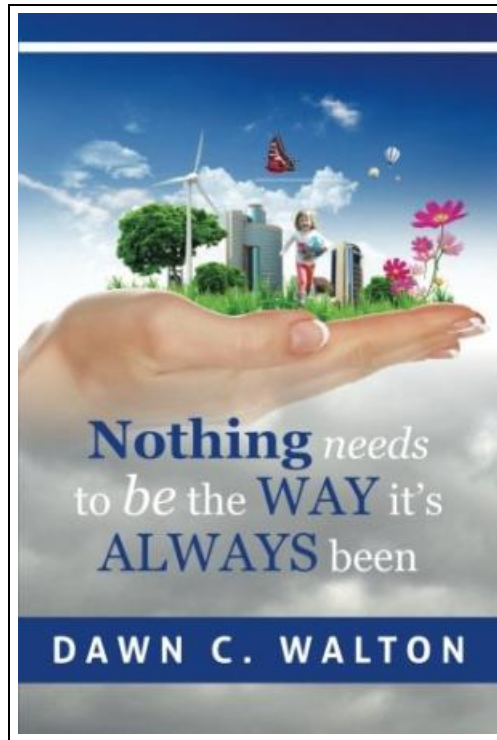


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NOTHING NEEDS TO BE THE WAY ITS ALWAYS BEEN



Createspace. Paperback. Condition: New. This item is printed on demand. 296 pages. Dimensions: 8.9in. x 5.9in. x 0.9in. One day, when my daughter was around 3 years old, she started asking Are you happy mummy. I would answer Yes through gritted teeth. I hated lying to her. Due to a pretty grim childhood, I hated everything about myself and my life. Because of that childhood, I have been conditioned not to talk. Not to reveal the secrets of what went on at home. Keep up the front and dont ever tell. But that conditioning didnt apply to the written word and over the last few years Ive discovered that I can write what I cant speak. In June 2011, I embarked on a journey to transform myself, and I found that it helped me and others to write down what was going on in my mind. This book describes that journey a series of blog posts tracking how I transformed from a person who hated living, a person who never looked forward to the next minute let alone the next year and a person who was unable to appreciate the people and things in her life. I transformed in the space of a year into a person who loves her life, loves her friends and family, and even more importantly, loves herself. As you read this book, you will share my journey from the night before my first session with a Cognitive Hypnotherapist called Trevor Silvester, right through to the point where I was answering Yes, I am happy honestly to my daughter. By the way, she never asks anymore because she knows the answer will always be yes! This item ships from La Vergne, TN. Paperback.



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