

**Quote from Book launch speech, June 2003 – Anne Hollonds, CEO Relationships Australia.**

Despite organisations like Relationships Australia and countless private therapists around the country, there are tens of thousands of people, maybe hundreds of thousands of people who will never set foot inside a counsellors office. In fact, our research shows that most people don't understand the benefits of counselling, or don't know where to go to get help. And many of those who do know something about it are quite nervous about it.

A book like Amanda Ferguson's "Like Works" therefore has a very important role in meeting the needs of people who will never go to therapy as well as those who do.

Amanda has carefully and thoughtfully outlined some of the key pathways to personal healing and to transforming your relationships, as well some helpful ways of thinking about ourselves, and the challenges in life that we face. The guidance that Amanda's book provides is needed more and more today.

Amanda's book will help countless people to demystify therapy, to deal with the fear of what they might find if they go deep within themselves, and to heal from past wounds that they still carry. "Life Works" provides the tools that will help to manage the pain and ultimately to heal and to recover.

*Anne Hollonds, CEO Relationships Australia*