

# FOREWORD

To meet and know Anton Zellmann is a truly unique experience. He's open and completely revealing of himself. At the same time, he's the mysterious mentalist who can read your mind. He tells you he hasn't had much education, and yet when he talks, one can't help but be impressed by his wellspring of knowledge. One moment he's the extroverted salesman, and the next moment he's a concerned, empathic listener.

To read this book is like meeting Anton Zellmann. As you work your way through the many pages of wisdom, you will experience all of the facets of his fascinating personality. One moment he will be telling you very revealing personal things about himself. At another moment, he will be teasing you with illusions. At times he will be the man next door, sharing some common-sense guidelines about life. At other times he will be a professor, guiding you to some recent scientific discoveries. On some pages, he will tell you how to sell yourself, while on others he will be teaching you how to open yourself up to listening.

To read this book is to take a journey through Anton Zellmann's life. He describes himself as a work in progress, and you will experience him progressing from page to page.

You will learn far more than reading minds as you work your way through this book. You will learn something about how your brain works, about how you perceive your world, about how you communicate with other people. In *I Read Minds—And So Do You!* you will explore ways to awaken your innate creative ability. You will learn how to tap into your intuition. You will learn how to overcome restricting beliefs and expand your mind.

Anton doesn't pretend to be an academic. To the contrary—he goes through great lengths to show you his lack of academic experience. Yet, as I read his book, viewing it through my lens of traditionally structured years of formal academic training,

university teaching, and consulting, I found what he offers to be as valid and useful as any textbook.

In fact, in some sense, his book is far more useful, because it is written in a style that communicates with people, regardless of educational levels. In my travels through his book, he taught me by sharing his life experiences.

I am very pleased to be one of Anton's friends. You will experience a touch of that same intimacy yourself when you read this book.

I highly recommend you turn the page and embark on Anton's journey. You, as did I, will find yourself immersed in the colorful, fascinating, and impressive world of Anton Zellmann.

A handwritten signature in black ink that reads "Arnie Dahlke". The signature is written in a cursive, flowing style with a prominent loop at the end of the last name.

Arnie Dahlke, Ph.D.  
December 8, 2003  
Los Angeles, California