## Contents

Introduction	page 1
Part one: ten steps forward	
One step at a time Please can I have some hormones? Getting my ZING back Up, up and away Remembering how it was All about energy Seeing the beauty again	4 10 14 19 24 28 31
Part two: making the connect	ion
Becoming aware The day time stood still Over-sensitive Don't bottle it up Expressing yourself The pain room Making sense of it all Healing from within Embracing change Heartsongs	36 38 41 44 46 49 55 58 62 65
Part three: changing your mind	b
It's the thought that counts Envy Life changes Reserve your energy for the big things Choosing differently Creating your reality Saving the world The old and the new The campfire	70 74 77 80 84 87 92 97 101

Part four: perhaps some day...

Accept yourself The bright red hat Going within again Bridge over troubled waters Taking a break In the shadow Smothering with love Mr Bossy Boots	110 113 117 120 124 127 131 135
Part five: it's the simple things	
A field full of bluebells Peace Shadows and sunbeams Perfection Holding back Oranges and lemons Being in the moment Life and boiled eggs Through the eyes of a child And once again say "thank you"	142 145 150 153 155 158 160 163 166 169
Part six: starting over again	
Helping out Are you listening? I have a dream Oh – what a life! The surfer and the hairdresser Get interested Coming out of your shell I wish you a sandpiper A new identity	174 178 181 184 187 191 195 198 203
Part seven: celebrations	
One day I went up the mountain At the summit Writing in the dust The rainbow Finding your Mama Mia My garden and I The heart of the matter New beginnings No regrets	210 213 216 219 222 225 230 235 238