

Author profile:

Q. Why did you decide to write this book?

A. Gene: After reconnecting in Los Angeles with my co-author, Dick Quis, several years ago, and sharing the amazing power of writing your intentions in a daily disciplined format, we began talking about how we could share this gift with others. The result was a collaboration which produced *Thinking Anew*. I always had a desire to share this with others, but Dick's insight and contributions inspired both of us to work on the book. I am eternally grateful.

Q. Do you have any secret writing tips you'd like to share?

A. Gene: Although I'm new to authoring and publishing a book, I've written many short stories and articles about my experiences as a New York City police officer. I tend to write notes to myself each time I feel an inspiration coming on from something I've experienced or thought about. These notes became the source material for my contributions to *Thinking Anew*.

Q. Tell us a quirky, funny or unexpected story about you?

A. Gene: My co-author and I were having lunch in downtown LA when I first shared my beliefs about the power of writing down one's intentions in a note book each day. Our discussion included my absolute belief that there are no coincidences in anyone's life. We were deeply engrossed in a very emotional conversation when who appears is Jesus...a Hispanic waiter with the name Jesus printed on his name tag. Was it meant to be more than what it was we'll never know because we blew it and simply placed our lunch order in response to his question "Can I help you?"

Dick: That was indeed a memorable day. Powerful forces were at play that can only be experienced to be believed. Just the other day we were in the same area after lunch at Home Girl Café and a humbling visit to Homeboy Industries and Gene spots a hot dog vendor on Olympic Blvd with the name Jesus Hot Dogs displayed on the side of the cart. We both laughed at the possibility that waiter Jesus now has his own restaurant. "

Q. What books are on your nightstand right now?

A. Gene: I tend to read several books simultaneously, and then re-read them. Currently in my Kindle are the following: *Writing Down the Bones* by Natalie Goldberg; *The Master Key System* by Charles Haanel (written in 1912); *Infinite Possibilities* by Mike Dooley; and *The Five Things We Cannot Change* by David Richo.

Dick: I wish I had read Natalie Goldberg's *Writing Down the Bones* before I started writing *Thinking Anew*. This project would have been a lot easier. I recently finished Steven Pressfield's *The War of Art: Break Through the Blocks and Win Your Inner Creative Battles*, Byron Katie's *Loving What is*, Laura Hillenbrand's *Unbroken: A World War II Story of Survival, Resilience, and Redemption* and Susan Casey's *The Wave: In Pursuit of the Rogues, Freaks and Giants of the Ocean*.

Q. What's your favorite quote?

A. Gene: "Stay out of your life, it's none of your business!"

Dick: "If you go deep enough in writing, it will take you everywhere" by Dainin Katagiri Roshi (Roshi is a title for a Zen master) as told to Natalie Goldberg, *Writing Down the Bones*.

"Everyone has a direct dial to God." Julia Cameron, *Artist's Way*

"Truth is what you're meant to be, but haven't yet perhaps become. Truth is what God made you to be, all your qualities fulfilled, no dead sections that you are afraid to work with within you, no areas of negligence that you just didn't bother to take seriously." *Sister Wendy in Conversation with Bill Moyers*

Q. Who inspires you the most?

A. Gene: That's easy. The one who inspires me the most is my wonderful wife, Helen. We raised our five sons together; she contributed her astounding gift of common sense to all my dreams, schemes and endeavors, and she suffered through the 30 years I was associated with the NYPD. Nobody ever loved me, or inspired me, the way that she has!

Dick: Three of my nine muses are Sister Wendy Beckett, Julia Cameron and Natalie Goldberg.

Q. What excites you the most about your book's topic? Why did you choose it?

A. The thing that excites me the most about *Thinking Anew* is the fact that a person's thoughts become the things that occur in their lives each day. For so many years I believed that I was like a leaf being blown around in the wind, with no say or influence over what happened, or what I experienced in my life. I chose to write about the unbelievable freedom I began to experience when I started focusing my thoughts by writing them down on paper each day, and then realizing that I could attract positive

outcomes to life events, without needing to know the outcome in advance. In short, I began to trust in something greater than myself.

Q. How long did the book take you from start to finish?

A. Gene: Writing the book was a relatively short process, actually about two months. Gaining the knowledge that went into the book, took 16 years. The experience of writing my intentions began when my sister sent me an audio tape by Ester Hicks from the Abraham material. What I remember from that tape was the statement: "You get what you think about, whether you want it, or not." The next 16 years or so, were filled with the challenge of investigating the truth contained within that quote, and how it began to produce evidence in my life that it worked!

Dick: It took us about three years to commit to documenting Gene's methodology. Once we committed, the writing, editing, book cover design and layout, printing and customs clearance took another year.

Q. What aspect of writing the book did you find particularly challenging?

Dick: Getting someone to print a book within a composition book was the biggest challenge. Composition books are no longer made in the United States. The marbled composition design was important to the project as it's the traditional learning instrument in American schools and we needed this as a symbol to bring people back to a time when they were wide open to learning new things. Allowing yourself to be a beginner is an important part of the change process. Moreover, the composition book cover is rugged and travels well. The last and final challenge was getting a US Customs tariff ruling that *Thinking Anew* is a book and as such, not subject to antidumping or countervailing duties.

Q. Did you do any research for your books, or did you write from experience?

Dick: *Thinking Anew* is based on Gene's hard won experience getting people to find the passion to change.

Q. What surprised you most about this process?

Dick: Writing and publishing a book is an enormous undertaking. The time from concept to sale requires a strong commitment. It is not for the faint of heart.

Q. Did you have any notable experiences when writing your book?

Dick: Experiencing my own *ah ha! moments* and watching others "get it" as a result of their writings is very rewarding. Helping someone get what they want is one of the open secrets of how to be successful.

Q. What do you hope your readers will gain from reading your book?

A. Our intentions for our readers (which I write down each day in my own personal book) is that they will initiate the discipline of the daily writing and begin to gather evidence for their own belief system, that their thoughts, truly do become the things of their experience and their daily lives. Once a person begins to experience and recognize the connections between the writing and their experience, it affects just about every aspect of their life, and they become believers.

Q. What other projects are you working on?

A. We are beginning a project with the Veteran's Administration in downtown Brooklyn known as Project Torch. This program involves homeless Vets. We are donating copies of our books for staff and clients of Project Torch, and are going to volunteer our time to train staff members to experience the writing, and then share it with their clients.

Q. Is writing your sole career? If not, what else do you do?

A. Writing is not my sole endeavor. I still maintain a private psychotherapy practice here on Long Island, and I am under contract with the World Trade Center Victim's Healthcare System, utilizing my experience and training as the Clinical Director of the Police Officers Providing Peer Assistance (POPPA) program.

Q. When can we look forward to your next book?

A. MY co-author and I are currently working on a book which outlines and explains the long-term effects and experiences of people who have made daily writing a habit. The most powerful evidence of the effectiveness of the writing is the personal testimonies of those whose lives have been changed by their experience with the writing. We are very excited about it.

Efmjr (11/4/12)