

## Be Your Own Fairy Tale: Working with Storytelling for Positive Life Change



Filesize: 4.56 MB

### ***Reviews***

*The most effective book i at any time read through. It is definitely simplistic but surprises in the fifty percent from the ebook. Your daily life span will probably be enhance once you full reading this ebook.*

*(Jules Dietrich V)*

## BE YOUR OWN FAIRY TALE: WORKING WITH STORYTELLING FOR POSITIVE LIFE CHANGE

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Watkins Media. Hardback. Book Condition: new. BRAND NEW, Be Your Own Fairy Tale: Working with Storytelling for Positive Life Change, Alison Davies, We first engage with fairy tales in childhood and they never leave us. Characters such as the transformational Sleeping Beauty, the 'rescuer' Prince Charming and the scary, shapeshifting wolf in Little Red Riding Hood are embedded deep in our imagination and conjure up feelings that we all can identify with on some level. Through these fabulous stories we can access the latent power that lies within us, and finally gain the confidence and self-understanding we need to break those bad habits, overcome those life-path obstacles and emerge from the chrysalis to make our mark in the world. Working with fairy tales can be as easy as aligning to a character in a tale and then putting a positive spin on it. The simple act of 'making it real', by living out the story in your mind, can change the way you think and behave. Alison Davies offers a whole host of tips and practical exercises for working with the symbols, characters and plotlines in fairy tales. These include storyboarding your own fairy tale to boost your creativity, devising a quest to build energy and confidence, identifying your inner hero to help with problem solving and learning how to be your own fairy godmothers in order to bring the changes you want into your life!.



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