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Most of us started off the new year with the intention of releasing all sorts of vices. But, by the time you'

Life coach Christy Whitman kicked off the year with a vice-release programme that opened my eyes to

Christy did that for me. She said that all vices started off because they initially helped you to cope. You

Of course it's not been working out all that well in the long run, but instead of detesting yourself, just ob

You cannot heal self-destructive patterns with the shame of self-hatred. Einstein said that we can't solv

I'm going to give you a truly scatological example. Someone once told me that she set her pupils the ta

Albeit harebrained, this is the silly kind of solution-finding you can entertain yourself with, girlfriend

If you're not living a life that resonates with your true self, you'll feel as if something is missing; as if you

Carol Tuttle does a course, 'Dressing Your Truth', in which there are four basic energy types. She says

For example, you might have seen that your outgoing sister was applauded for her behaviour, so you t

So, do you feel more energized when alone or at a party? When you're feeling ill, would you rather see

Being successful at something is not just about massive effort and learned skill sets. It's also about put

Sometimes we get so caught up in who we think we're supposed to be that we cannot see who we