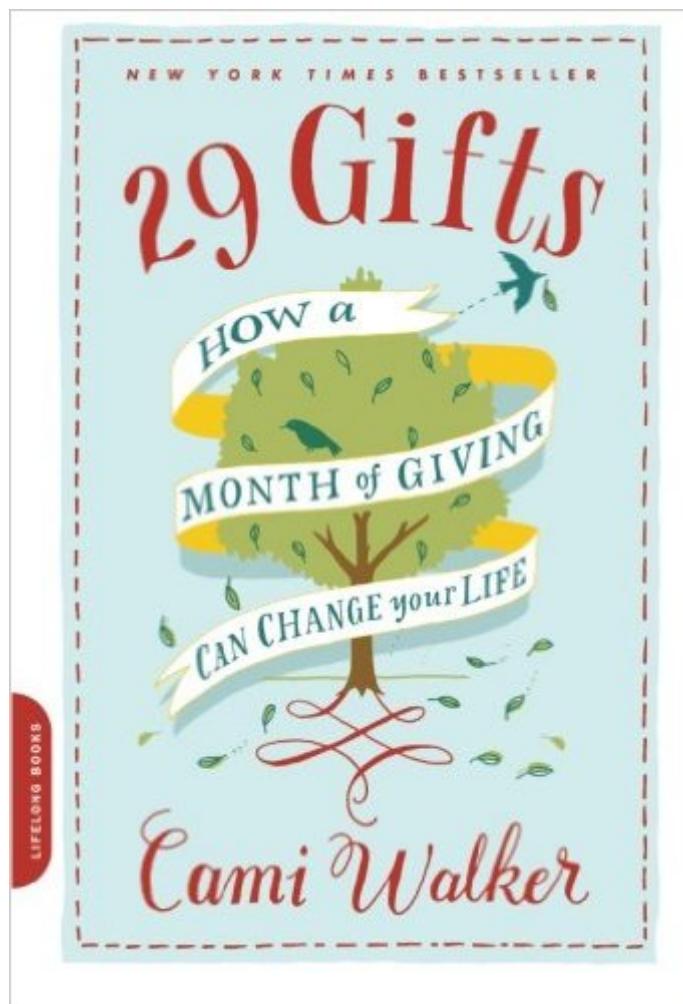


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# 29 Gifts: How A Month Of Giving Can Change Your Life



## **Synopsis**

At age thirty-five, Cami Walker was burdened by an intensified struggle with multiple sclerosis, a chronic neurological disease that left her debilitated and depressed. Then she received an uncommon &#147;prescriptionâ • from South African healer Mbali Creazzo: Give away 29 gifts in 29 days.29 Gifts is the insightful story of the authorâ ™s life change as she embraces and reflects on the naturally reciprocal process of giving. Many of Walkerâ ™s gifts were simple&#151;a phone call, spare change, a Kleenex. Yet the acts were transformative. By Day 29, not only had Walkerâ ™s health and happiness improved, but she had created a worldwide giving movement. 29 Gifts shows how a simple, daily practice of altruism can dramatically alter your outlook on the world.

## **Book Information**

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## **Customer Reviews**

I read this book as part of a book group. While I applaud Walker's efforts to get outside herself and think more about others than herself, she still strikes me as a self-absorbed whiner. First of all, Cami Walker suffers from a very debilitating form of MS. She spends months bemoaning her fate and complaining before she decides this is probably not the best course of action, so she makes what is a great effort to shape herself up. This is the best aspect of her story: Get out of yourself--even with limitations, we can be positive members of society. There is definitely a new-age slant to Walker's journey with which I don't necessarily agree. For example, her "medicine woman" tells her to get rid of all the clothes she is wearing after her advisory appointment, including her brand-new jeans and her \$90 bra. Cami goes on to explain to the reader that it was one of only three she owned. I don't know about you, but I have never owned a \$90 bra. I can't imagine ever buying a \$90 bra! (Walker

hangs onto it for a while, by the way.) I think it is a good idea to remember that stuff is just stuff, and it can be therapeutic to force yourself to give up something you think you can't live without, but I can't begrudge the woman her three bras, even if I think that only a very spoiled person (Cami is middle-class) would pay \$90 for one. Intrigued by the dichotomies I felt she presented, I took a look at Walker's website after I finished the book, which detracted from her message a great deal. She divorced the husband from the book and is now remarried. She lives in Denver in a "small one-bedroom house" with her new husband, and she mentions their financially straitened circumstances.

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