

What Color Is Your Brain?

Sheila Glazov is the blue and orange brain daughter of a green brain father and a yellow brain mother. In childhood, she received an "Invisible Visible Gift" from her parents, and by sharing that gift, she will be helping JDF.

No, we have not lost our sanity - only our preconceived ways of looking at others and at life. Sheila is a professional speaker, creativity consultant, and founder of Visioneer,® L.L.C., a company that provides creativity Thinkshops™. By nurturing Sheila's creativity as a child, Sheila's parents gave her the "Invisible Visible Gift" of self-esteem. As an adult, Sheila did not intend to write a book, yet the inspiration came to her as "a gift from God." A gift Sheila now makes "visible" by passing her teachings on to

upon us when we give it to someone else," Sheila says. In her book, Princess Shayna embarks on a Vision Quest to the four villages in her kingdom. Each village is represented by a brain color personality type (Yellow dependable caretakers, Orange courageous risk takers, Blue creative helpers, and Green logical problem-solvers). Princess Shayna's mission is to help the villagers tear down the walls of misunderstanding and mistrust between the villages and unite the kingdom with acceptance and understanding.

But Princess Shayna has a personal obstacle to overcome as well. She becomes gravely ill with a lingering sleeping sickness (a metaphor for diabetes), and Sigmund the Royal Wizard is summoned to create a magic potion to save her life. One day as Sigmund is leaning against a ginkgo tree, planted as a symbol of longevity and survival, a silver apricot falls from the tree to the ground, breaks open and releases a silvery white fluid (a metaphor for insulin). Sigmund remembers that the milky liquid from silver apricots is used as a cure for the sleeping sickness. He gives the magic potion to Princess Shayna and instructs her to take the potion faithfully before each meal, for if she does not, she will fall into a never-ending sleep. With her family's love and support, the Princess is able to turn her challenge into an opportunity to be empathetic of others who also struggle with difficulties, and to appreciate life and its blessings.

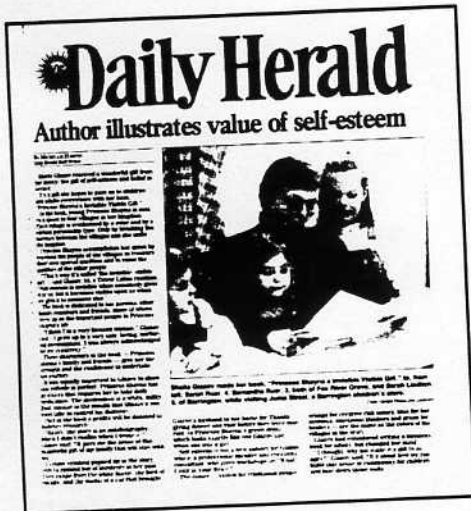
Princess Shayna teaches the people in the different colored villages to treasure their unique attributes and abilities; and to value those of others. Sheila's book is written as an interactive tool for individuals to recognize, understand and accept each others' "praiseworthy gifts." It also was important

for Sheila to show that no one is perfect (i.e., Princess Shayna and her diabetes), and that one needn't be perfect to be loved.

A portion of the proceeds from the sale of each book will go to JDF. To further benefit diabetes research and education, Sheila created a distributorship so that more of the proceeds would go to the JDF, besides the bookstores that also carry her book. Sheila will also happily sign each book upon request. To order, please call Armstrong Distribution toll-free at (888) 382-2767 or (847) 382-3980, and request the occasion you wish Sheila to sign for (Christmas, Chanukah, birthday, general, etc.). The price per book is \$18.95 plus \$4.50 for shipping and handling, and sales tax of \$1.23 for Illinois residents only. Or you can purchase a copy of her book at JDF's Chance of a Lifetime Gala on November 21, 1997.

If you wish to contact Sheila regarding her customized interactive Thinkshops™ about self-esteem, creativity, team building, communications, leadership, and personal and professional development, you may call her at (847) 526-9039.

To date, Princess Shayna's Invisible Visible Gift has been shared with not only children and their families, but with schools, associations, community organizations and corporations. Educators are currently using the book as a teaching tool in their classrooms. It is both a children's book and a business book in fairy tale format, associating a rainbow vocabulary with different perspectives and brain colors, and thereby recognizing the "praiseworthy gifts" of others and the value of sharing our own. This is a wonderful gift for the community at large, and we are grateful to Sheila Glazov for bestowing her own praiseworthy gifts upon our JDF community!



children and adults. Her book, Princess Shayna's Invisible Visible Gift, is a family fairy tale, a community parable, and an autobiography of sorts about a special princess and her challenging Vision Quest.

Sheila used her own experience with diabetes as one of the inspirations for her book. Her father had Type II diabetes, and her son Joshua, now 27, was diagnosed with Type I diabetes at the age of 15. Diabetes and self-esteem are not mutually exclusive. Sheila knows one of the major reasons Joshua is diabetically healthy in mind and body is due to his own high level of self-esteem.

"Self-esteem is invisible when somebody gives it to us, but it becomes visible

