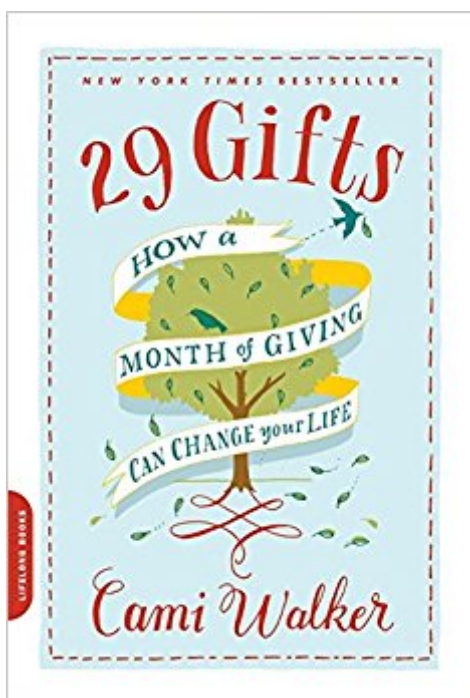


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29 Gifts: How A Month Of Giving Can Change Your Life



Synopsis

At age thirty-five, Cami Walker was burdened by an intensified struggle with multiple sclerosis, a chronic neurological disease that left her debilitated and depressed. Then she received an uncommon "prescription" from South African healer Mbali Creazzo: Give away 29 gifts in 29 days. 29 Gifts is the insightful story of the author's life change as she embraces and reflects on the naturally reciprocal process of giving. Many of Walker's gifts were simple; a phone call, spare change, a Kleenex. Yet the acts were transformative. By Day 29, not only had Walker's health and happiness improved, but she had created a worldwide giving movement. 29 Gifts shows how a simple, daily practice of altruism can dramatically alter your outlook on the world.

Book Information

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Customer Reviews

Just a month after her wedding, 31-year-old Walker was diagnosed with multiple sclerosis; two years later, she was bitter, isolated, and addicted to both pain medication and self-pity. In need of help beyond drug detox, Cami takes the advice of a South African healer: give away something every day, for 29 days. Walker soon learns that being mindful of giving also means being open to gifts from others, and that gratefulness and mutual generosity is the key to a better, more rewarding life. Glimpses into Walker's day-to-day difficulties-work, family life, constant therapeutic treatment and addiction recovery among them-crop up among the stories of her daily gifts, grounding the work (based on Walker's Web site) in personal details. But the meat, an admirable reworking of The Secret (in that it should actually help someone, at least gift recipients), speaks largely to those

already initiated into the cult of positivity. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Oprah.com, 11/20/09 â œThis holiday season, why not embrace the spirit of giving with your own 29 days of kindness?â •Orange County Register, 11/12/09 â œAn insightful and moving story.â •January, 12/9/09 â œIn this season of giving, 29 Gifts cuts to the very heart of the thing: giving to enrich and share rather than receive. If it doesnâ t change your life, it will at least make you think.â •Book a Week with Jen blog, 12/2/2009 â œThe perfect gift for anyone who needs a feel good storyâ |I enjoyed the read. It made me give a few gifts myself.â •Roanoke Times, 12/27/09 â œI really love the idea of the 29 gifts, and the book did a good job of getting me to stop and think about how oneâ s attitude toward the world colors oneâ s experience of it.â •L.A. Intuitive Healing and Spiritual Growth Examiner, 12/30/2009 â œA remarkable and inspiring bookâ |I highly recommend it as a gift for someone struggling with depression, a major illness or wanting to heal on any levelâ |Let this review be one of my 29 gifts to you and let this book be a present to someone in need.â •Â Publisherâ s Weekly, 9/7 â œGlimpses into Walker's day-to-day difficultiesâ |prop up among the stories of her daily gifts, grounding the work in personal detailsâ |An admirable reworking of The Secret (in that it should actually help someone, at least gift recipients).â •Blogcritics.org, 9/25 â œIt reminded me a lot of Michael J Foxâ s book, since it was more about the journey rather than the authorâ s 29 Gifts is a great read. The authorâ s tone throughout the book is extremely friendly and upbeat, even while recounting her darkest momentsâ |This is the practical component of The Secretâ |One of the many things I found great about this book is that while it exudes positivism, the author, Cami Walker, is a realistâ |The relative simplicity of the 29 gifts movement is refreshingâ |A fantastic book.â •Boston Globe, 10/4 â œWalkerâ s a plucky writer, and itâ s hard not to be inspired by her storyâ |Can â 29 Giftsâ  work? Well, at the very least, it makes you more aware of the good in your life, and it shifts the focus from yourself to others.â •Cape Times, 1/22/2010 â œA delightâ |Well writtenâ |At times hilariously funny, at times very sad, and at all times it had me spellboundâ |It is a book full of wisdom.â •Books for a Better Life, winner of the MS Awareness Award, 2/22/10 â œ[An] inspiring story of giving.â •Albany Herald, 3/5/10 â œIf you like reading a book for content, then you will really like this bookâ |Camiâ s book was certainly an inspiration to me. I plan to start my 29 days soon.â •Energy Times, April 2010 â œThe story of how even small giftsâ a perfect conch shell here, three dollars thereâ helped give Walker a grateful heart and taught her not to be overwhelmed by illness.â •Metapsychology Online Reviews, 3/28/10

"Walker's story is moving and inspirational; this book is likely to appeal to those striving to live a life of gratitude." •Saginaw News, 3/26/10 "A poignant and insightful account of the transformative power of acts of kindness."Deseret News UT, 10/10 "29 Gifts stands out among other "inspirational" books because Walker doesn't hold back. She describes her disease and symptoms in vivid detail. And it's that bravery which makes the process ring true. Following Walker's journey, one realizes that most of us give many little gifts each day. But without the right mindset, they seem like little tasks instead."Read all at once or at leisure, 29 Gifts is worth your time. Not only does it put a face on MS, it puts a face on perceptions and the power of the mind to overcome adversity." •InfoDad.com, 10/29/09 "It's all very uplifting, potentially of genuine value in teaching people to look outside themselves and the daily grind of their lives." •Â Library Journal, 11/15/09 "Walker presents a story that gets to the core of the emotional pain and loneliness that people feel when suffering from a serious disease like multiple sclerosis."Readers will instantly connect with this narrative of her journey."Her story unfolds nicely, and the reader is left with a good picture of what it's like to live with MS. Walker turns what could have been a book about self-pity into a great read about pain and a creative way to get on with life." •Sacramento Book Review, 5/1/10 "Takes the reader smoothly into the day-to-day world of a young bride (Walker) who gets a devastating medical diagnosis just weeks after her wedding."Walker's work transcends the "inspirational and spiritual" genre, as this book is well-written to the point of approaching true eloquence."Don't wait to buy this book."Momentum, Summer 2010 "Walker's book gives new meaning to the phrase "giving is better than receiving."The lessons of 29 Gifts are applicable to everyone, healthy or not. It is an easy, enjoyable read "but more importantly, it opens a reader's eyes to the ultimate gift: giving to others." •

This book is in the midst of actually changing my life for the better! After reading this, I decided to do the "29 Gifts in 29 Days". I'm on Day 15 now, and I can honestly say that when I give someone (especially a stranger) a random gift it makes my whole day brighter! The book is based around this concept. Basically, the author got diagnosed with MS and was having a really difficult time with processing it, and it brought on her depression and it brought back an "overcome" addiction. A friend of hers Mbali "prescribed" a treatment of sorts, "Give 29 gifts in 29 Days", you must give from the heart and think about what you DO have instead of what you DON'T have. You'll have to read the book to see the outcome it had on her life. I highly recommend!

I really wanted to love this book and honestly it was an interesting read. I actually found the other

people's writing after Cami's to be more inspiring. She assumes too much in the way of those who would participate in this journey to be New Age followers. I am agnostic so although I do appreciate theology it was too immersed in the ideology to be a comfortable read. As others have noted, some of her gifts seemed to be superficial, almost as if she was simply looking for something to fulfill the obligation of giving a gift that day. I think that took away from the meaning behind selflessness. I think as a memoir it read okay but I will not come back to this book as I will others even though I fully intend to continue pursuing mindfulness and giving.

This is a very candid gentle story about the power of giving. Walker was faced with a health crisis that caused her to open up to new ideas that, over a year's period of time, radically changed her life. The book explains the process and invites the reader to participate.

The excellent writing drew me into Cami's life from every perspective. I suffered with her through her illness. Appreciated all the extra information on MS. Since I was a caregiver for my husband who had Alzheimers, I could appreciate the stress on Cammie's husband and was thankful that she recognized it as well. My current spiritual path is religious science, science of mind so I can relate to the value of positive thinking and its healing effect, not only on physical conditions. Of course the best message was the change in perspective, in Attitude, in a way of life that now provided real happiness. During my 80 years of life I learned that message and have now started writing a book about the blessings. I hope to contact you for permission to quote your book to show that this spiritual truth spans all generations. Thanks Cami

I read Cami Walker's 29 Gifts in two sittings because it was hard to put down. Cami writes with stark and compelling honesty that grabbed me from the very first page. Her story is real and grounded yet deeply inspirational. While in the depths of despair as her life is crumbling from the effects of MS, a very wise woman, Mbali, gives Cami a simple but profound prescription to give away 29 gifts in 29 days. This is the story of how that prescription changed her life and inspired her to share it with others, growing into a world wide giving movement. Cami is a gifted writer with a beautiful message. I have already passed my copy of her book on to a friend.

Easy read. Helped me remember to appreciate how important it is to think of others, even if they are strangers. Also drove home the point of how doing small anonymous mitzvahs daily can not only help others, but can also be helpful to yourself.

Overall was interesting to read about the struggles experienced with a debilitating disease, but didn't find it motivational.

I had several moments of reflection reading this journey of Cami Walker. I started the challenge and then life interferences. Now I will start again. A new day, a new gift a new walk for me to walk.

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