



lifethatworks

with Amanda Ferguson

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Life Works Book

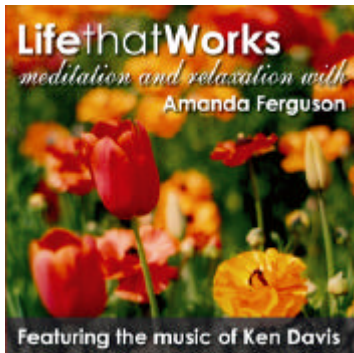
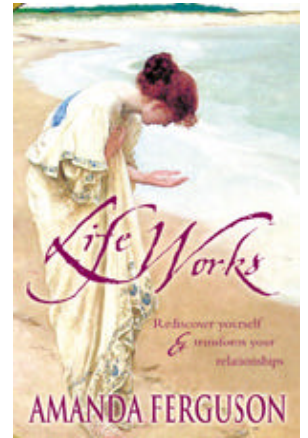
At some time all of us arrive at a point where we want to focus on ourselves more deeply. We may feel not quite right, may not be achieving our potential, or are distressed and unable to go on in the same way.

Life Works provides a process to rediscover our innermost selves, move forward and lead rewarding and empowered lives.

Following conventional therapeutic processes, **Life Works** can facilitate inner change. It helps us to deal with everyday issues such as anxiety, depression, self-esteem, career and relationships, using case studies, checklists, tips and exercises.

LifeWorks (published by HarperCollins) ISBN: 0732271320 ARP: \$24.95

To purchase a copy, ask your local bookstore to order from HarperCollins.



LifethatWorks CD

Designed to complement **Life Works** this is a CD of meditations and guided visualisations featuring the music of Ken Davis. The CD has six individual meditations and runs for more than an hour.

Meditation is a practice that induces a state of consciousness where the brain waves slow down and allow us to access the depths of our subconscious mind - where all of our knowledge, wisdom and ability is stored.

This brain wave state is called alpha state. Research shows that if we access alpha state for 20 minutes a day - after three weeks we experience a complete change in the quality of our lives physically, mentally and emotionally.

LifethatWorks CD ARP: \$22.95

LifethatWorks CD available upon completion and mailing/faxing of this order form.

Amanda Ferguson

Amanda Ferguson is a registered psychologist and clinical hypnotherapist, and has been in private practice as a counsellor for more than 14 years. She is also an organisational psychologist with over 20 years experience in corporate consulting, training and speaking.



Please send me ___ copies of the LifethatWorks CD for \$22.95 + \$4.95 P&H

(\$4.95 P&H for up to 2 copies. Please contact LifethatWorks for P&H charges in excess of 2 copies and for overseas orders)

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