



ROAR<sup>®</sup> AWAKENING THE LION WITHIN™

## ROAR Community Newsletter

August 2008

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*"Giving is the most potent force in the planet. Giving is the one kind of love you can count on, because you can always choose it... Giving will protect you your whole life long."*

- Dr. Stephen Post,  
Case Western University  
Medical School

## Webinar lunch & learn series begins in September

First class to be held online

By Joe Sturniolo

I am very excited to announce the first in a series of ROAR webinars - "**Finding the Lion Within: Rediscovering Your Passion**" to be held on Wednesday, September 10 at 12:30 p.m. eastern time. The second session, which will be a repeat of the first, will be held on September 23 at 2:30 p.m. eastern time.

We call it a lunch & learn webinar because it will be held close to lunch-time for many, depending on your time zone, and will last 45 minutes to fit into a mid day break. If you are not familiar with webinars, they consist of viewing an online computer slide presentation while listening via your telephone connection. You will be able to ask questions by typing into a live chat area on your computer during the presentation.

The topic I will be presenting, Finding the Lion Within, is the first major step and the beginning of a ROAR journey. I will be sharing methods to help you find your authentic passion and pursue it. This first lesson is often challenging because so many of us have self-imposed amnesia when it comes to realizing our special gifts. Sometimes it takes excavating to find it... or in ROAR terms... it means waking the lion (within) from its long slumber.

We have a whole series of webinars planned, each one geared to educate and coach you on *your* unique journey. Please begin your "safari" with us next month - let's ROAR together.

Early enrollment (by August 31) is only \$25.00. After August 31 the fee is \$35.00.

[Click here to enroll!](#)

## ROARing is good for your health

By Joe Sturniolo

Did you know that if you follow all the precepts of ROAR you will live longer and have a higher quality of life? That is right. It turns out that giving - far more than receiving - is a surprisingly potent force whose impact reverberates across an entire lifetime, nourishing health and happiness in astonishing ways. That's the message of the book, *Why Good Things Happen to Good People*, which weaves new science with profoundly moving real-life stories. Dr. Stephen Post (quoted above) runs an institute that has funded over fifty studies - from the likes of Harvard, Princeton, Yale, Stanford, and the University of Chicago - to support scientific research on the life-enhancing benefits of caring.

Psychologist Paul Wink of Wellesley College studied nearly 200 individuals who have been followed closely since the 1920's, when they were children, and found that giving protected longevity as well as mental health even half a century later.

Psychologist Stephanie Brown of the University of Michigan spent five years studying 423 older couples. After adjusting for age, gender, and physical and emotional health, Brown found that those who provided significant support to others were more than twice as likely to remain alive in that five year period.

I could go on and on about the studies that support following your passion to impact the lives of others. It is clear that ROARing is good for you emotionally, psychologically, and physically.

### **ROAR illustrated: the 13 lessons of ROAR - all in one little book**

By Dan Christopherson

If you haven't read it yet, maybe it's time you at least browsed a bit inside *The Caterpillar That Roared: Awakening the Lion Within*.

The new book, co-authored by ROAR founder Joe Sturniolo and illustrated throughout by Holly Glass (the pair were wed on the Italian isle of Capri in May), was released in June by Morgan James Publishing (NY).

It is a quick-read book in the tradition of *Jonathan Livingston Seagull* and *Who Moved My Cheese?* Each of its 13 chapters concludes with one of the 13 "lessons learned" that form the basic tenets of ROAR.

ROAR exists to address the fact that too many of us allow our



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special God-given talents to be set aside - for years if not forever - as we permit life events to detour us to a comfortable but stultifying comfort zone.

The book illustrates, via a parable about three 16th century Italian caterpillars headed for the New World, the challenges you need to confront and overcome if you want to move from your comfort zone to reclaim and put to use your special gifts. The result will be a more meaningful, passionate and fulfilled life.

To sample the first three chapters for free, [click here](#). If you would like to order the book via Amazon.com, [click here](#). And once you have read the book, we encourage you to return to Amazon and [submit a rating and a brief review](#). We think you'll have good things to say!

### **Blog: Our aim is to inform and inspire you**

Each week, ROAR founder Joe Sturniolo and others on the ROAR team combine to provide the ROAR blog - a collection of news commentary, reflections, and meditations on the essential messages of ROAR. We invite you to sample them and post your own comments. Our aim is to inform and inspire you to track down, awaken and move to action your own personal "lion within." Why not take a look now? Just [click here](#).

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