



Books Worth Reading

Journey To Inclusion

(NAPSA)—The personal journey to inclusion can be as simple as eight steps. But it's not easy, especially while conflicts rage worldwide.

To help, Dr. Mary-Frances Winters, nationally recognized consultant and public speaker on diversity issues, has just released *Inclusion Starts with I* (Renaissance Books, \$15).



It's a montage of inspiring quotes from people who have contemplated diversity and our enduring inability to accept and value difference.

Subtitled "Eight Steps to Inclusion: The Personal Journey," the book facilitates a reflection process. With it, Winters guides readers to:

- Know self first;
- Value self;
- Acknowledge prejudices;
- Open up to change;
- Learn about others;
- Value differences;
- Include others; and
- Embrace personal growth.

To order the book, as well as the companion DVD, VHS and screensaver, call toll-free at (877) 546-8944 or visit the Web site at www.wintersgroup.com.