

## Polly's 7 Step Transformation Therapy

Polly Buchanan

When I first heard about the treatment I was hopeful but sceptical. I was desperate for Louise to be the miracle cure but disbelieving as to how curing myself of a life long problem (Jealousy) could be as

simple as exercise and talking. Louise's treatment was very impressive. I found her to be non-judgmental , understanding, sympathetic and calming - traits which made her easy to confide in. I was unsure as to how the exercises would work, not being a yoga user. Although I was less convinced by the physical aspects of the session, the affirmations and Louise's tapping technique made a huge difference.

Louise was gentle with me, and allowed me to form my own conclusions about my attitude and my negativity. Rather than dealing with problems that I had externalised, Louise encouraged me to challenge my internal demons and attitudes, meaning that by the end of the session I found that not only had my jealousy greatly reduced, but also that Louise had given me the skills to deal with other areas of myself that I was unhappy with, and armed me with the tools to tackle my jealousy should it rear its ugly head again. Louise's therapy taught me how to deal with it and changed me for the better.

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