

Excerpt

Life Works has been compared with Dr Llewellyn's books by Lucy Brogden who launched the book.

"Life Works will become an essential element in everyone's libraries - on a par with Dr Llewellyn Jones' Every Woman and Every Man - which focus on our physical selves. ... Amanda's Life Works helps us understand and manage our emotional selves. The analysis is based on scientific research and the exercises are straight forward and proven effective".