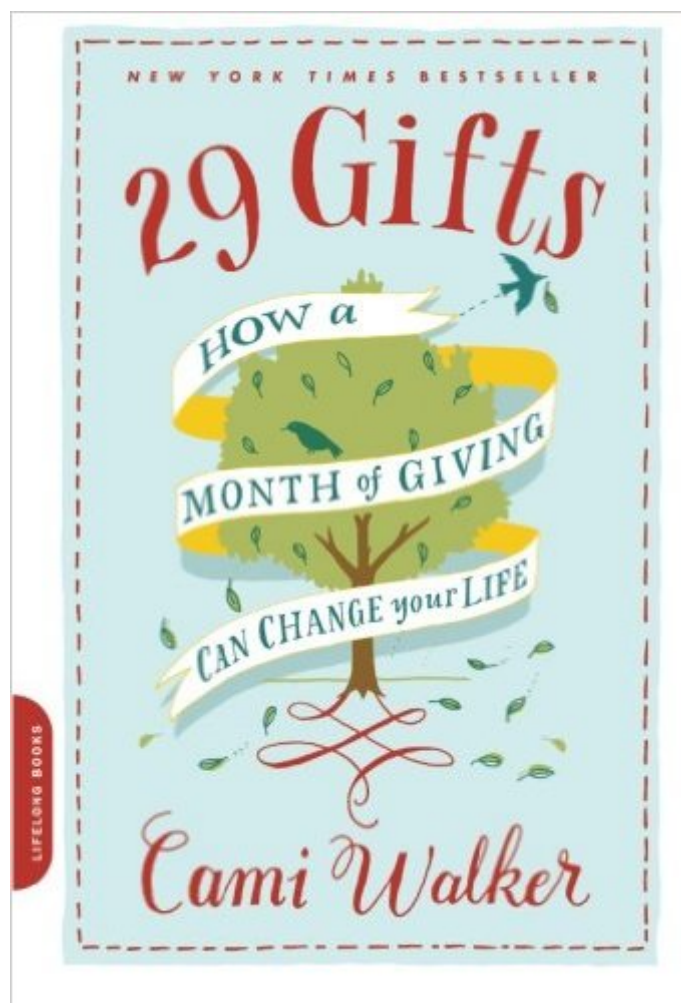


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# 29 Gifts: How A Month Of Giving Can Change Your Life



## 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 "prescription" from South African healer Mbali Creazzo: Give away 29 gifts in 29 days. 29 Gifts is the insightful story of the author's life change as she embraces and reflects on the naturally reciprocal process of giving. Many of Walker's gifts were simple—a phone call, spare change, a Kleenex. Yet the acts were transformative. By Day 29, not only had Walker'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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