

# to the inner voice

see a therapist they have to come back in a week or so and they lose a bit of what they have been working on.

"With InnerTalk they can use it in between sessions and feel they are more in control. We have already got more than 40 therapists signed up and registered across the country."

But some psychotherapists remain sceptical about the benefits such self-help programmes can bring.

Phillip Hodson, fellow of the British Association for Counselling and Psychotherapy, said: "Using affirmations is a

particular style of counselling.

"Most counselling in this country is concerned with letting people find their own solutions by talking about things and putting into words how they feel rather than getting someone to say I must improve; that is very much the American way.

"There is a real place for relaxation discs, but anything which smacks of dictated learning requires some reservations at the very least."

For more information on InnerTalk call 01628 898366 or visit [www.innertalk.co.uk](http://www.innertalk.co.uk)

## More relaxed



Judith Campbell. Ref:80557/2

JUDITH Campbell, 35, is a learning support assistant from Hedley Close in Flackwell Heath. She started using InnerTalk CDs shortly after Life & Leisure launched in September last year.

She said: "Before I tried the InnerTalk CDs Forgetting and Letting Go, and Up from Depression, I suffered from depression after my first baby died at only four days old in 1991.

"I could not move on very easily or quickly. I used anti-depressants for eight years but have come off those now.

"Since I have tried these CDs I have been able to let go of difficult situations which before I would have fought and never given in to. I am also generally more relaxed and at ease with myself.

"I don't get as stressed and have a sense of well-being which was missing before. I have been so impressed I have bought more CDs to try and have recommended them to various friends and family.

"They are marvellous but since I have been back to work it is difficult to find the time but you should really play them overnight on replay. I have also recently bought Sleep Soundly and Powerful Memory."

## 'I lost 14 pounds'



Desiree Warren. Ref:80556/2

DESIREE Warren, 48, is a business coach from Marlow Bottom who has four children aged 12, 15, 18 and 20. She said: "As a busy company director and contributor to the community, who also happens to be a mother of four, I have a pretty full schedule.

"A friend told me about them, I wanted to lose some weight around my middle so the first one I bought was Weight Loss Now and I lost 14 pounds in two months without dieting. I am only 5ft 3ins and I did not have to lose a lot but I wanted to get back into my size 10 jeans.

"Weight loss is really an emotional thing at the end of the day. I have tried health and fitness over the years but when you think something is nice you just go on eating it even when you are not hungry.

"When I used to play the CD even my children started eating healthily without even knowing it, choosing a piece of toast instead of a chocolate bar which is amazing for teenagers.

"I have also bought Manifest Your Vision which I find really useful when I am preparing presentations or doing emails. It really helps me to focus. I just stick it on really low and do not think about it but IT makes me realise this is my life and this is what I want to do.

## Take steps to avoid danger

JOGGING is a great, cheap and popular way to get fitter and healthier.

However, when you pound the streets take care not to get so carried away dreaming about your healthy new body that you forget about something as basic as personal safety.

If you are setting off in the early morning on your own, through a park or other thinly populated area, wearing headphones and pushing yourself to the limit, you could be putting yourself in unnecessary danger.

To make sure you stay safe you should plan your route carefully, according to the Suzy Lamplugh Trust which advises on personal safety.

Always stick to well lit, well populated areas where you can be seen clearly seen.

If you are running along roads, ensure you are going towards oncoming traffic to avoid kerb crawlers.

It's also important that you don't always use the same route or go at the



same time - but remember to leave behind details of your route and what time you plan to return.

Lots of people use headphones when they run, but this is not a good idea. Headphones limit both your hearing and awareness and it is vital that you are always alert to your surroundings and to any potential problems.

Also think about what to wear and what to take with you. We all have the right to dress as we wish, but be aware that some clothing might attract unwanted attention.

If possible carry a personal alarm with you and a mobile phone (but keep it concealed and only use it when you have to).

Don't be tempted to push yourself to your physical limit as you should never get so exhausted that you cannot run away from danger if necessary.

Make sure you are looking confident and in control and always act on your instincts - if something looks or feels wrong, it probably is.

## Therapy tasters

MASSAGE, reflexology and aromatherapy are all great ways of improving your wellbeing.

But how do you know which one really works for you without having to spend a fortune?

The Mind, Body and Spirit Exhibition at the Monkey Island Hotel on Sunday is one solution.

It's an opportunity for you to try out a whole range of therapies in 15-minute taster sessions costing £5 each.

As well as the three therapies above,

there will be Indian head massage, crystal colour healing, homeopathy, reiki, shiatsu, face reading, I ching, runes, sand reading and nutritional therapy.

You will be able to buy products to use at home as there will be stalls selling everything from crystals to Indian handicrafts, books and tapes to chakra-inspired fashion, and sleep stones and dream catchers to nutrition supplements.

The exhibition runs from 10am to 5pm. There is an entrance fee.