

TALKING POINT

Mind games

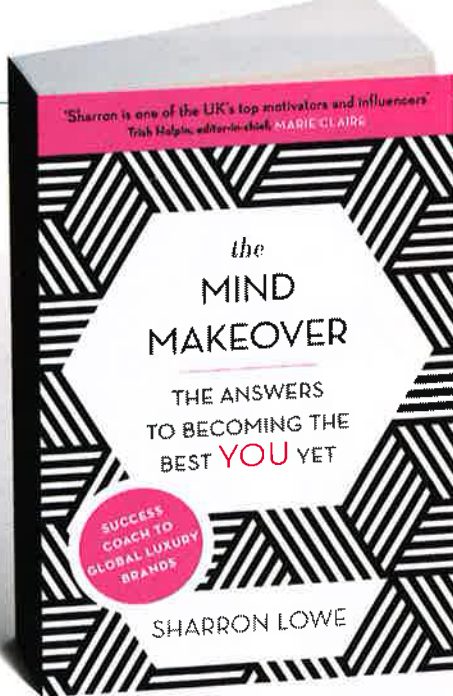
In her new book, *The Mind Makeover*, Sharron Lowe, the go-to performance coach for global brands including Louis Vuitton and Chanel, reveals why it's time to stop settling for 'fine', and tells you how to reboot your brain for success

File and save

This is your personal empowerment file. Start by writing down ten positive achievements and the emotions you remember experiencing at the time. Save this detailed list for future reference to replay. Then get into the habit of keeping a written diary of everything you are proud of having done.

Delete and dump

You can permanently erase all memories that bring up negative emotions. Write down three current bad-thinking habits that you plan to dump. For example, 'Why do I always get stuck with all the work?' (you don't), or 'Why do bad things always happen to me?' (they don't). Remember, bad thoughts materialise into reality – your reality. And never, ever share your deleted (negative) items – that's how they multiply!



Mute

If your positivity has been diluted by someone or something, learn to switch off that sound. This is negative chatter that you don't want to absorb. Think of your mind as a computer and literally mute the sound of pessimists – you can choose to hear but not really listen, and not absorb.

Review and edit

Write down three past negative experiences and list what you have learned from them in retrospect. What would you change about your attitude and actions? Now edit your experiences and replay them in your mind as you would hope for them to play out successfully next time, dumping the bad and saving the good. File and save this positive experience, erasing any traces of the negative.

The Mind Makeover by Sharron Lowe is out now (£13.99, Piatkus)



My life in books

Daisy Goodwin is a TV producer and writer. She is speaking at this year's Althorp Literary Festival (12-14 June), and her latest novel, *The Fortune Hunter* (£14.99, Headline Review), is out now

The Pauper's Cookbook

by *Jocasta Innes*

My mum wrote this when I was 11 and I remember her trying out all the recipes. When she died last year I started cooking her dishes. They are wonderful – stylish and thrifty, showing how you can still be a foodie on a budget.

A Little Princess

by *Frances Hodgson Burnett*

This is the first book I remember reading. I was obsessed by the scene where the orphan Sara Crewe wakes up to find her drafty loft has been transformed into a bedroom fit for a princess.

Persuasion

by *Jane Austen*

I love all of Austen's novels, but this is my favourite. She is the best writer of dialogue ever. The way that the heroine, Anne Elliot, revives during the book like a flower taking up water never fails to enthrall me.

Must reads



For Once in My Life

by *Marianne Kavanagh* (£10.99, Text Publishing)
Tess and George are soulmates, but they're with partners who don't understand them; in jobs that don't suit them. Finally they meet at a party. But is it too late?



God is an Astronaut

by *Alyson Foster* (£14.99, Bloomsbury)
Written in a stream of emails, it opens in a shocking manner and unfolds into a painful yet comic tale about the mysteries of the cosmos – and our daily lives.



Kill Your Boss

by *Shane Kuhn* (£6.99, Sphere)
This debut thriller centres on 'intern' John Laço, who's hired to kill the high-profile partner of a law firm. This is his 'intern's guide' to the perfect murder. Dark, but brilliantly written.



The Way Back Home

by *Freya North* (£12.99, HarperCollins)
Born in a commune, Oriana shares her adolescence with the Bedwell brothers. But something happens the summer they turn 15 – and everything changes.

Two Cures for Love: Selected Poems

by *Wendy Cope*

Long before Bridget Jones existed, Cope was writing dry, wry, brilliantly observed poems about being a singleton. I always give this book to friends who are having romantic difficulties – it's better than any self-help manual.

Love in a Cold Climate

by *Nancy Mitford*

I re-read this recently and it's even better than I remembered. How Mitford managed to write a comic novel about child abuse I don't quite know, but it's a brilliant mixture of wit and cruelty, which never flags for a second.