Welcome to The Healing Library

Most courses teach you what to think. This one teaches you how to think. Most courses give you information. This one helps you build a different relationship with yourself. Most courses end when you've finished the final lesson. My hope is that this one quietly changes the way you make decisions for the rest of your life.

This isn't about becoming someone new. It's about understanding how you became the person you are today, questioning the stories you've been carrying, rebuilding trust in yourself and creating a life that no longer asks you to abandon yourself to belong.

For the next six to seven weeks, we'll explore three questions that shape every human emotional life.

How did I get here?

How do I get out?

How do I never go back?

There are no exams. No deadlines. No pressure to keep up. Some lessons may take you ten minutes others twenty minutes, but what you'll learn will stay with you forever.

Go at your own pace, pause whenever you need to and reread anything that speaks to you, reflect on the journal

prompts and answer what you can, come back when you're ready, allow the exercise and practice to permeate gently, and see how they change your outlook.

Most importantly, be curious about what's always been there buried beneath years of fear, shame, survival or self-doubt.

Just keep showing up: one honest conversation with yourself at a time, one kept promise at a time, one small choice at a time. By the end of this course, I want you to trust the person you've become and resolutely vote for them every day in every way because that's emotional freedom and that's where we're going.

So, find a quiet place to concentrate, download the PDF for the appropriate section – you can edit them online so no need to print out unless you want to - then take a deep breath: the person you've been waiting to become is already here. Let's go and meet them.