

ASPIRE

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Write your worries away with Christina Christou

We all have different ways of coping with the myriad of tragedies that occur throughout life, but if you're struggling right now, allow us to introduce you to Christina Christou, author of Write Therapy: using the power of writing to heal the past and create a life you want. With a passion for the written word and a desire to help people, Christina offers writing groups, workshops, one-to-one mentoring and a range of holistic therapies including crystal healing and angel card readings for those who are looking to escape the madness and make sense of their thoughts and feelings.

Christina told Aspire: "I've always written, especially as a teenager when I would keep a journal and write poetry. I enjoyed writing in the abstract, as it helped me process my thoughts and gain answers to the questions that were troubling me. The death of my beloved mum ten years ago left me in a very dark place, which eventually saw me on anti-depressants. In my search



for meaning and healing, I read a lot. I read a lot about spiritual practices, which led me to a book called 'A Course in Miracles' which really changed the way I think. Through reading this book, and others, I was able to tap into something, be it my inner self or a higher power, but I got the comfort I was seeking. Subsequently I discovered Reiki, Crystal Healing and Angel Cards and became a qualified Crystal Healing Therapist in order to help people; I now offer all my services from The Wishing Well holistic therapy centre in Bromsgrove. I can also be commissioned to give talks or writing workshops.

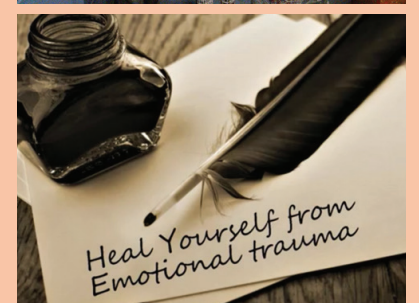
"Since then I have written a book based on the techniques I've used to assist with my healing and I thought it was too important not to share. 'Write Therapy' was written in April 2014 but after being diagnosed with cancer, I wrote an extra chapter on dealing with unexpected circumstances which was included in

the book, which was then published in October 2014. It can be purchased from online book retailers, including Amazon, where a hard copy will cost you £8.99 or a Kindle version is 98p.

"Writing is a powerful, accessible tool that can help us tap into the subconscious and make things visible in our conscious minds. Writing is healing, whether you are a seasoned writer or a beginner, so I offer a range of services, including Skype and email mentoring, to help you use the power of writing to release the past in order to create a life you want."

To speak to Christina about her services, please call **07984 996424**. To find out more about Christina's work or her book, please visit www.writetherapies.com

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