

Words of wisdom for a happier life

There's a wealth of self-help books, says **Carla Grossetti**.

When Sue Sharpe took over Phoenix Rising Books in Glebe 15 years ago, the book shop was a bastion for the patchouli-scented bead-headed brigade.

And while the inner-west institution is still a stop-off for everyone from university students and emos to left-of-centre locals, Sharpe says self-help books are now being taken seriously by a much broader cross-section of society, who are united in their aim to better manage their emotions and stress.

"The genre was once denigrated for being a little bit esoteric and whimsical, with books big on empty platitudes and wishful thinking," Sharpe says. "But what I've found is there is now a lot of empowering advice out there that can help change the way we think in order to lead more fulfilled lives."

"Self-help literature is not just fluff. These are books that provide people with the right tools to succeed in everything from time-management and self-control to mind power."

Get the Life You Want, Beat Low Self-Esteem, Boost Your Confidence, Be Your Own Life Coach, Change



Sue Sharpe, of Glebe's Phoenix Rising Books, says self-help books are being embraced by wider society.

Your Thinking and *Learn to Love Yourself Enough* are but a small sample of the burgeoning range of self-help literature designed to help address and assuage the problems of modern-day life.

While the genre itself dates back thousands of years to Ancient Greek writings that encouraged self-betterment through meditation and reflection, Sharpe says the

category now sees books designed to improve brain power at the top of the best-selling list.

Sharpe says when she is "on a quest for inner peace and wellness" she turns to *The Untethered Soul* by Michael A. Singer. She says the celebrated author wrote it in 2007 and it has remained a top seller ever since.

"This book is a bible for people

who want to think with the heart and not the head," she says. "If I'm feeling overwhelmed, I think of that book, breathe deeply and ask myself: 'What is the real issue here?'"

"And then I consciously quiet the negative chatter in my mind."

Sharpe's recommended reading list ranges from current best-sellers such as *The Desire Map*, by

Danielle LaPorte, and *The Little Book of Mindfulness*, by Elizabeth Linley, to *Breaking the Habit of Being Yourself*, by Joe Dispenza, and *The Happiness Trap*, by Australian psychologist Dr Russ Harris.

As far as identifying trends go, Sharpe says the theme "Are you following your passion?" is huge as more and more people want to enjoy their time at work.

"Therapeutic thinking, reducing your stress, breaking habits, identifying what you're passionate about, explaining your behaviours, guided meditations... most of the themes of my must-read self-help books are the same; they are just being said in a different way," Sharpe says.

Psychologist Anthony Gunn argues the genre remains as relevant as ever as our lives become increasingly fast-paced.

Dr Gunn says his book *Fear is Power* has helped many people successfully manage conditions ranging from panic attacks to phobias, social anxiety and shyness.

"Fear is power when used the right way as it is designed to protect us from harm by putting our bodies in a heightened state so we can perform at our best," he says. "When people embrace their fear, it reduces in intensity."

Phoenix Rising Books (phoenixrisingbooks.com) is a rich source of the self-help genre, and most major retailers have a dedicated section.



Australia Cosmetic Clinics
Surgical Excellence

Enhancing Your
Natural Beauty

Do you want to reduce your tummy size, but don't want the hassle of extensive surgery?
(Full Tummy Tuck/ Full Abdominoplasty)

...The Mini Tuck could be just for you.

It's not an expensive surgery like the full Tummy Tuck, and there's no prolonged recovery time.

You could manage with only half the surgery, at half the cost, and with half the recovery with a Mini Tuck.

At Australia Cosmetic Clinics our experienced team will take care of your worries and give you back a great body!

www.australiacosmeticclinics.com.au

No Hidden Costs: Inclusive of Surgeon's Fee's/
Theatre Costs/Anaesthetics
Subject To Medical Approval | * Terms & Conditions Apply

NOW ONLY
\$5900

(OFFER LASTS TO JULY 30 2014)

NORMAL PRICE
\$8900

*\$30/week payment options available

CALL 0447 899 177 • FOR A CONSULTATION TODAY