

By PHIL BROWN
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Harborne-based author Christina Christou has successfully published her first book, *Write Therapy*, which helps people write themselves to not just better health but she hopes a better life too.

Mother of three Christina is a qualified bookkeeper and teaching assistant but had always cherished the idea of being a writer since she was a child growing up in Yorkshire and Cyprus.

She is now proud to be an author and life mentor. In the pages of her book, she gives the reader many tools they can use to help them feel better, literally using writing as a therapeutic tool to write their way back to health.

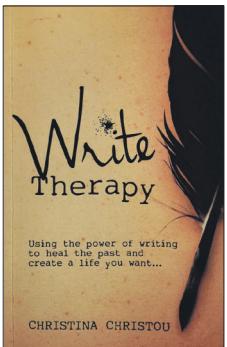
Christina herself used many of the exercises in the book to come through her own recent health scare with breast cancer.

She and her children moved to Birmingham in 2003 following difficult family circumstances. Shortly afterwards, her mother was diagnosed with terminal cancer and Christina returned to Cyprus to care for her.

"I was devastated when my mother died, we had been so close," said Christina. "I was reading positive self-help therapy books such as *A Course in Miracles* and the work of Louise Hay. I was looking for answers and I started writing letters to the Holy Spirit, a kind of channelling, and listening to the response that came from the stillness inside of me. I felt at peace but when I came home and back to day-to-day living, I crashed and went into depression."

In the years to follow, Christina studied psychology at the Open University and pursued interests in angel cards, crystal therapy and reiki. She also wrote articles for specialist mind, body and spirit magazines and websites.

"All along I just wanted to write about my



'The only way I can make sense of the world is by writing'

Christina Christou



Author Christina Christou and her book *Write Therapy*.

mum. Then one day it clicked. All through my journaling was the message 'just write' - so I did."

Write Therapy has been published by Britain's Next Bestseller with the help of crowd funding.

"I needed to get orders for 250 copies to go into print. Out of the blue, a lady contacted me to order 20 copies. It turned out she lived in Cyprus and we became friends online. A little while later, she increased the order to

200. I was delighted and incredibly grateful. It helped me hit my pre-order target.

"I had been using the affirmation 'I am a successful published author' every day. It was meant to be."

The book's theme of writing was a natural choice as it had been present throughout her life.

"Writing is a science that connects mind with emotion, it can affect the body in positive and calming ways such as lowering the heart

rate," says Christina. "It's in total contrast to social media, which disconnects us from our soul. People online are sharing the small talk of life, what we're eating or watching but that's just a mask. As human beings want to connect but for real change in your life, you need to connect with the real you and you can do that by writing.

"Just write, get a pen, some paper, maybe a pretty journal. Make it yours, maybe decorate it with pictures. And start to write. It's the start of a journey to find out what's in your heart.

"A lot of people don't know what to think until they write it down. The important thing is just to start.

"Don't hold back. You can't say too much when you're writing - and it doesn't cost anything.

"Writing as a therapy is just a tool, not a guarantee of solving any problems you may be feeling - but you will feel like you are in control again.

"It's an accessible way to tap into your emotions. Choosing better feeling thoughts can change the way you feel. The only way I can make sense of the world is by writing."

Christina is now hosting a number of talks and workshops in and around the West Midlands in the coming months to help people use writing to feel better however they are feeling and whatever they are experiencing in their lives.

The first workshop is at the Lily May Wellbeing Centre at the Jewellery Quarter, Birmingham, on July 19 (11-4pm).

Readers can find her on Facebook and can buy her book *Write Therapy* on Amazon. You can also contact Christina through HEM Life by contacting editor Phil Brown.

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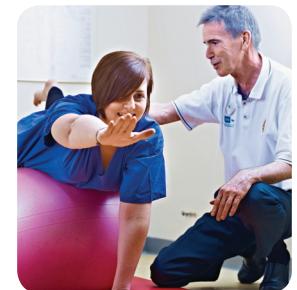
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