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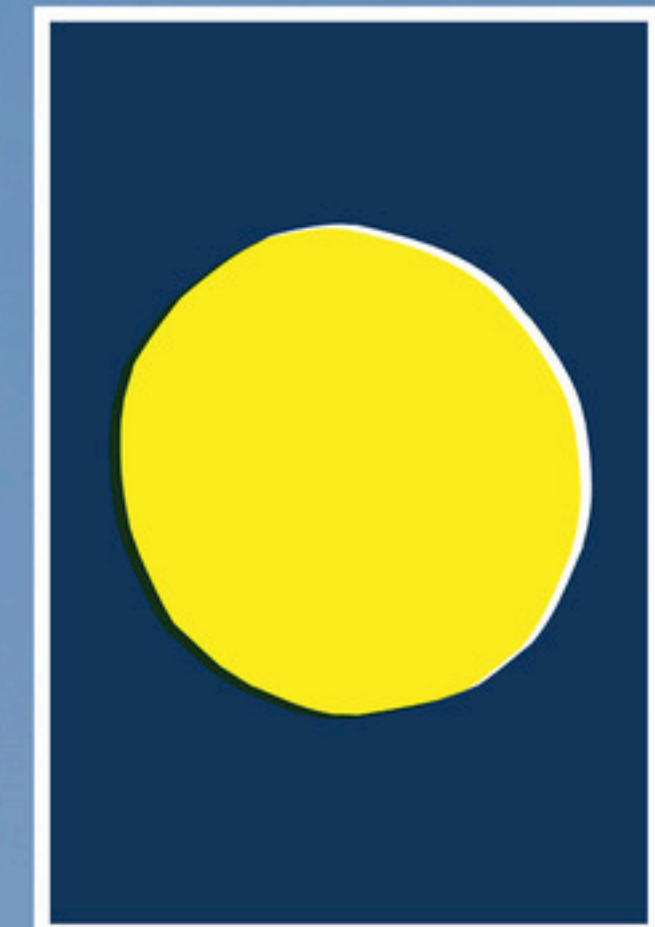
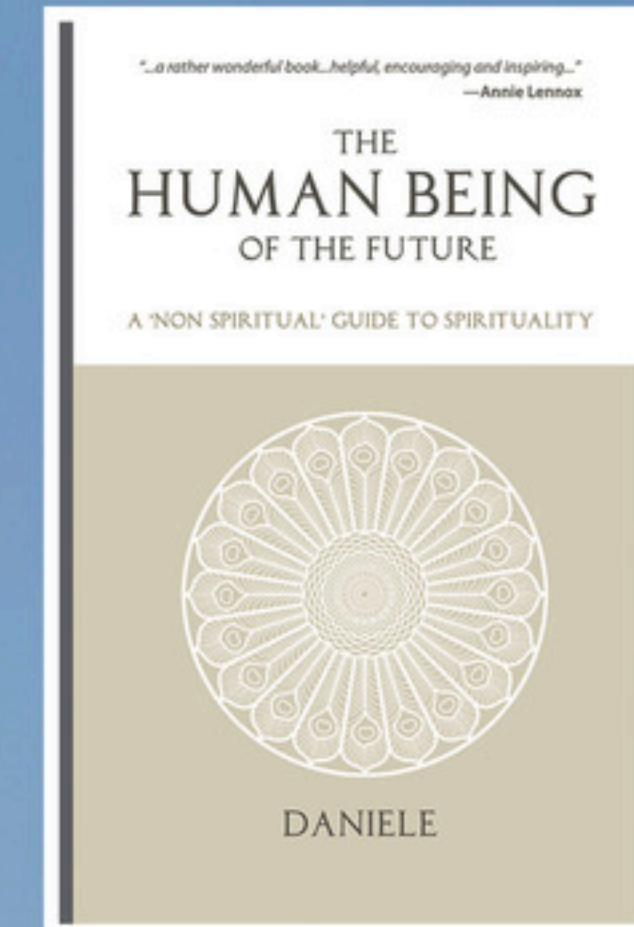
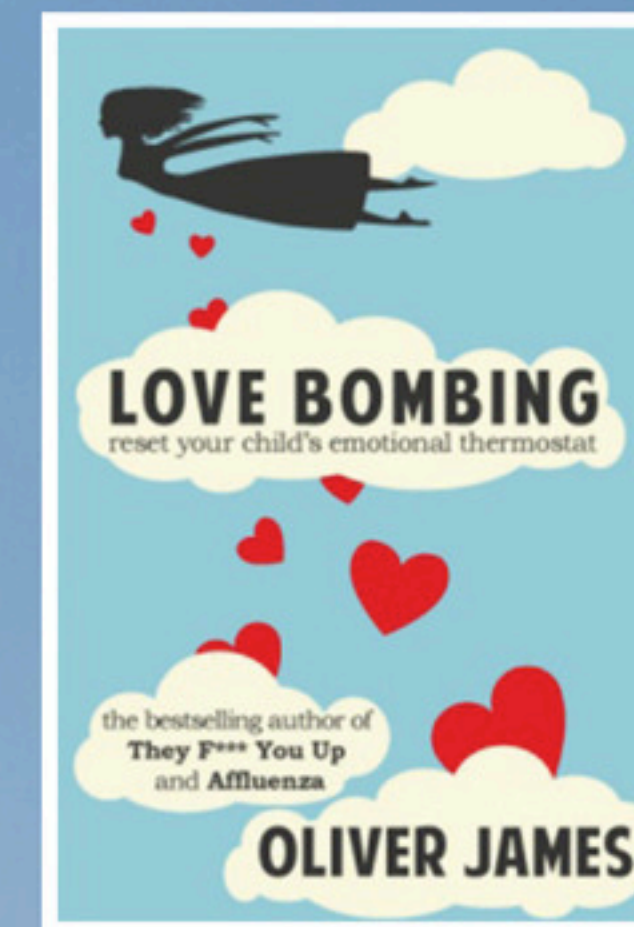


Self-help gurus put to the test

Our writers spend a week on the path of enlightenment, testing the best advice on the market



Touch the books to find out what they think





Self-help gurus put to the test

Instructions For Happiness And Success

by **Susie Pearl** (Quadrille, £12.99)

Instructions for happiness and success*

A step-by-step mind manual for creating the life you choose

Writer and mentor to successful artists, entrepreneurs and business people all over the world, Susie Pearl reveals her unique method for manifesting a great life.

This book is Susie's no-nonsense guide to bringing your dreams into reality.

All the tools are here to show you how to bring more pleasure, peace, wealth, love, success, optimism, joy and inspiration into your life.

Susie Pearl

*100% Guaranteed

Susie Pearl knows a thing or two about success. Before she set up her own PR company, working with the likes of Victoria Beckham, she was vice president of MTV. Today, she divides her time between Britain and Ibiza, mentoring musicians, actors and companies such as Sony and Adidas on how to achieve their goals. Her secret? Be happy. Because what we think and feel, we create. If you think negatively, you will attract negativity. If you think positively, you will attract good experiences. This, she says, is the law of attraction.

THE RESULT: Pearl's manual is divided into three parts: how our thoughts create our experiences; instructions for using mind power; and methods for making these changes. I assessed my life under the

headings Strong, Weak, Opportunities and Threats to see where I need to make improvements and I tried (I really did) to imagine my shower was full of gold dust lavishing me with good luck each morning. I'm now following Pearl's financial plan, which involves dealing with bills at an appointed time each week to control money neurosis and I'm also trying to reduce my daily toxicity: gossip, processed foods and a messy home. Accompanying the book are seven relaxing hypnotic audios. There's a fair bit of repetition in the first two chapters but I wonder if this is an attempt to drum it all in. I'm focusing on what I do want from my life, rather than what I don't. And according to Pearl, the universe should reward me imminently.

Lisa Scott