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For Immediate Release

The Power of Serving Others **You Can Start Where You Are** **By Gary Morsch and Dean Nelson**

This is a book that claims something extraordinary: That the true source of power in our lives, the power to change the world, is available when we serve others. Most of us really do want to help one another and make the world better, but how often do we actually bother to help resolve even the smallest local problems? Our interest in the news makes it apparent that we are in fact not indifferent to the world around us, so what exactly holds us back from reaching out to others when they are obviously in need?

We think we don't have the time. We don't have the skills. We don't have the resources. The problems of the world are just too big for us to possibly make a difference. Although helping others can give our lives a sense of meaning and fulfillment that we have been searching for our whole lives, we don't have a clue as to where to start.

In *The Power of Serving Others: You Can Start Where Your Are*, Gary Morsch—a physician and founder of one of the top international relief agencies in the U.S.—and his coauthor, Dean Nelson, show that everybody has something to contribute and that our ability to transform our lives by transforming the lives of others is within our reach at this very moment. Drawing on the authors' experiences in places like Calcutta, Afghanistan, Tanzania, and right here in the United States, this inspiring book is filled with stories showing how people from all walks of life have found a deep sense of fulfillment through the simplest gestures of service.

Each chapter addresses a common mental block that keeps people from discovering the joy and power of serving others. Many of the problems the people in this book are helping with—reconstruction in the aftermath of Hurricane Katrina and the Asian tsunami, combating AIDS in Africa, healing the wounds of the Balkan civil war—seem utterly daunting. What can we possibly do in the face of such need? In the words of Mother Teresa, whom Morsch knew and worked with, “We can do no great things, only small things with great love.”

Morsch elaborates upon this saying in presenting three simple life lessons that are illuminated within each story:

- 1) Everyone has something to give.
- 2) Everyone is willing to give when they see the need and have the opportunity.
- 3) Everyone can do something for someone right now.

Most importantly, Morsch and Nelson show us that we don't have to go to different parts of the world to serve. We can serve the person we encounter next.

More...

"In a world and at a time when terrorism, mendacity, and money crowd our moments, Gary Morsch and Dean Nelson have offered us a place to take a deep breath, think about what truly matters, and start the day — and our lives — over again."

— Bill Moyers, Journalist

"There is a kind of evolution that happens to some. These are special people, but not special for some rare genetic construct. They've learned the beautiful truth that other people exist, and that life can be found in serving them. This book, for many, will be the first mile on that journey. And it's a beautifully guided mile. One wants to keep going, and never wants to look back."

— Donald Miller, author, *Blue Like Jazz*

"I have witnessed the Power of Serving firsthand in the lives of Rotarians throughout the world. The powerful message of this book will inspire you to action and transform your life, your community, and even the world!"

— Frank Devlyn, Past President, Rotary International

Gary Morsch, M.D., is the founder and president of Heart To Heart International, an internationally recognized relief organization. He has been honored by the American Academy of Family Practice Physicians, Rotary, the Points of Light Foundation, and by President Bush for his work in Afghanistan.

Dean Nelson, Ph.D., is the founder and director of the journalism program at Point Loma Nazarene University in San Diego. He has written for the *New York Times* and the *Boston Globe* and has won several top awards from the Society of Professional Journalists and the CINE Society Golden Eagle Award for a screenplay.

Morsch and Nelson previously collaborated on *Heart and Soul: Awakening Your Passion To Serve*.

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By Gary Morsch and Dean Nelson

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