



## Dignity is a Renewable Resource

*Shanna Goodman*

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Who knew conquering skiing, public speaking and ice skating could change a person's life? Conquering might be a strong word, but Shanna's life did change after making herself attempt such random, but foreign (to her) things. She spent a year pushing herself to do one new thing a month and gathered little balls of wisdom along the way.

What was supposed to be a fun little project turned into a profound life-changing experience that opened Shanna's eyes to the world around her and has forever changed how she perceives herself, the world and the people in it. She started her 12 New Things project in December 2009 and blogged through a year of pushing herself out of her comfort zone. She thought it would be fun and it wasn't. Failing more often than succeeding, she learned to pick herself back up and learned life lessons along the way. These life lessons turned into profound Balls of Wisdom such as:

1. Know when to walk away.
2. A poop metaphor can bring about great change.
3. Ditch fear.
4. Stand up for what's right even if you're standing alone.
5. Don't admire people unless they give you real reason to.
6. Live happily ever after.

"Shanna took everyday fears and conquered them all. Would we all be so bold" said Dignity is Renewable fan Liz Rebein. Other momentous shout-outs included President Barack Obama started following her on Twitter during her 12 New Things journey (@ShannaHawes) and Billie Jean King gave Shanna's 12 New Things blog a mention and shared a link to it on Facebook.

Dignity is a Renewable Resource is part misadventure, part new mom saga. It's a book about fighting for integrity, finding purpose and how one woman took charge of her life.

## Dignity is a Renewable Resource Details

Date : Published May 2012 by Window Seat Books

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Author : Shanna Goodman

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## **From Reader Review Dignity is a Renewable Resource for online ebook**

### **Nora Petralli Charles says**

I received Dignity is a Renewable Resource by Shanna Goodman from the author in return for a candid critique. At first glance, the cover took me aback. In an explosion of pink stands what appears to be a cartoonish nude woman in stilettos wearing an apron while she's gleefully pushing a wheel barrow of brightly colored balls. Upon closer inspection, she appears to have the outline of a skirt and what I would hazard to guess would be a cuff on her upper arm. Ah, so she is clothed? Whew! The font of the title itself need a little addressing. In another bright shade of pink "Dignity" reads as "Virginity", or so my husband saw when he picked up the book and read the title at first glance. Having this cover certainly takes balls.

The first part of the book covers what she listed were her 12 New Things. 12 challenges she picked to take her out of her old comfort zone and bring about a renewed self confidence. Expecting to be treated with 12 chapters for each new challenges, the section meandered around, with a couple of paragraphs here and there regarding an attempt at a new thing, and then off again on another path. The author appeared more fixated on self-pity than self-enlightenment.

I felt somewhat betrayed by the glossing over of the challenges. If one picks 12 things to do in 12 months, I would expect them to go into each new task with commitment. Instead Ms. Goodman seems to stick her toe into the water and, finding it a little too cold, pulls out and says "That's that." I did it. It's over. Wah wah. Ten day media cleanse that wasn't quite completed? One ski lesson? Reading the classics? "I made it through a few Jane Austen books before I threw in the towel." Not my idea of inspiration.

I can honestly say that I'm not sure where Ms. Goodman is heading in the second part of her book. This section seemed more self-aggrandizement than information on self-help. There was nothing in this section that would benefit anyone except Ms. Goodman's ego.

Dignity may be a renewable resource, but it took balls to publish this book.

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### **Lucy (Talk Less, Smile More) says**

#### **I received this book through the Goodreads First Reads Giveaway.**

I hate having to write a negative review of a book that the author so kindly gave away free of charge. The author even included a little handwritten note which I thought was very kind of her. Sadly, I just couldn't get into this book. I loved the title and I initially thought that this would be a self-help book that's full of motivation about conquering your fears and living life to the fullest. Although there were chapters that were very inspiring(i.e. Ball of Wisdom 12 & 15), I just couldn't bring myself to enjoy this book.

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### **Shanna says**

As the author of this book, of course I found it amazing. During a yearlong 12 New Things project (doing

one new thing each month and blogging about it), I pushed myself out of my comfort zone and learned resilience of spirit, though I didn't know that's what was happening at the time. I just thought I was attempting to do something fun and only in hindsight realize that the project was teaching me to fall down and get back up, a skill that became very useful as the rug was shortly swept out from under me in a series of professional setbacks.

This book was written in the spirit of learning about myself and sharing my little "balls of wisdom" so that others might also be inspired to dig deep in themselves in search of their own wisdom.

Similar books: The Happiness Project by Gretchen Rubin, Eat Pray Love by Elizabeth Gilbert, The Happiness Advantage by Shawn Achor, Element by Sir Ken Robinson

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### **Amy says**

I received this from the GoodReads First Reads. I loved the cover, loved the concept of the book, but just could not get into the book itself after trying a few times.

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### **Brian C. Morris says**

This review is from my book blog, The Shelves of Nikon.

*Dignity is a Renewable Resource* is labelled as a self-improvement book that attempts to show the reader how to face their fears by trying new things. The author does something new each month for a year in order to experience new things she has never done while facing her fears.

The book has a simple format - describe an experience and how she went to tackle it. This formula repeats for half the book, and gets old very fast. Most of these simply state "I was scared, I tried it, and it was not that bad." There is not much more beyond this simple statement to summarize each section, and not much for the reader to extract from this information. This is the main part of the book, yet it only covers half of it and feels like not enough time was spent on it.

The second half of the book is a disaster; if you thought the first part sounded lacking, this part will definitely disappoint you. The author talks about her experience leaving a company she had believed in at first, but then lost faith in it. Through many pages she talks about it as if she thought you already knew about it. Throughout these pages, information is constantly repeated, with the vibe of the author stating "Yeah, I was right." many times.

After this, it seems that the author had to fill a page quota. She ends up talking about random things that do not have any relevance to the purpose of the book. The worst part by far is when she talks about Obama following her on Twitter for several pages. Remember when the book promised self-improvement? Well, you can forget that, because Obama (United States President) follows her on Twitter! Forget facing your fears and focus on getting Obama to follow you!

*Dignity is a Renewable Resource* is a book that simply accomplishes nothing. This idea was based off a blog, but the author should have known that a book is not a blog. You can change your posts in a blog any time

you want, but you cannot change the fact that this book is a very worthless piece for anyone who is trying to get some self-improvement. If you want a cheap laugh at some poor writing, then this is the book for you.

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### **Mary says**

I received this book FREE as a Goodreads giveaway. I love the title. I love the cover. I loved the premise. I just couldn't love the book. Facing ones fears, and balls of wisdom, is right up my alley. I expected something a little deeper than, oh for example, going skiing (She was scared, she went, she was embarrassed, it wasn't that bad) Or taking a yoga class. (She was scared, she went, it turned out ok) Now, I have many phobias that I'm sure others would find amusing and perhaps silly, but I don't think anyone would want to read a book about them. So while the book was mildly amusing, and occasionally insightful, there really wasn't much there for me.

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### **Cassandra says**

I won this book for free through good reads first reads

I loved that courage and truth that is written into this book and highly recommend it.

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### **Leanna Manuel says**

I really enjoyed this book. I received it through a Goodreads giveaway. Initially I wasn't very impressed with the appearance of the book. The page layout wasn't very attractive. Once I started reading, I forgot about all of that. The writing style was entertaining and there were tidbits of wisdom there that really made me stop and think.

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