

## Pillow talk



Debbie Oser and her sons, Zachary, 7, and Justin, 5 with her pillowcases.

### Debbie Oser is Keeping it Positive

By Megan Blank  
Staff Writer

North Wales resident Debbie Oser is thinking positive, and making a difference in Montgomery County by doing so.

Oser, 39, recently created a business called "Keeping It Positive," which sells products that contain affirmative, uplifting messages.

Positive thinking first helped Oser find healing and hope at a young age.

"When I was 22, I lost my father," she said. "I was pretty down out and out for about a year."

Oser said she then read Joseph Murray's book, "The Power of Your Subconscious Mind," which helped turn around her thinking.

"Your subconscious beliefs are what you tell it. I tried to change my thinking to more positive thoughts, and noticed a change.

"It can really change behaviors and habit, how you think and feel. I still definitely state positive things to myself all the

time," Oser said.

She began to use this positive thinking to help her two sons, Zachary, 7, and Justin, 5 gain confidence and self-esteem.

"I would say positive affirmations to my boys every night. I wanted them to be self-confident and self-assured," Oser said.

"I wasn't sure it was sinking in, until one day we were at the park, and my older son was on the monkey bars, and I went over to help him. Totally unsolicited he said, 'No, Mom, I don't need you — I can do anything I put my mind to.'"

"So, I decided I really wanted to do something with this," she said.

Oser did some research and found that in order to change one's thinking patterns, the best time to do so is before bed, and right when waking up.

"I thought — pillowcases," she said.

The pillowcases, called "Pleasant Dreamz" contain 16 phrases such as "I can do anything I put my mind to," "I believe in myself," "I am friendly, outgoing and confident." The pillowcases are 100 percent cotton, 300-thread count, with the words printed in a non-toxic, water-based ink and come in four colors — purple, green, blue and pink.

Besides the pillowcases, Oser said she

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## The power of positive thinking, close at hand

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is looking to expand the products "Keeping It Positive" offers, including ceramic mugs for adults.

"They're 16 oz., with a wrap-around layout of nine positive thinking phrases," she said, "such as 'stay focused,' 'you can do it,' 'dream big,' and 'take it one day at a time.'"

Oser said she is also adding a lineup of sweatshirt-material pink and blue baby blankets, with phrases such as "I'm a great sleeper," and "I wake up energetic."

"It's cute," she said with a laugh. "I am really enthusiastic about this."

Other future products Oser hopes to offer at "Keeping It Positive" include travel-sized pillows addressing healing from grief, as well as healing from an illness.

"I had made some iron-on transfer [pillows] for friends, and they told me it meant a lot to them," she said.

Besides helping her family to think positively, Oser said she has

received some wonderful feedback from other families about the products.

"I have gotten some really great feedback from parents about the products," she said. "I get emotional when reading them."

"One parent told me how she heard her daughter showing her pillow to a friend, saying how saying the phrases made her feel better. The parent told me, 'You really changed my daughter's life.'"

"Another parent told me how when her child received one of the pillowcases for Christmas, they started to read the phrases out loud, getting louder each time, and each became more powerful. It's very moving [to hear]," she said.

Currently only the pillowcases are for sale, although Oser said she was adding the ceramic mugs and the baby blankets within a few weeks.

Prices and more information about the products are available at the "Keeping it Positive" Web site, [www.keepingitpositive.net](http://www.keepingitpositive.net).