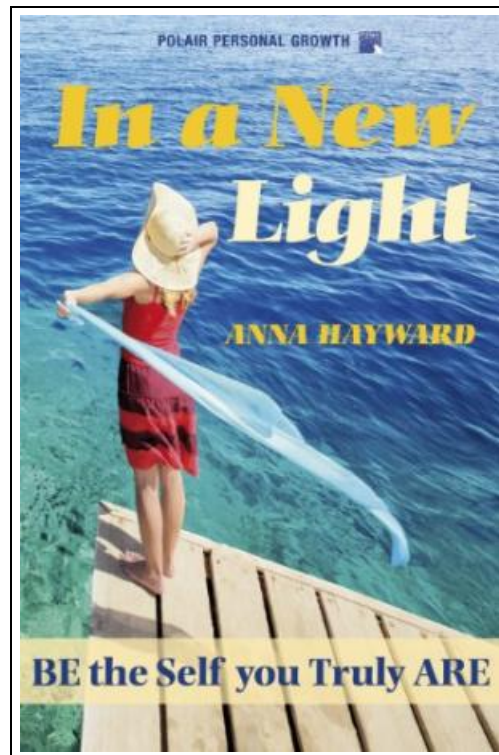


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Polair Publishing, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. From self-discovery to self-transformation! IN A NEW LIGHT is a book that brings absolute reassurance about the person you are before leading you into the person you might be. It offers immediate, practical help if you are seeking to change your understanding of yourself and others for the better. Why do I behave as I do? , Why is there a split between what I seem to understand, and what I can put into practice? , What does control of my emotions mean? , Why do I find things repeating themselves in my life? Working from a loving outlook, finding the positive, understanding what learning really is and releasing self-doubt are all part of the IN A NEW LIGHT approach. Many personal growth books actually reinforce self-doubt, but this book works by establishing a strong sense of self first of all. It raises our awareness of our relationships to others and why we manifests the emotional states we do. It does this against a background of love and spirituality, suggesting that the principle of love is a divine law which always works for good and for healing, however difficult the road we travel may seem. Revolutionary in its approach to people, this is also a book for workers in the field. Part of the approach is not to separate out client and the counsellor in quite the same way as many systems do, but sees the counselling approach as, at least two intelligences working together (a phrase from Re-evaluation Co-counselling).



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