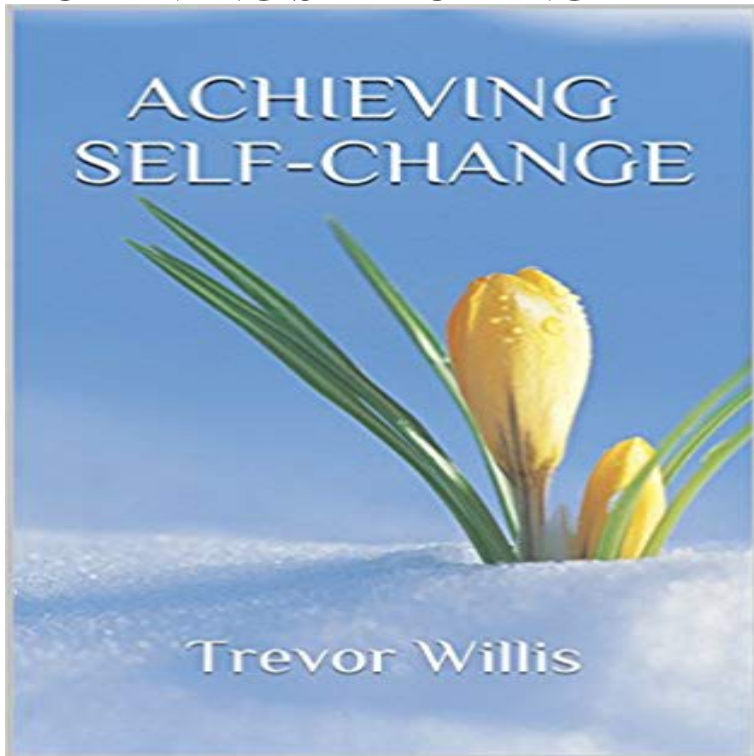


ACHIEVING SELF-CHANGE



Hello, my name is Trevor, You may be reading this introduction because you are having difficulty coping with your life at present. Perhaps you have reached a point where you feel that you need help to overcome a problem. The low point you have reached may be due to something that has occurred recently or perhaps a long time ago. It could be that you have suffered for as long as you can remember, but you have decided the time has come to get help in coping with your emotions. You are interested in this subject because you would like to be different. You would like to be more accepting of yourself and those you love. You have realized for some time that you could be happier if you could overcome the negative emotion that has blighted your life - if only you knew how. Many people who find their lives dominated by anxiety eventually seek help. Knowing what sort of help is needed, and finding someone who can offer the right help, is not always easy. Perhaps there is something you would like to do that you are unable to, or something you are doing that you would like to stop doing. Just finding the will and courage to deal with the challenges each day brings can be daunting. This book is written by a psychotherapist and guides you through the process of self-change. It is likely that you have a vague idea of the events that have led to the emotional disturbance you feel. Often, painful emotion is repressed along with the original cause of the problem. Once you become more aware of the cause of your difficulty, you can start to make changes within yourself to restore harmony in your mind and body. You can make the changes in your life that you want to, if you apply the suggestions in *Achieving Self-Change*. Resolving your difficulties is approached in a straight-forward and practical way. There is no expectation that you accept the existence of invisible forces that will assist or guide you. This is a

secular approach to understanding how your emotions affect your mind and your behaviour. These simple techniques can work for you. I have been privileged to help many people find relief from their problems. I would like you to join them. Working as a psychotherapist has afforded me the opportunity of seeing how powerful the mind can be. People can make great changes in their lives when they approach their problems in the right way and with the right guidance. Some people are not always willing to visit a therapist. This may be due to other commitments, transport difficulties, a lack of money, or unwillingness to discuss personal problems with someone they do not know. For some time I have wanted to share my experience and offer practical help that people can use in the privacy of their own home. You can make important changes in your life, if you are prepared to apply yourself and make the effort required to become aware of the changes that are needed. There are many self-help books available and some of them are very good. They are interesting to read and often help to create a more positive outlook. Perhaps you have read some of them but found that your difficulties have continued. It could be that you would benefit from a practical guide that can be followed, referred to, and applied in your life. Achieving Self-Change is designed to be that guide. It takes a few hours a week over at least six weeks to complete. You will make alterations at a pace that you are comfortable with and set in motion a change in your outlook and habits. The techniques I will show you are used by me and many psychotherapists with their clients. These simple techniques can work for you too. You will make the changes you need to when you understand that no-change is harder to live with than self-change. The fact that you have read this far indicates that you are ready to begin working towards making those changes and enjoying a less anxious and happier life. To read more please click on the Kindle book.

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