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Happy New Year! We hope your 2018 has started off the way you have intended. If you haven't yet thought about your intentions for 2018 ... it's not too late ... it's never too late.

And don't forget, our last article was about reflecting on 2017 and mindfully setting your intentions for 2018. Click [here](#) to learn more, and to access all our previous articles.

By the way – you might notice that this newsletter looks a bit different, and is a bit longer. Great perception! We've decided to do a monthly newsletter – still with an article, but also with some other information that you might find useful (this will include links to other articles, books, websites, etc). So, a bigger newsletter, but less often. Let

Welcoming In 2018, Books of Interest, and More!

By Amanda Pulford
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Welcoming in 2018!

Our last article was about reflecting on the year that has been, and setting intentions for the New Year.

As we've said ... it's not too late. If you didn't get a chance to do it at the end of 2017, maybe now is the perfect time to spend some **quality** time answering the following questions. Maybe grab a cuppa and your journal, or take yourself off to the beach, or relax in a nurturing bath and allow yourself time to consider ...

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1. What lessons have I learnt this year?
2. What am I ready to let go of this year?
3. Who or what am I grateful for this year?
4. What do I wish my next year to hold?
5. What do I need to do to make this happen?

Focus on releasing any negative thoughts or feelings you have about 2017, and see if you can find some joy in the year that has been (even if it was a challenging year). And set your intentions for 2018 – be clear about what you would like, and maybe plan on how to achieve this.

Books of Interest

While I was away over the holidays, I immersed myself in sun, sand, bush walks and books. Here's a couple of the books that I read that I thought you (or someone you know) might be interested in.

"Between Breaths : A Memoir of Panic and Addiction" by Elizabeth Vargas

Being a high profile co-anchor on American TV, the last thing Elizabeth Vargas wanted to admit was that she had anxiety, let alone that she was an addict. This is a great (and easy) read about how Elizabeth's anxiety, that she had had since childhood, turned into her self-medicating and using alcohol to relieve her anxiety. If you have anxiety, or know someone who has, this is an inspirational story that describes the challenges of anxiety so well. I especially like the last Chapter where Elizabeth describes what helped her to recover and live a rich and meaningful life. Spoiler alert ... there is no 'quick fix'.

"Recovery : Freedom From Our Addictions" by Russell Brand

Warning : you have to be okay with the 'f' word to read this book. Yes, it's THE Russell Brand (comedian, author, father and addict) who authored this book, and if you know Russell Brand doesn't hold back when it comes to swearing. So, consider yourself warned.

Russell describes how he has, and is, working with his own addictions on a daily basis, using the 12 Step Program. Even now, 15 years into recovery. He describes in his own words in each Chapter one of the 12 steps, and how he has used each step to help him become aware of, inquire into, and have ways to work with his addictions ... many of them. While Russell talks a lot about his destructive BIG addictions (such as drugs, alcohol, and sex), there is also an applicability of these steps to anything. Maybe it could be food, bad relationships, work, or even technology. A raw, humorous, and at times confronting read, that is also practical.

More ...

I thought you might want a break from me now and again, so this section will include a link to other articles you might find interesting.

4 Clear Signs It Is Time to Let Go of Your Relationship. Learn when to cut your losses and just say goodbye.

<https://www.psychologytoday.com/blog/living-forward/201712/4-clear-signs-it-is-time-let-go-your-relationship?collection=1095899>

You Can Use Mindfulness to Choose How to Live. Practicing mindfulness helps you make wise choices.

<https://www.psychologytoday.com/blog/turning-straw-gold/201708/you-can-use-mindfulness-choose-how-live?collection=1095899>

As always, if you would like some help, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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