



Eric Olander
Author and Sculptor

Eric was born in Colorado and grew up in La Mesa, California. The youngest of three brothers and a sister Eric strove to follow in the footsteps of his athletic oriented family. Both older brothers won honors in Football as well as Track & Field. Eric was honored as a team Co-Captain and Pole Vault record holder at San Diego State College. He taught Social Studies, Resource Classes and Physical Education as well as coached Track in San Diego's East County. In 1988 he was voted by his fellow coaches as San Diego County's High School Track & Field Coach of The Year.

Perhaps, the most important opportunity Eric has had was to develop and integrate different programs of study in the high school Resource Classroom and of course, coach Track & Field. It was there that he learned the lessons of good planning and the value that can be found in individual differences. Teaching and coaching broadened his interest in motivation and personal growth study. Regularly visiting Art and Industrial Arts classrooms was for him both a privilege and a joy.

As a young man Eric came across, almost by accident, an Esoteric Psychology book. He marveled at its interpretations of Eastern Metaphysics. The idea of further translating those core drives into motivational themes stayed with him and altered the course of his life. Eric is an Artist Member of the San Diego Art Institute and has exhibited at both Balboa Park and the San Diego Art Department in North Park. In 2011 he completed over two dozen abstract, metal and wood sculptures.

Eric's sculpture training includes human figure and pottery instruction in Balboa Park's Spanish Village and abstract sculpture instruction by Ron Tatro at Grossmont College. He has traveled and enjoyed Landscape photography in the western states and has written an exercise book titled "Five Star Total Fitness Training Program."

Landscaping and gardening inspired him to draw and make sculptures in wood which are fabricated metal to enhance both the home and commercial environments.

Eric has read many outstanding personal growth writers. Their positive, eloquent language encouraged him and ushered him into a new world of thought. He has learned to appreciate more the spiritual connections all cultures share. The power he has found in the principles of positive personal change convinced me that I must write this book.

Eric has discovered that all good motivational literature broadens our awareness, expands our insight and deepens our appreciations.