

Think your way to a better life

How do you rate the overall quality of your life? If you're not as happy and satisfied as you would like to be, a book called *You Can Be Amazing* might interest you. Two years ago, the author Ursula James, 40, a leading hypnotherapy lecturer and practitioner, realised that although she had helped hundreds of students and clients to achieve what they wanted, she herself had 'ground to a halt. I was trapped in a life I hated, around people who drained me. I loved teaching and seeing clients, but in every other way my life had gone up a blind alley. I was lonely, stressed, permanently tired. I drank too much and ate too late.'

So Ursula began to practise what she preached. And in 18 months, she turned her life around in every way, with a new partner (they are marrying in July) and two new homes, plus a spot on ITV1's *Good Morning* and an upcoming Five TV series. 'I am healthy, balanced and happy, and I have more time to do things I enjoy,' she says.

The book (which has a free CD) gives the simple self-hypnosis programme Ursula used to transform her life. If it sounds a bit scary, bear in mind that hypnotherapy is the most widely researched complementary technology, effective for a wide range of issues from stopping smoking to weight loss, dealing with phobias to anaesthesia. This programme uses



repetition of suggestions, written and heard, which 'stick' in your unconscious mind so they become automatic. You call the shots because you create your own 'auto-suggestions'.

'The key is to be specific about your goals,' says Ursula. If you want to run your own business, imagine exactly how your life will be – and start to daydream. If you want to lose weight, write down precisely how much and the new dress size, and visualise yourself as you will be when the change has taken place.

Many people stay in a bad situation because they're frightened of taking risks. Ursula describes how to become fearless and actually enjoy the things that used to terrify you into immobility. You don't need to change your whole life at once: 'Just do one small thing each day. To lose weight, walk for an extra ten minutes. To move jobs, make one phone call. To improve relationships, e-mail one friend.' After two weeks, that daily habit accrues real results, for little extra effort.

To order *You Can Be Amazing* (Random House) for £9.99 inc p&p, contact the YOU Bookshop, tel: 0870 162 5006, you-bookshop.co.uk For more information about hypnotherapy, Ursula's books, CDs and downloadable MP3s, visit ursulajames.com

