



My Life's A Mess - But I Can Fix It!

Andrea R. Lucas

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"My Life's A Mess - But I Can Fix It!" deals with the subject of the script, or life-blueprint by which we all live our lives. This blueprint is formed in early childhood as a result of an event that is perceived as traumatic by the child. Such trauma is not limited to physical or emotional abuse; it could be caused by ridicule, a scary encounter with an animal or even embarrassment. This negative event has a life-altering effect on the way the child sees the world and his/her place in it. The good news is that a negative script can be changed to a positive one. If you are unhappy with your life, your lack of financial or emotional security or your meager accomplishments to date, you can change your script. Follow the instructions and exercises in this book to find out what traumatic event in your childhood created your old script. Then learn how to define a new script for yourself that will lead you to a life of happiness and success.

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