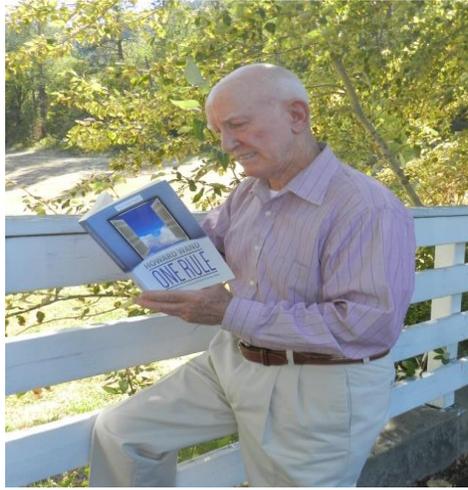


# RR Author Shares “One Rule” to Success

By Tammy Asnicar  
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**Howard Wand, a former Corporate Executive and Rogue River School District 35 board member and Chairman, has authored a thought-provoking well-meaning self-help book, “One Rule: Simple Secrets to Success and Better Relationships.**

"Follow one rule," Howard Wand's father told him, "and you will have confidence, success, and true meaning in your life."

Wand, of Rogue River, has written a thought-provoking, well-meaning self-help book based on that "One Rule".

"My dad was a quiet man. We weren't terribly close," Wand said. But, when the family patriarch spoke, his son listened.

"Dad prescribed to one rule," he explained. "He once told me 'in school, there are so many rules. Forget the rules. There is only one rule to remember."

That rule: Respect. Respect for one another and for ourselves.

"With respect, one grows; without respect, there is no growth,"

Wand recalled his father telling him. His father's philosophy shaped while serving in both World Wars and the Korean War.

The elder Wand challenged his son to find an exception to the "One Rule" of respect and promised to pay a quarter for each exception.

Wand never earned that two bits. However, adhering to the "One Rule" brought him financial success as president and chief executive officer of three successful Corporations, one with worldwide operations.

Wand's self-published book, "One Rule: Simple Secrets to Success and Better Relationships," is his first.

"I'm writing, writing all the time," he said. After retirement, he said, writing became "one of my passions."

He is now in the midst of an action/adventure fiction novel due for release later this year.

The heart and soul of Wand's current book are the values he learned as a child growing up in Montreal, Quebec, Canada, raised by his father and his paternal grandmother.

In a recent interview, Wand shared stories of how he applied the principals of "One Rule" throughout his life, and employed "the tenacity and grit" needed to accomplish his objectives as a young man, including getting a college education and becoming a United States citizen after a two-year stint in the United States Army.

He worked full-time while attending San Francisco State College, and later climbed the ladder in the domestic and international communications and computer products and systems corporate worlds.

After accepting a top management position with a computer products company in Santa Clara, Calif., he helped reorganize the company and later acquired one of its divisions, a high tech security systems firm.

The company was successful distributing products worldwide and protected high risk facilities in the US, Latin America, Europe and the Middle East.

Eight years later, the company was sold to a larger corporation, and Wand decided it was time for a change of scenery. After touring the country for three months in their RV, he and his wife, Barbara, bought a small ranch (complete with Arabian horses) just outside of Rogue River.

However, he didn't quite settle into "retired" life, and a few years later formed an access control firm with operations in the San Francisco Bay Area and Southern Oregon.

"I like stepping out and taking risks," Wand admits.

After he sold the company, he turned his focus to writing. Wand said it was his oldest daughter, Cristina, a college professor, who suggested that he gather his musings, anecdotes and essays into a book that would be helpful to young people starting out in their careers and marriages, or older people who need to re-direct their careers and re-ignite their relationships.

"(Cristina) felt my back-ground and experience could be helpful to many people," Wand said. "The objective was to help people understand how important good relationships are, and how they help us in the workplace, with friends or at home."

Throughout the book, Wand admits that success and great relationships often do not come easy, but he hopes others can gain from the secrets and lessons he has learned as a parent, husband and entrepreneur.

After three years of work on the book, Wand is confident that the reader will "open up each page and discover another secret."

The first half "One Rule" is a fairly quick, straight-forward read with easy-to-digest sage advice (and opinions) on careers, relationships, parenting and education. Wand sprinkles philosophy and parables culled from his world travels and devoured over "a life-time of living, writing, reading, and listening," he said.

As with any self-help book, there are morsels to savor and relish, and others to be taken with a grain of salt. Wand admits he is "old school," and often asks "whatever happened to common sense?" The second half of the book is quite ambitious. Wand, who does not have a degree in psychology, counsels readers on improving, managing and structuring relationships. One segment is titled "Rules and Relationship Resolutions," and there is a compatibility quiz and an extensive "Question and Answer" section that touches on everything from dating, marriage, sex and intimacy to aging, faith and religion.

Wand explained that the "Q&A" portion was developed through the aid of a study group. Questions were submitted from various sources, but answers "are relevant, and they are mine," he said.

Answers "looped back to the one rule," he added.

The 250-page book ends with advice on "The Golden Years."

And, while Wand some-times steps up on a soapbox and sermonizes, his book is worth taking the time to read.

As the author says, "we are never too young or too old to re-direct ourselves.

" And, he believes, "if we take ourselves out of the equation, we can clearly see the best direction to take."

"One Rule: Simple Secrets to Success and Better Relationships," was re-leased on Amazon.com in April 2014. A hard-copy edition is available for \$13.99, or readers can download a Kindle version for \$3.99.

"I'm not anticipating making a lot of money," Wand said, adding that he plans to donate proceeds to youth sports programs.

"The book is intended to help people, and the proceeds should also help people," he said.

For more information, check out [www.howardwand.com](http://www.howardwand.com).