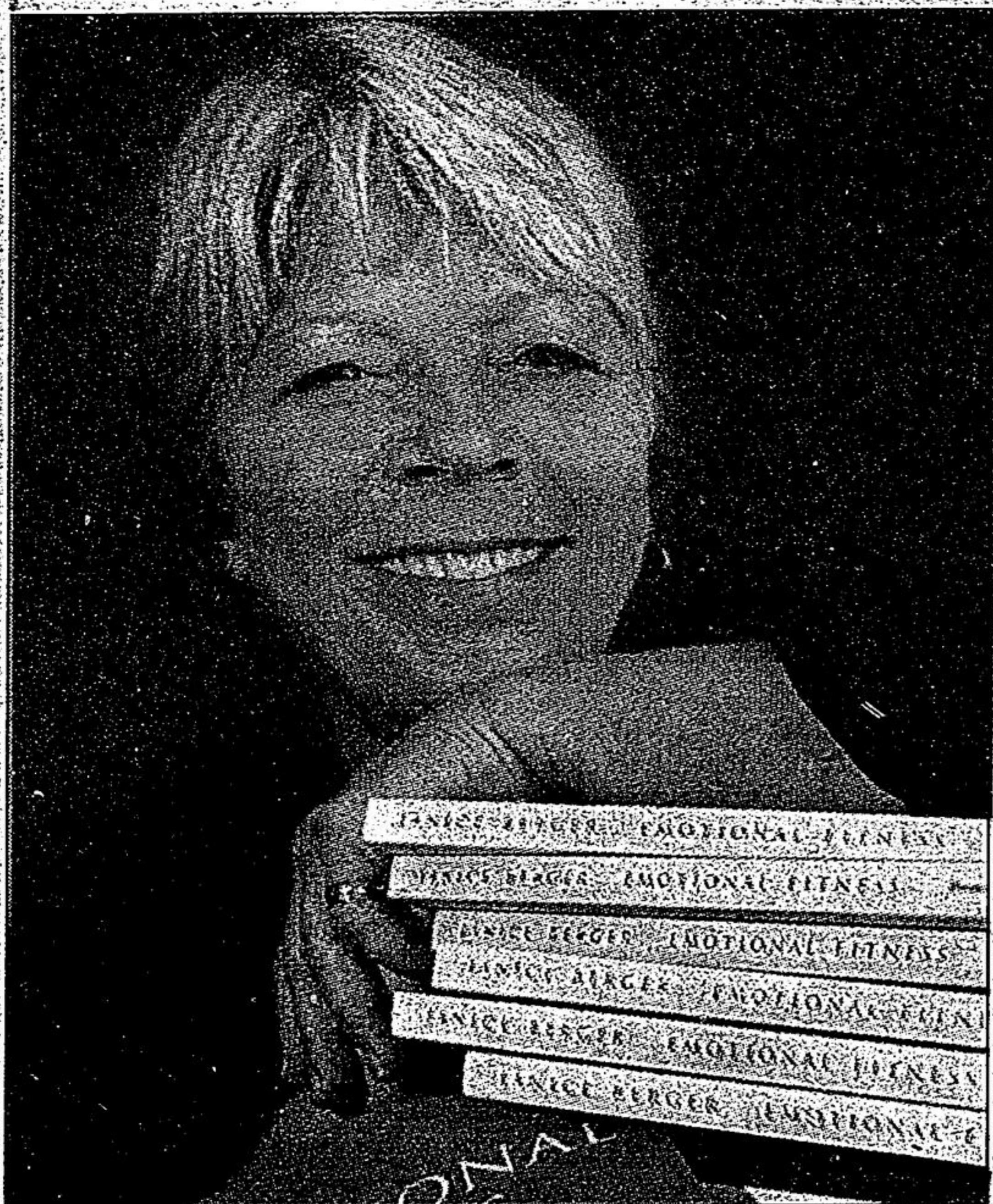
'I enjoy life more than I ever thought possible.'

BY STEFANIA RIZZI  
Staff Writer

Clare Boyer had a good life — a prosperous business, a wonderful spouse and healthy family life. But for years, the Newmarket

## Feeling BEAUTIFUL

## on the INSIDE



Janice Berger, a Newmarket psychotherapist, has written a book on how to achieve emotional wellness by putting your past behind you.

resident didn't feel as good inside as she looked on the outside.

"There was no way anyone could have known something was wrong by looking at me," said Boyer, 44, who was still trying to deal with the sudden death of her father when she was a child and her brother's death when she was 28.

"Nothing could make me feel a sense of well-being."

Two years ago, Janice Berger, a Newmarket psychotherapist, walked into her arts and crafts store and changed her life.

"There was something genuine about her and when I (entered therapy with her) and read her book, a light bulb went off," said Boyer, referring to Berger's book about discovering the power of natural healing.

"When I picked up the book, everything in it made sense. I learned to get in touch with my feelings and I'm closer to what I'm really feeling," said Boyer, who occasionally continues her therapy with Berger. "Before I was numb, now I have a sense of well-being I never had before in my life."

"I enjoy life more than I ever thought possible. Not so sound dramatic, but now I have an inner calm."

For the past 25 years, Berger has been helping people work through past and present trauma to get through the residue

and process their feelings to become emotionally fit.

"To be emotionally fit, you have to finish with unfinished business of the past," said Berger, who published her first book in April.

Broken down into three parts, *Emotional Fitness* (Prentice Hall, \$24.95) illustrates how people can access their own natural healing power by learning how past experiences manifest themselves in daily actions, working through and letting go of harmful thoughts and feelings, taking the necessary steps to face conflict openly, learning to stop judging feelings as "good" or "bad", enhancing relationship communication skills and becoming aware of unresolved feelings or emotions.

Since the launch of the book five months ago, Berger said 3,500 have been sold nationwide.

In fact, Prentice Hall has decided to release a second printing of the book.

"The book has sold steadily ever since (April)," said Jim Bolton, manager of the Chapters store in Newmarket where the book was first released. "People are coming in who have already bought the book but are grabbing another copy for their friend."

Bolton, who said he has had to restock the book several times, isn't surprised by the it's sales.

"Self-help books are always strong sellers, but what's more encouraging is that it's a local author with a major publisher," he said.

Berger said writing the book, which took two years to complete, was an enjoyable experience.

"It was stimulating and satisfying to put on paper concepts that I'm familiar with," said the 64-year-old Berger, who drew on personal experiences and case studies to write the book.

"There was not one book that gave a complete picture of what emotional health is and I wanted one book to give to my clients," she said.

Berger, along with four other

See TAKING, page 22.

BY DARYL-LYNN CARLSON  
Staff Writer

## Literary

download

Major Canadian publishing houses wouldn't even look at David Furlotte's manuscript, so the novice author from Markham took his novel international.

Only, as an e-book, *Contract for Deceit*, won't be available in paperback any time soon.

That doesn't matter to Furlotte, who is just happy his first book is finally in the public domain, available as an Internet download at VanGoach Books ([www.vangoachbooks.com](http://www.vangoachbooks.com)) to readers all over the world.

"That is one of the really nice things about being published on the Internet, you are international right away," said

Furlotte. "There are 110 million people on the Internet," he enthused, noting that's probably more than the number of prospective readers who might pass his book in a store.

Yet Furlotte said he is miffed by his experience with the Canadian publishing industry. A meetings consultant by day, Furlotte said he faced a "Catch 22 situation" as an author.

New authors without agency representation are categorically rebuffed by mainstream publishers, but agents won't represent authors who haven't been published. Although he approached numerous publishers over three years, Furlotte said his manuscript wasn't read even once.

"The concept of Canadian publishers crying out for Canadian authors —

uh, sorry," he concluded dismissively.

His spirits light up when he resumes discussion about his book. It is a thriller about a fictitious government conspiracy that evolves from the true story of Canada's controversial cancellation of the Avro Arrow supersonic fighter plane project in 1959.

Real-life rumours swirling around about the sudden cancellation of what was, at the time, the world's most advanced aircraft, have been the subject of several books and a CBC mini series — starring Dan Ackroyd.

Furlotte, an avid Avro conspiracy buff, said he had a ball researching and writing the book. "I am very proud of it," he

See E-PUBLISHING, page 21.

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