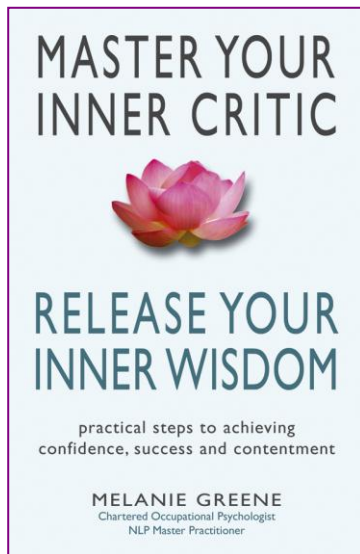


Because (as the author explains) “you deserve to be happy, fulfilled, to have the best and to enjoy all aspects of your life.”



MASTER YOUR INNER CRITIC RELEASE YOUR INNER WISDOM

**practical steps to achieving
confidence, success and contentment**

by

MELANIE GREENE

**Chartered Occupational Psychologist
NLP Master Practitioner**

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Do you know someone who?

- loses sleep worrying about what they haven't done?**
- finds it difficult to list their achievements?**
- allows criticism to get them down?**
- feels terrible when they make a mistake?**

The inner critic is the little (or, sometimes, big) voice in our heads that says: 'You're not good enough' or "Why did you do that?" or "Nobody wants to be friends with you" ...

This negative voice can have a profound effect in personal relationships or professional situations. And yet, (if we're honest) many of us have an "inner critic" that can hold us back, make us feel inadequate, make us feel unnecessarily guilty and can make us downright miserable if we don't learn to control it.

In this book, chartered occupational psychologist **Melanie Greene** shares her 20 years of experience to show you how, step-by-step, you can transform your thoughts, feelings and behaviour by learning to celebrate your strengths and to recognise the positive.

Master that inner critic and release your own inner wisdom to become more confident, successful and content in *all* aspects of your life.

Melanie Greene ...

is a chartered occupational psychologist and NLP master practitioner. She has 20 years experience as a coach, trainer and consultant in private and public organisations, and runs her own consultancy, Grovelands Associates (www.grovelands.org.uk)

Notes to Editors: **Master Your Inner Critic** is published by Summersdale. It is available through all good bookshops and internet booksellers or by telephoning Mail Order at Summersdale Publishers on: +44 (0) 1243 771107

To request a review copy or to be put in touch with the author, please contact Elly Donovan:
tel: 01243 771107 / elly@summersdale.com



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Press and Media Enquiries: Elly Donovan: elly@summersdale.com

46 West Street, Chichester PO19 1RP

Tel: 01243 771107 Fax: 01243 786300 www.summersdale.com