



How Frank Lloyd Wright Got Into My Head, Under My Skin and Changed The Way I Think About Thinking: A Creative Thinking Blueprint for the 21st Century

By *Sandy Sims*

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Do you feel overwhelmed by the pace of change, or powerless in the face of uncertainty? Do you wish you had a more useful point of view, or better strategies to cope? And even when you have obtained a dream or a goal, have you ever felt let down because it did not bring you the joy you thought it would? These are universal feelings, yet how we approach them is unique to each of us. Many years ago, author Sandy Sims found himself asking these same questions while directing a Honolulu advertising agency. Though considering himself to be quite average, he had cultivated two particularly useful traits – an abiding curiosity, and the desire to check things out for himself. A health crisis set off a cascade of events and a girlfriend-surgeon-turned-psychiatrist rewired his brain, sending him tumbling down the proverbial “rabbit hole” into new realms, where he became open to trying out new thinking patterns and recording the results. Over the next several years there was fire-walking, spoon-bending, and trips to Peru and Brazil where psychic surgeons stuck knitting needles through his liver — forcing him to accept almost in disbelief that we can be in different realities at the same time. Into his life poured mystics, shamans, a Kahuna, an ethnobotanist, channels, luminaries, scientists, and even an astronaut. The Caddy family, founders of the Scottish Findhorn Spiritual Community (noted for growing forty- and fifty-pound vegetables from the snow), regularly came and stayed with him. He cautiously tested these new thinking patterns, raising the bar slowly, and then testing again and again — until one compelling “aha” idea drove him to attempt to build a collection of the designs of one of America’s greatest architects, Frank Lloyd Wright. In so doing, he discovered that we are more the architects of our lives than we think; that what we call luck, chance, and coincidence are more design than not; and that “Invisible Partners” can make our ordinary lives extraordinary, no matter what the situation, when we are willing to engage, trust and nurture this partnership. This is a watershed time in history, an era in which we are becoming more aware of how powerful our minds are. It is a time when not only how to use our minds, but what to think about, will determine the

elegance of our lives. A compelling read for those drawn to the journey of human potential.

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How Frank Lloyd Wright Got Into My Head, Under My Skin and Changed The Way I Think About Thinking: A Creative Thinking Blueprint for the 21st Century By Sandy Sims Bibliography

- Sales Rank: #3009886 in Books
- Brand: Brand: CreateSpace Independent Publishing Platform
- Published on: 2010-07-26
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .48" w x 6.00" l, .64 pounds
- Binding: Paperback
- 212 pages

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Editorial Review

About the Author

Reginald Sanderson (Sandy) Sims was raised in the South and graduated from Emory University. After serving as Naval Officer and finishing graduate business school, he followed a dream to live in Honolulu, where he built one of Hawaii's largest and most successful advertising agencies. He is passionate about helping others uncover their potential by revealing new thinking strategies. To crystallize and make more useful the ideas explored in his book *How Frank Lloyd Wright Got Into My Head, Under My Skin And Changed The Way I Think About Thinking*, he has written a companion piece entitled *Creative Thinking For The 21st Century: An Experiential Guidebook*, in collaboration with psychiatrist, Kerry Monick, MD. Sandy, when not traveling, resides in San Miguel de Allende, Mexico, a town he affectionately refers to as a "college campus for sixty-year-olds," to follow what he terms life's continuous gracious adventure. His interests include blogging, photography, architecture, tennis, embracing a new culture and the metaphysical journey.

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