

Sandy Costa Conducts a reading at the Regulator Bookshop – April 16, 2009

On Thursday evening, April 16, 2009, at the Regulator Bookshop on Ninth Street, in Durham, N.C., Sandy Costa read from his book *Humanity at Work: Encouraging Spirit and Truth to Flourish in the Workplace* (2008). The weather was perfect for his



reading, cool and fair, and over fifty people came out to hear Sandy read several excerpts he had chosen because they had moved family and friends to deeper thought and feeling about their own lives.

Sandy first described his belief that in teaching anything, certainly in teaching leadership and entrepreneurship, stories teach most convincingly. He told his attentive audience that he began to write essay-letters to his coworkers at Quintiles Transnational in Durham during the mid-1990's with the goal of "more powerfully connecting" with them. The company was growing at a rapid pace and writing personal essays to all employees was initially Sandy's means of staying in close touch with each one. Later, he

decided to collect these letters and those he composed after leaving Quintiles into a book so that readers could use the stories “to personally relate to” the moments of decision, of



inspiration, and of challenge he had come to in his own experiences of management, travel, family life, spiritual life, and reading. His stories, Sandy hoped, would help others live healthy, grateful, questing lives.

Even though Sandy reads books on a wide breath of subjects, he went on to tell his audience that we learn most by direct experience, not from books. Each story he read on April 16 represents one in a very broad range of experiences Sandy has lived in his six decades. Fascinating and moving, each excerpt offered listeners a wise yet entertaining message about seeking and sometimes finding the way to lead, to believe, to continue healthfully, and most of all to love this life!

It was an insightful, moving presentation from Sandy. That fine April evening is long past, but his book is still available, distilling the same wealth of insight and energy he gave the large crowd at the Regulator Bookshop who came out to see him and celebrate the publication of his book.