

Untitled Document

Okay, girlfriend, let's see if we can do this: Don't think of an apple. Impossible, isn't it. Then try this:

Don't think of a pencil. Your brain cannot hear the 'don't'. Whether you say yes or no to something does

This means that the trick would be to think of something else entirely. Can pears cancel out apples

Of course they can. Can you deliberately change your focus to a pear when you feel an apple coming u

Before you think we're talking fruit salad here, I'll try to explain it another way. I was watching an A

Abraham said that the point would not be to take the anxiety away. We want to be aware of our fee

You're not feeling anxiety because the world is in trouble; you're not feeling anxiety because you're

Do you find that difficult to do? Have you been knocked down by so many tragedies that you cannot

"The reason being is that each journey, kind of like a haircut, should never be fully appraised until it's co

He says that life is not what you see, but what you've projected. It's not what you've felt, but what

It is sad that most of us don't allow a lot of fun in our lives. We get off the red hot stove plate only t

When first learning to release anxiety, we go through the same three stages as anyone learning a

Wanna play?

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“Then we enter the associative stage, when we’re making fewer errors, and gradually getting better.

Finally, we arrive at the autonomous stage, when we turn on autopilot and move the skill to the back of

And so we get to a plateau where we’re confined to a sort of comfort zone. Life coach Martha Beck

Not so. Martha says that fun is a skill and that most of us are terrible at it. “When I ask clients to re

Try to remember what you did for fun as a child. What did you do when nobody was forcing you int

Wanna play, girlfriend? As Rumi says, “Out beyond ideas of wrongdoing and rightdoing, there is a fi