

# OU alumna releases new book

## *Motivational lecture encourages audience to aim high in life*

By **TRACY WAWRZYNIAK**  
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Sandra Agazzi Chimenti, author of "The Real Me: Awakening Your True Self — Positive Affirmations for Empowering Your Life," gave a motivational lecture in the Fireside Lounge of the Oakland Center Nov. 12.

The discussion, "Discover Your Power to Succeed," encouraged the audience — a mix of students and local residents — to "let go of the past and not worry about the future."

The Oakland University alumna referred to her book — her first nonfiction endeavor — and its "Seven Aspects of Spiritual Awakening" to encourage the audience to release negative energy and go for their dreams.

"It was informative, educational and enlightening," said Dan Platz, an area resident.

Chimenti said that her 9-year journey in self-publishing through her company, Creative Books and Music L.L.C., was a process. She took time out to be a parent and teach self-parenting classes, as well as work on other writing projects.

Chimenti holds a master's in early childhood education and a Bachelor of Science degree in elementary education.

"I'm glad I got my degrees at Oakland University. I really liked the instructors and the classes," she said. "I felt like I learned how to learn."

Chimenti said now she spends most of her time traveling, promoting her book and lecturing.

"People have been very excited. It's been well received," Chimenti said.

She emphasized that the book is not an autobiography.

"It is about awakening your true self," Chimenti said.

According to Chimenti, "The Real Me" contains guides, exercises and positive reinforcements. It also contains "Seven Aspects of Spiritual Awakening," including communication, apology and forgiveness, as well as sharing gifts and talents.

"The book evolved, changed and grew as I did," she said. "I wrote it first for me and then to share it with everyone."



**SANDRA AGAZZI CHIMENTI**

Critics of her approach, Chimenti said, "can do whatever they need to do, and that's OK. If they benefit from it, it's to their benefit. This is spiritual, not religious."

Chimenti also rejects the label of self-help. "This is for anybody. It's helped so many people," she said.

Area resident Barbara Mihalic, who attended the lecture, said, "It was wonderful, very inspiring."

"I'm very proud of it," Chimenti said.

In addition to her book, Chimenti also is looking ahead to local television appearances and future speaking engagements.

Already having a large repertoire, Chimenti, who also plays the piano, said that she resisted the urge to play at the Fireside Lounge. But she said she hopes to incorporate her music into her lectures in the future.

The event was sponsored by the university's Gender and Sexuality Center.

Following the lecture, Chimenti answered questions and signed copies of her book.

"The Real Me Awakening Your True Self — Positive Affirmations for Empowering Your Life" is to be available at [www.creativebooksandmusic.com](http://www.creativebooksandmusic.com) Nov. 27.

Chimenti said that she also hopes to offer DVDs at her Web site in the future for those who cannot attend her lectures.