

Central**BOOK REVIEW**WITH **KATRINA HAMPTON** - BERKELOUW BOOKS**Looking Beyond the Mirror****Tricia Brennan****RRP \$24.95**

'Looking Beyond the Mirror' is a revolutionary new book about the modern day curse of 'image addiction' - the obsessive identity disorder at the heart of so many other forms of compulsive behaviour. Internationally acclaimed author and intuitive counsellor, Tricia Brennan draws on 15 years experience as a spiritual teacher to share 12 steps to overcoming self doubt and creating a life that is truly satisfying.

How many of us have gone to great lengths to change our appearance, to attract our ideal partner or to achieve the social recognition we crave - only to find we are left feeling empty and incomplete? For many people looking good has become more important than feeling good - and despite an ever-growing checklist of material and physical achievements, we remain challenged by self-doubt and an unhealthy obsession with upholding our image at all costs.

'Looking Beyond the Mirror' consists of twelve stories of real life cases illustrating how Tricia Brennan coached a diverse range of people including glamorous celebrities and corporate high-fliers. Tricia expertly identifies their personal fears and weaknesses holding them back. She uses a holistic approach to help them discover their own strengths in order to attain balance and full self-expression in all aspects of their lives.

Used together with the accompanying CDs this inspiring book offers sound, practical advice on how to overcome self-criticism and develop to your full potential.

