

Oakfield author receives merit award from writers' group

After being diagnosed with cancer at age 24, author Jamie Saloff set out on a mission.

For a decade she read every book she could on healing and wellness. But none offered the personalized method that she was looking for.

So one night, the author — who spends summers in Oakfield — shut herself in her bedroom with a pack of self-sticking notes, colored markers and a piece of poster board. She wrote single words and short phrases on the notes, placing them in related clusters on the poster board.

Several hours later she was satisfied that she had found the meaning of the disease that she said once tried to destroy her life.

"When I learned how to find meaning in my ailments, I also learned how our ailments are a part of an elaborate, innate system designed to lead us to what we desire most," she



Jamie Saloff

writes in her online blog. "Soon I was easily turning my one time dreams into realities."

Including writing a book that would allow her to share her personal discovery with others. "I figured that if everyone had the knowledge I did, the world would be a better place because everybody would be healthier and happier," Saloff writes.

Saloff's book, *Transformational Healing, Five Surpris-*

ingly Simple Keys Designed to Redirect Your Life Toward Wellness, Purpose and Prosperity (Sent Books, 428 pages), explains how she implemented the methods in her life and how readers can use them "as building blocks for healing whatever needs remedied in yours," she writes.

"The best thing is how these methods are designed to be unique to the user," she writes. "That means no matter who is using them, they will find the personal answers they need to heal their lives."

Saloff, a member of the writers' organization Pennwriters, recently earned a Meritorius Service Award for her efforts with the group, which serves Pennsylvania and bordering states. The award, presented May 22, recognizes a member who has gone above and beyond the call of duty over his or her years of membership, according to the Pen-

nwriters' Web site.

Saloff is credited with redesigning the group's Web site and creating an online forum for members to chat, celebrate and commiserate.

Since joining Pennwriters in 1993, Saloff has contributed to the organization in several ways, including coordinating its annual conference, writing contests, and serving as representative of Area 1, which covers northwestern Pennsylvania. In 1997, Saloff started a tradition of acknowledging members who had published during the year and revamped the annual writing contest.

Pennwriters provides writers a means of networking and learning from workshops and critique groups.

On the Net;

Jamie Saloff Web site:
www.icantransform.com

Pennwriters: www.pennwriters.org.