

The Power to Choose Happiness Lies Within Us All

The Guru Next Door: A Teacher's Legacy by Wendy Dolber

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Happiness is accessible to everyone, no matter your circumstances or history. This is the premise behind a way of thinking called the Option Method pioneered in the late 1960s by personal growth and development expert Bruce Di Marsico. Some four decades and millions of joyful people later, Di Marsico's courageous Method has continued to grow in popularity and provide many with the knowledge they need to become happier in their every day lives.

Wendy Dolber, one of his original students, has written a fictional work based on the late spiritual guide's teachings. *The Guru Next Door: A Teacher's Legacy* brings the spirit of this exceptional and compelling man to a whole new audience of potential students. This remarkable book shares both the author's experience with the core of the man and the thinking behind his reflective teachings. Although primarily told through the experiences of a fictional character named Annie, many of Di Marsico's own unique writings and teachings are interwoven throughout.

Dolber uses the voice of Annie, a troubled child from a broken family who lives next door to Di Marsico, to show that even children can make choices about who they are and what they believe. "I reveled in using Annie to tell Bruce's story," writes Dolber, "because he loved children so much and had a special relationship with them. In his presence, children seemed to become more serene, even wiser—perhaps knowing they were in the presence of someone who

really listened to them and trusted them to understand. Bruce spoke to the child within us all. His words reached a place of trust and innocence, and they came from a place of unconditional love.”

Set up in essay-like format, most of the book’s chapters begin with Di Marsico’s original writings. Portions of his taped lectures have also been included. Several chapters include details of Option Method sessions. Although the sessions are fiction, they are based on the author’s extensive experience with Di Marsico over more than two decades, through Option Method training, and extensive observations of his sessions with clients. Memorable characters bring the theories to life. The result is an impactful, entertaining, spellbinding illustration of how loving and nonjudgmental questions can reveal secrets within all of us that lead to true contentment.

The Guru Next Door is a must-read for anyone who truly wishes to find the key to happiness.

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