

Get Your Life Back: The Most Effective Therapies for a Better You

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Why use this book?

So why bother to use this book and get involved in all the work it is going to take to change your life? Why not just carry on as you are? Write your own answer here:



Remember this answer. We will need it when you reach a low point further on and wonder why you ever started! It will help to keep you going. So what floats your boat? Why do you bother to get up in the morning? What gives you delight, joy and satisfaction? If your mind is telling you 'Nothing', think back to when you did get joy, delight and satisfaction from life. What did it for you then?