

INTERNATIONAL PRESS-CUTTING BUREAU
224/236 Walworth Road, London SE17 1JE
Tel: 020-7708 2113 Fax: 020-7701 4489

Extract from:
WOMAN'S OWN
London
(circ:553, 701)
(Readership: 2, 483, 000)
(Display Rate: £23, 650)

- 4 NOV 2002

MIND, BODY & SOUL

Dealing with disappointment

Healer Anne Jones, in her first book, *Heal Yourself*, has an example of pain limitation that sounds familiar. When she kept quiet about her birthday, her husband forgot and she woke with no present, a huge feeling of hurt, plenty of tears and a spoiled day. On top of this, her husband felt incredibly guilty,

and although he did his best to redress the situation there was bad feeling and unnecessary pain all round.

Now she ensures her husband is aware of all birthdays and anniversaries – as well as her expectations – so the chances of future disappointments are minimised.

She says she doesn't try to manipulate the situation to make him feel guilty – but that we do have control over most of the events that occur in our lives.

■ **To order a copy of *Heal Yourself: Simple Steps To Heal Your Emotions, Mind And Soul* by Anne Jones (£10.99, Piatkus) post-free from the woman's own Bookshop, call 0870 601 6042.**

ANNE JONES
**Heal
Yourself**



SIMPLE STEPS TO HEAL YOUR
EMOTIONS, MIND & SOUL