



ASK AMANDA JAYNE

I would love to hear from you and will reply to letters which, if we print them, will remain anonymous. Your details will be treated confidentially. Email me at harleysttherapy@gmail.com or ring me on 07760 669246. Take a look at my website at www.harleystpsychotherapy.com

A change in attitude or bad habits can be addressed at any time of the year. However, the beginning of each new year brings about inspiration and hope for change in some way. We all say "Thank goodness that year is over" and try our best to make sure that this year things will be better.

There are countless self-improvement books available, some good, some not so good. The trick is to take the good from them and forget the things that make you roll your eyes and mutter "as if". Whatever resonates is good, forget the rest.

Below is a list of some of the books that have inspired me or my clients during the past year.

My interpretation of how these books can help may be different to yours, however, I hope that maybe one or two in this list will ignite something useful for you.

12 Rules for Life: An Antidote to Chaos: Jordan B Peterson

My favourite book of this year. Jordan Peterson has combined ancient myths and stories; his own experiences as a psychologist; philosophy; the sort of common sense that sometimes eludes us; and put it all together into the 12 rules for a meaningful life. Inspiring, interesting and thought-provoking, and not a bad set of rules by which to live. He is fearlessly honest, charismatic and dives straight to the heart of the matter.

The Power of Now and A New Earth: Eckhart Tolle

Are you always fast-forwarding and imagining catastrophe? If worry about the future, or angst over the past haunts you and you cannot fully enjoy your life because of it, read this. It's a soothing, calming, perfectly pleasant way to spend a spare moment. To be in the now is to truly appreciate the rich tapestry of life. It left me feeling

Wise words indeed

Ready to make some changes in 2019 or just find a way to a happier you? West Norfolk-based psychotherapist and counsellor Amanda Jayne suggests eight books that may help you.



that all is okay and that I am part of that tapestry and I belong to it. Also the second book 'A New Earth' is brilliant. I'm sure there will be something useful in it for you.

The Crossroads Of Should and Must: Elle Luna

I have recommended this to countless clients who have found it fun, useful and an easy way to shine a completely different perspective on what you really want and how you want to go forward in your life. Is what you have now really what you want? Or is it something that you have just drifted along with or fallen into? Have you reached your potential? Or are you on a familiar path which is becoming tiresome. If you are feeling stuck in a rut, this little book will help to shift the well-worn ideas to one side, and propel you to who you really are.

There's No Such Thing As a Dragon: Jack Kent

This little children's book is a reminder that an 'elephant in the room' - or in this case, a dragon - is

best acknowledged, as ignoring it only causes the problem to grow to unbearable proportions.

The Only Way To Stop Smoking Permanently: Allen Carr

Self-explanatory. The best giving up smoking book I have ever come across. I may, in hindsight, omit the last word in the title as it has worked for me three times so far! However, it made the process extraordinarily easy without any of the horror stories geared to frighten you into stopping smoking.

The Essential Difference: Men, Women and the Extreme Male Brain: Simon Baron-Cohen

Recommended by a friend and fellow psychotherapist, it's an interesting read. If you are having relationship difficulties, this could explain a few things about how the male and female brains think in entirely different ways.

Stuffocation: Living More with Less: James Wallman

Apt for after Christmas. We all have too much stuff and a good clear out can clear your head almost as well as a good therapy session. Almost.

Steering by Starlight: Martha Beck

Keep an open mind with this one, and you will be amazed at the results you can achieve. I practice this method and see the results. Try to believe in it, and it will help you to believe in yourself and self-belief is the way to become who you really are.