



My aim is to give you access to a wide variety of proven tools to help you live life to the full.

Teresa McBride

Dear Reader,

A Story of Hope and Inspiration



During the 1930's depression in the United States a little girl was born into poverty and deprivation. When she was eighteen months old her parents divorced. Her mother was forced to find work as a live-in domestic and so the child was boarded out. A few years later her mother remarried but the new husband turned out to be a brutal authoritarian bully who subjected the child to severe beatings. As if that was not bad enough, when she was five she was raped by a neighbour. Her childhood years were marked by the devastating effects of poverty and physical abuse. When she became a teenager her step father changed the abuse from physical to sexual. Aged fifteen, she ran away from home and school and got a job as a waitress in a diner.

Not a very promising start in life you might say! Yet that little girl - Louise L. Hay - became one of the most influential personal development teachers of the twentieth century and now in her eighties is still going strong. Her most important book "You Can Heal Your Life" reached the New York Times bestseller list and remained on it for 13 consecutive weeks. More than 35 million copies of it have been sold throughout the world.

Louise had plenty of reasons to give up on life - an impoverished childhood, physical and sexual abuse, a poor education, to name a few. Yet she rose above all of these.

So how did she turn her life around?

Purely by chance or perhaps it was destiny, she discovered a system of spiritual psychology. This had such a transformative effect on her, that she used it not only to heal herself but also managed to translate the ideas and concepts into a programme which was easily understood and immediately applicable to ordinary lives. Fate provided her with an opportunity to personally test her methods when she was diagnosed with cancer.

She considered the alternatives to surgery and drugs, and instead developed an intensive programme of affirmations, visualization, nutritional cleansing, and psychotherapy. Within six months, she was completely healed.

Most of us have not been dealt such hand by fate and yet aren't we often ready to offer excuses as to why we can't do what deep down we really want to? We invent excuses like, "I'm too old now." "I'm too young - don't have enough experience." "I'll do it when I lose the weight, when the kids are older, next year, when I have more money, when I have more time, when I'm sure it will work out." Or, have you ever heard yourself thinking - "What would they / he / she say?" "I'd look stupid." "People like me don't!"

Excuses, excuses, excuses!

You and I have one wild, glorious, unique life. Opportunities abound to support us in expressing that uniqueness, not only for our own enrichment but also perhaps to enrich the lives of others.

So what do **you** really want to do? As you're reading this, you know what it is - it has popped into your mind already! Maybe it's planting a vegetable garden, trekking the Great Wall of China, baking the most delectable cakes, learning to swim, being an amazing parent, starting a new business, writing a book or running a marathon.

A journey of a thousand miles begins with the first step. If we want to bring ideas to reality we have to commit to taking action. Listen to **Goethe's** wise words:

"Until one is committed, there is hesitancy, the chance to draw back,
always ineffectiveness.
Concerning all acts of initiative, there is one elementary truth the ignorance of which kills
countless ideas and splendid plans:
That the moment one definitely commits oneself, then providence moves too.
Whatever you can do or dream you can, begin it.
Boldness has genius,
power and magic in it.
Begin it now."

Louise Hay's dream was to help people realise the infinite power that resides in their own minds. Had she given into excuses, millions around the world would have been deprived of a great teacher and she would not have had a life overflowing with prosperity and fulfilment.

I have an idea that I've been postponing taking action on. Now I'm going to take my own advice and get cracking! Maybe you'd like to do the same!

If you want to learn more about Louise Hay's methods, I'm hosting a ***Love Yourself, Heal Your Life*** workshop on **Saturday 26th. Feb.** For more information and to book a place go to www.teresamcbride.co.uk



What's coming up?

Relax & Restore Women's Day

with Sonia Longridge & Teresa McBride
Saturday April 9th at Castle Espie
More info at www.teresamcbride.co.uk

On-going

New Horizons Network

The intention behind the group is to bring together people who have experienced the unexpected. It will focus on giving participants the tools to look after themselves as they move forward.

If you have experienced loss or change or if you are at a crossroads come to the group for support.

2nd Wednesday of every month Belmont Tower, Belfast

3rd Wednesday of every month Clarion Hotel, Carrickfergus

Speaker on February 16th: Teresa McBride
"Loving Yourself into Well-being"

March 9th Belmont Tower + March 16th Clarion Hotel Carrickfergus

Speaker: Maureen Butler 'You can - if you have a plan'
You know what to do - what stops you?

April 13th Belmont Tower + April 20th Clarion Hotel, Carrickfergus

Speaker: Jane McClenaghan 'Vital Nutrition for Challenging Times'
More info at www.maureenbutler.co.uk

Positive Living Network

A great place to come once a month to be inspired and mix with like-minded people. **Wellington Park Hotel, Belfast 7 30 pm Wed.23rd Feb. and last Wed. of every month.**

More info on this and other great events at www.freshstartcoaching.co.uk



Teresa's Services and Products:

My aim is to give you access to a wide variety of proven tools to help you live life to the full.

- Hypnotherapy
- Life Coaching
- Wellbeing at Work Courses
- Effortless Living Workshop
- Confidence Workshops
- Pampering Days
- Louise Hay Workshops
- Inspirational Talks

If you'd like to experience my cd's, why not listen to a taster on my website. Please visit:
www.teresamcbride.co.uk for more audio products.



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