

County author wants you to grow a life you'll love!

By ANN HAUPRICH

In the great garden of life, Barbara Garro is a rare and precious flower in full bloom.

The vivacious Saratoga Springs entrepreneur believes every human has a green thumb when it comes to personal growth potential, and has written a book aptly titled *Grow Yourself A Life You'll Love*.

Whether you've got a naturally rosy disposition or are more of a shrinking violet, you're sure to sprout new emotional and spiritual blossoms as you work through exercises that will enable you to explore seeds (beliefs, assumptions and presumptions) that were planted in your subconscious mind long ago. Divided into three easy-to-read sections, Garro's book promises to "destroy the weeds that spoil your life," help you to "plant good seeds in fertile soil," and finally, to "harvest -- uniting body, mind and spirit."

Although the insightful and often humorous book just rolled off the presses this year, Garro spent nearly three decades cultivating the contents presented on its 233 pages.

At times the project was a "tough row to hoe", but Garro persevered until the right words and phrases found their way into the hands of the right publisher.

What made her write the book? "The seed for *Grow Yourself a Life You'll Love* was planted when I realized two pivotal concepts: (1) Love is all there is, and (2) The choices I make create my life."

Her opening words speak volumes. "When you understand why you are the way you are, you'll be kinder to yourself," asserts Garro in her introduction. "When you understand others better, you like them more and be less critical. This will help them like you more and make your life more harmonious. Think about how much better your life would be if you got along better with the love of your life, your parents, children, siblings, friends, co-workers and neighbors."

Were the author's own life a garden, it would be filled with a magnificent variety of flora and fauna. The president and CEO of Electric Envisions Inc. in Saratoga Springs, Garro is a seasoned personal growth coach and leader of motivational workshops. Born in Camden, New Jersey in 1943, Garro went on to study at the Philadelphia Art Museum in the early '60s and later earned a master of arts degree from State University of New York's Empire State College.

Prior to launching Electric Envisions, Garro paid her dues in corporate America, vowing to bring the best of what she had learned into her own company ... shaking the rest off her high heels so as not to contaminate her own corporate garden with destructive weeds.

Her professional affiliations include: the International Coaching Federation, the CPCU Society, International Enneagram Association, International Women's Writing Guild, Institute of Noetic Sciences, Academy of American Poets, and Association for Psychological Type.

"A lot of people ask me about the name of my company Electric Envisions. When I had an accident which scuttled my career, I became more intuitive . . . within the context of God doesn't close one door without opening another. Intuition is our electric body of knowledge. It comes to us just like lightning which is my corporate logo and the lightbulb that I use for my print ads. Hence the name Electric Envisions because that's what I'm about for clients, helping them get in touch with their electric body of knowledge."

One of the reasons Garro looks much younger than her 57 years is that she practices what she preaches in her book -- from thinking happy thoughts to eating a healthy diet and getting plenty of exercise.

Believing one is never too old to learn new tricks, Garro recently signed up for a Middle Eastern Dance class offered through the Saratoga County Arts Council. "I've always loved dancing, whether it's Middle Eastern dancing, English country dancing, ballroom dancing or ballet," beams Garro. "I love the way it makes me feel feminine and graceful."

Other leisure time activities include telling stories and teaching religious education to children, painting in watercolor, taking long walks and traveling.



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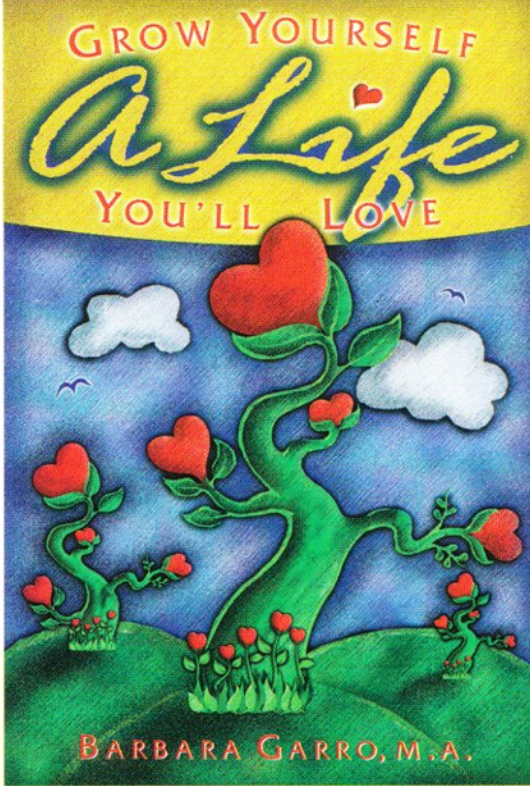
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Signed copies of Barbara Garro's book can be secured from Craven Books, Crafter's Gallery, Summerfield Lane and Walden's Books in Saratoga as well as through major book superstores in Albany. The upbeat book can also be ordered via on-line sources.



Barbara Garro lives life to the fullest whether as president and CEO of Electric Envisions, costumed as Mother Goose for an audience of children or practicing Middle Eastern dancing at the Saratoga Arts Center.



Garro book earns Five Star rating

Published by Thomas More, *Grow Yourself a Life You'll Love*, recently received a Five-Star Rating from the prestigious Midwest Book Review, complete with a posting on such global web sites as Amazon.com, Barnes&Noble.com and Borders.com. Testimonials/endorsements on the book's jacket and inside covers include those from the Rev. Joseph F. Girzone, author of the bestselling *Joshua* books and Jim Donovan, who penned *This Is Your Life, Not a Dress Rehearsal*.

Observes Father Girzone: "People who read this book will enjoy learning about themselves and will not be afraid to recognize those characteristics which can mar relationships and limit our potential to grow into the beautiful people we really could be with a little honest insight and effort."

Donovan says the book "will gently motivate you to make the best of your life. The author shares her own personal challenges to inspire you to take action now, then provides you with simple, yet powerful, exercises you can use to *Grow Yourself a Life You'll Love*."

Dr. Bridget Mary Meehan notes: "With insight and humor, Barbara Garro shares precious gems of wisdom about life skills we all need to thrive in the midst of ordinary hassles we encounter. This unique collection of stories, anecdotes, and practical exercises provides ways to activate your inner wisdom, respond to life's challenges . . . and help you make a difference in our world."

The last word comes from Marilyn Ross, author of *Jump Start Your Book Sales* with "Why pay huge therapist bills when this inexpensive yet profound guide can turn you on to life's solutions?"

For more information, kindly visit www.ElectricEnvisions.com.

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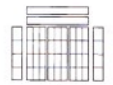
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