



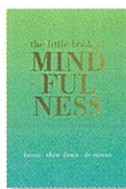
Reading room

Time to turn over a new leaf? Our books editor **Kerry Fowler** rounds up the best of the latest self-help books – plus win three great reads



Running Like a Girl
by Alexandra Heminsley
(Hutchinson, £12.99)

'I could see my friends and family... I honestly believed I was running directly into all of their arms that day. I felt golden, untouchable.' This was Alex Heminsley approaching the end of a half-marathon – a huge leap on from her first run round the block when her focus was on having 'the arse of an athlete, the waist of a supermodel...' This is the funny, endearing story of her journey from the first wobbly steps to marathons of self-belief.



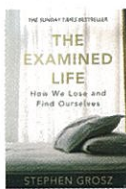
The Little Book of Mindfulness
by Tiddy Rowan
(Quadrille, £4.99)

Being in the moment frees us from past regrets and frantic future planning; it makes us appreciate all that is around us now. This book balances meditations with quotations to make you breathe deeper. 'In the end, three things matter: how well we have lived; how well we have loved; how well we have learned to let go,' says Buddhist teacher Jack Kornfield.



The Curse of Loveli
by Jacqui Marson
(Piatkus, £12.99)

At some point we would all have killed to find out 'How To Break Free From the Demands Of Others And Learn To Say No' – the subtitle of this warm, enlightening book. Psychologist Jacqui Marson makes us consider why we want to please others and shows how to shake off the curse of being so nice that it hurts. Ditch saying yes and you could turn your life around in unexpected ways.



The Examined Life
by Stephen Grosz
(Vintage, £14.99)

Psychoanalyst Stephen Grosz has been listening to people's stories for over 25 years. They're stories about loss, being boring, change, sex and family. Here, in these elegantly reconstructed counselling sessions, he shows that what we say only reveals a very limited aspect of what is going on in our lives – and how it takes time and reflection to understand why we do what we do. This book is endlessly fascinating and impossible to read without personal eureka 'oh, that's why I did that!' moments. For your chance to win one of eight copies of *The Examined Life*, enter the prize draw below.



How To Be A Heroine
by Samantha Ellis
(Vintage, £16.99)

Maybe it was Heidi, standing her ground, who became your first fictional role model – your heroine. For Samantha Ellis it was Cathy from *Wuthering Heights*, until a friend questioned Cathy's credentials and led Samantha to revisit her life through the prism of literary leading women. From Jane Eyre to Tess of the D'Urbervilles, Samantha's older and wiser perception of her heroines engagingly reveals how she herself has changed.



How To Age by Anne Karpf
(Macmillan, £7.99)

Think about getting old and we tend to think stair-lifts or face-lifts – surrender or defy. In this refreshing book, Anne Karpf gives us a third way: look forward to ageing and take away the feverish attempts to turn the clock back. Our thinking can be deeper; relationships and love, more intense; curiosity and thirst for knowledge heightened. 'There is no template for ageing: the best way is one's own way,' says Anne.



This Book Will Make You Happy
by Dr Jessamy Hibberd and Jo Usmar
(Quercus, £7.99)

This accessible book sets out to explain what is getting in the way of our happiness. Through simple questions, scenarios and mind-maps we are given mental prompts to examine where we are in our lives: keeping a diary of our feelings and how we react to situations is key, while realising 'thoughts aren't facts' is a powerful tool for freeing us up.



BAG YOURSELF SOME BOOK THERAPY

Vintage's Shelf Help campaign is all about books that will move you. We have eight sets of three Vintage titles to give away: *The Examined Life* by Stephen Grosz, *Why Be Happy When You Could Be Normal?* by Jeanette Winterson (Vintage, £8.99) and *The Hare With Amber Eyes* by Edmund de Waal (Vintage, £9.99). Enter online* at sainsburysmagazine.co.uk/win.

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