

Search



Get **4 books** for **99¢ each**
plus a **FREE gift** [Tell me more](#)

[EW Overview](#)

[Suggest an Extraordinary Woman to be interviewed](#)

[Archives](#)

[Contact Us](#)

[Subscribe to our Newsletter](#)

Extraordinary Woman of the week



America's Dream Coach

Marcia Wieder

America's Dream Coach

Marcia has appeared on Oprah, and she is a professional speaker who works with many national and multi-national organizations such as American Express. Marcia is the extraordinary woman who turns passion and vision into reality.

Peggy: What do you believe is the greatest reason for your success?

Marcia: Believing in my dreams. I have to tell you that is what Oprah Winfrey said to me actually when I was on her show. She said we have something in common and that is that we both believe in the power of our dreams. I think my deep faith and my ability to act on what I believe.

Peggy: Fantastic. I am thinking that a lot of women right now will be asking how did you get that? How did you get the belief in your dream?

Marcia: Boy that is a really great question. I think at some level we are all born with it and then I think we forget and some of it also is programming. People always say to me you must have such positive parents and nothing could be further from the truth. In the face of our conditioning we do different things and I think in the face of the negative conditioning around me I got stronger. I don't know why. Maybe its because there was some unwritten plan somewhere that stated I was to grow up and become a Dream Coach. I've often said what makes me a really awesome Dream Coach is that I have had great successes and failures. I'm willing to talk about them both. I have had amazing, wonderful, fabulous things happen and painful, horrific, embarrassing things happen.

Ultimately two secrets to a joyful fulfilling life are:

- 1) What you do with what life brings you and
- 2) To bring more of what you love into your everyday life. Such as your joy for helping other people or being creative or singing or working. Whatever it is that really makes you happy is for you to design a life that allows you to have time to pursue it.

Peggy: One of the things I noticed Marcia from your other website is when you were on Oprah and you said, "for those who

Upcoming Interviews



Cynthia Kersey
Best-selling author,
Renowned speaker
and President of
Unstoppable
Enterprises, Inc.

Cynthia Kersey is president of Unstoppable Enterprises, Inc. which provides tools, strategies and resources designed to empower people to live unstoppable lives. Unstoppable Enterprises, Inc. offers effective, proven products and programs aimed at helping people dramatically improve performance, achieve success and enhance their quality of life.

Date of interview - 21/Sep/2004

[? Ask Question](#) [@ E-Mail Me](#)

Archive



Bess Permut
Mystic, Spiritual
Awareness
Teacher

Bess S. Permut is a graduate student of philosophy and psychology, and has taught Spiritual Awareness for over 40 years. Bess is a Mystic and has received the knowledge contained within her books and tapes from her Highest Teachers. Bess Permut is an extraordinary woman because she is one of the most giving and talented women on the planet. More importantly, she's truly humble and accepts no recognition for the work she is

Re-discover
HerPlanet.com

TAKE THE TOUR

User Name:

Password:

Remember my name.

[Register](#) | [Forgot Password](#)

HerPlanet Quick Links

[Featured Events](#)

[HerPlanet Experts](#)

[Extraordinary Women](#)

[News Headlines](#)

[Our Newsletters](#)

[Contests](#)

just don't know what their dreams are or what their passion is, that they just need to invest one week and get reconnected with it."

Marcia: I call it a Passion Quest. You take a period of time, which could be a day, a week, a month, as you don't have to put the rest of your life on hold to do it. It's wonderful if you can have a weekend to do it to discover your passion and your dreams. It's like going through life with your antenna up and paying attention to what matters to you and what moves you.

Peggy: That is beautiful and excellent advice. There is a tremendous amount of wisdom in the first few minutes of this interview. Thank you.

Marcia: I have also one more critical piece of advice especially for busy women. For some of us the most important step that we need to take in order to move forward on our dreams is to quit something. We can use passion as the barometer for saying "no thank you" when we have a choice. For instance if your kids need you, you don't always have a choice but when someone asks you to do something and you don't have to do it or want to do it then choose not to. Usually we do it as we feel guilty and our life becomes filled with things we don't have to do or want to do. My core recommendation for busy women is to say "this is no longer true for me and it's something I need to say no thank you to." You need to quit is to make some space for my life or some new dreams.

Peggy: Tell me a time when you had a major obstacle in your life and what did you do to overcome it?

Marcia: It was a failed marriage. I had a great wedding and I had a bad marriage. I had been off and on with the man that I finally married for 15 years and when we finally got married, it was really evident that he wasn't the marrying type. It was so painful. So the first thing that I did was I had to really face the painful truth that there was nothing I could do to make this happen. Being someone who was always very intentional and goal oriented and focussed and effective, I had to get in touch with how powerless I felt. It began with truth telling. Really facing what happened and how I felt about it. I didn't collapse all the way into a victim (oh poor me) but I am somebody who could keep a really good face. The truth telling was first internal, acknowledging what it was and how I felt about it and then being willing to turn to my family and friends and really acknowledge the mistake and that I was in pain and I was suffering and that I needed help.

Peggy: How did they respond?

Marcia: They responded very supportively which is what you would expect from people who really love you as they are obviously there. I learned this amazing lesson that I could fall apart without going to pieces. I have since learned that we all have a lot more capacity than we know we do and sometimes what there is to do is to heal. The biggest thing that I learned was that I was just one of those stubborn people who needed to have her heart broken to have it open. I have since fallen in love and have a wonderful relationship and have been for many years. I could look back now and say that everything I went through around my marriage I could say that I could fail without considering myself a failure.

Peggy: I have discovered through these extraordinary interviews that we are mirror images of each other. I believe a lot of women can resonate with your message and even though it has been told before they will go looking for it again.

Now the next question is what are the best decisions you have made or the best decision you have made that has made you life

guided to bring to thousands of others. More info is available at <http://www.peshaonline.com>
[Read More...](#)



Liz Edlic
Co-
Founder/Chairman
of One World Live!

Liz is the Co-Founder/Chairman and Chief Executive Officer of One World Live. She is recognized for her tireless efforts on behalf of causes nationwide, playing an instrumental role in the raising of millions for charities. A seasoned executive, Ms. Edlic has consistently produced successful bottom line results and ascended to key positions with large corporate and not-for-profit organizations. An individual committed to making a difference in peoples' lives; throughout her own life Ms. Edlic has volunteered her time and resources to advance important causes. More information about One World Live is available at www.oneworldlive.com.
[Read More...](#)



Francine Ward
Speaker, Life
Coach & Author

A former practicing lawyer, Francine Ward is now a powerfully motivating Speaker, Life Coach, and the Author of the acclaimed self-help book, [Esteemable Acts: 10 Actions for Building Real Self-Esteem](#). Based on the concepts that led to her own remarkable recovery from drug addiction, alcoholism, a sordid past, co-dependence, and low self-esteem, her book and her compelling message of walking through fear (one baby step at a time), as the vehicle for building self-esteem, is a courageous new path to freedom.
[Read More...](#)

[Click here for all Archives](#)

for the better?

Marcia: I think the best decision I made was moving to California. I grew up on the East Coast and my view from my home and my office was just buildings. I knew I needed trees and water. In moving to California I never knew how much it would bring me home to myself as I was in a really beautiful environment in San Francisco and I met the man of my dreams and I am living a type of lifestyle that I had imagined for myself when I lived on the East Coast. There was something about setting the intention and moving here that was very empowering. I didn't have the money in my pocket to start all over again so it was like I had to recreate myself and its really been fabulous. Its also had its difficulties and setbacks and challenges because its life. Its just different doing it in a beautiful environment with a community of people who are very much like-minded spiritually.

Peggy: Have you had mentors and who and why?

Marcia: My Grandma Fritzi was one of my core teachers and mentors in life. When she died at 80 she had red hair and no wrinkles and she used to tell me that nothing ages you faster than stinking thinking.

Another person was [David Bowie](#) as I have been one of his fans since the 70's. I just saw him in concert a few weeks ago and he is still alive, joyful and energetic and what I most respect and admire about him is that he is always recreating himself. Even when he is feeling low, he is still recreating as he came out with an album called [Low](#) when he was in this feeling. For 30 years he has been following his passion and expressing his heart and soul. Whenever I see a picture of him I am reminded that life is really about what we make it.

Peggy: That is neat. I love it, as that is so exciting. Now what are some of the disciplines that you have that have helped you achieve the level of success you have achieved?

Marcia: I am a big spa junkie. I try to go several times a year. Sometimes I speak at spas. The other thing is I built an online community called My Dream Circle where I have surrounded myself with other people who are dreaming big. The link to it is www.mydreamcircle.com. People here are dreaming big and coaching and I try to keep myself engaged with people who are like me really proactively and consciously designing their lives. It could be people like you Peggy who are writing books but also everyday people who decide what is important to them and then make it happen.

Every New Year's Eve my boyfriend and I sit down and rather than go out, we write out our goals and our dreams for the next year and then the following New Year's Eve we will look at what we did and usually we are on track for accomplishing them.

Peggy: What is the difference between a dream and a goal?

Marcia: I think a dream is something that you want and I think dreams are more spacious than goals. A dream can be "maybe someday I might want to..". Then at a certain point you have to move the dream into a goal or projects with a due date. You make it something more specific by giving a due date. That's what makes it a goal. There is a difference also between a dream and a fantasy as in a dream you can design the strategy of getting there and in a fantasy like winning the lottery there is nothing you can do to make it happen. Dreams are also more in touch with your passion. In my books I talk about connecting to your passion and finding your life's purpose and the texture and quality of your dreams will change. You can use my process for getting goodies, like a house, a new car or losing weight but standing in your life's

purpose of inspiring or generously loving and being creative then the quality of the dreams change.

Peggy: What one piece of advice would you give to a woman who is striving for success?

Marcia: To believe in herself regardless of what the dream killers or stealers are saying and regardless of the bad days when her internal voice might be her worse enemy. If she can find the place inside of her heart that believes in her dreams and she is willing to take some small step to demonstrate that she believes it, she will then be in action on her dreams.

Peggy: Do you have a favourite movie or movies?

Marcia: Of course I love [Field of Dreams](#). There was another one called Playing for Time with Meryl Streep. Anything that has people overcoming obstacles to make their dreams come true, I love.

Peggy: Do you have a favourite book or books that have touched you?

Marcia: I just read a new book that I love called [When God Winks](#) by Rushnell. I love that because it is all about the coincidences and magic of everyday life. Of course I love Making Your Dreams Come True. I love picking up my own book. It's filled with wonderful stories.

Peggy: So what is next for you Marcia?

Marcia: My purpose in life is to help people achieve their dreams and every person that I meet that is where my heart and my truth are. I write a monthly feature for the San Francisco Chronicle and I am excited about that. Its called The New Conversation About Dreams. I'm also building a new home.

Peggy: Well thank you so much for your time. This has been absolutely wonderful.

Marcia's answers:

Audrey Daniels, Fort Lauderdale, FL asks:

My 2nd daughter turns 9 on Sept 1st. My 'surprise' gift to her will be a cute, animal cover cell phone cover busines. I had been talking to her about growing up financially independent and debt free (unlike me)and the most important thing as a compassionate human being she can do is to pass the knowledge onto others.

The biggest problem is how to help her get the best exposure for her new little business with my very tiny income?

Marcia's response:

Dear Audrey,

What a great mom you are to be supporting your daughter's dream this way. Here are 3 cost-free ideas for exposure.

1. The least expensive and best way to get exposure is through the Internet. research cell phone accessory sites and see if they will sell or promote your product.

2. Write a press release about it (I like the mother/daughter angle) and send it to your local paper and others.

3. Post the info as part of my Great Dream Challenge and thousand's of people will see it...www.mydreamcoach.com

Good luck and thanks for sharing this with me.

 [Print this page](#)  [Send this page to friend](#)