

# NEW BOOK INFORMATION

## JUST HELP YOURSELF

The common sense guide to dealing with life's ups and downs

By Tom Lucas

*Just Help Yourself* offers an alternative approach to dealing with life's stressful times by placing the emphasis on Common Sense Psychology (CSP).

This technique focuses on understanding that the real solutions to problems lies within us, not in external sources, and can be uncovered simply by using a little common sense.

Using tips that Tom has picked up from over fifteen years working with top sporting professionals and business owners, this book will give readers practical advice and support to take those initial steps to recognising that only they have the power to change the situation they find themselves in. After reading this book readers will:

- Embrace challenges and difficulties, rather than fear them
- Recognise their talents and abilities
- Understand that nobody can make them unhappy - unless they let them
- Be able to follow their dreams and achieve true happiness
- Have improved self confidence

### Who is this book for?

This book is aimed at people who are looking for help in overcoming some of life's difficulties and hardships, but feel that they don't want professional help. The general public; stressed executives/managers and parents could all benefit from this book.



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**Price:** £8.99

### Why is this book needed now?

In these stressful times of job uncertainty, financial pressures, and relationship and health worries people are finding day-to-day life more difficult than they used to. This book is needed because there are far too many self-help books that don't actually offer self-help; instead they encourage the reader to go on spiritual journeys to find themselves, when all they really need to do is adopt some changes to their attitude to life to change their situation.

### Who is the author?

Tom Lucas is a sports psychologist and motivational speaker who has coached many top sporting professionals and business leaders, including professional footballers, rugby players, golfers and Olympic athletes. For more information please visit [www.headtohead.org.uk](http://www.headtohead.org.uk)

### Testimonials

*"Tom has a knack of breaking big problems into smaller, manageable ones using a positive approach and, in many cases, basic common sense. I just wish I had someone like Tom to help me in this way earlier in my career."*

Terry Butcher, former England captain and manager of Inverness Caledonian Thistle

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