



Get Clarity: The Lights-On Guide to Manifesting Success in Life and Work

By Cathy Hawk and Gary Hawk

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The Chinese call it *chi*, Hindus call it *prana* and Americans call it vital energy. Obtaining and benefiting from this invisible life force is the subject of *Get Clarity*, a self-help book by a husband-and-wife life coaching team.

Cathy and Gary Hawk based their book on what they've learned during more than 20 years of mentoring businesspeople. They posit that many people suffer from "clarity amnesia," which drains their energy and enthusiasm for work and life in general. *Get Clarity* details how to counter that by living "lights-on," or, as the Hawks describe it: "moving toward what inspires you and revitalizes you—what 'lights you up'—and away from what drains and demoralizes you."

The book offers a step-by-step process to help readers identify what excites and motivates them; attract what they want and release what they don't; eliminate self-criticism; and navigate setbacks. From the opening testimonial by pro basketball coach George Karl to the pull-out journey map at the end, *Get Clarity* looks and reads as if it were produced by a big publishing house. The prose is clear and concise, and subheads and boxed copy help the reader focus on key concepts. The Hawks bolster their theory with more than 25 personal vignettes from clients.

A few quibbles: A chapter in which they explain how certain brain and cellular functions result in "radiance in the forehead and a twinkle in the eye, which we call lights-on" is unconvincing. If there is a link between biological processes and vital energy, it should be attributed to scientists or medical professionals, rather than the authors themselves. Also, even though the title promises "success in life and work," the majority of vignettes focus on work, making the book seem like a business-coaching manual.

Overall, though, the Hawks offer a clear path to achieving your dreams. By book's end, readers are bound to feel inspiration and enthusiasm for this lights-on approach to living.

Also available as an ebook.