



Smile Again: Your Recovery from Burnout, Breakdown and Overwhelming Stress by Anna Pinkerton, is available from Power House Publications, priced £9.99.

ABOUT THE AUTHOR

Anna Pinkerton is a psychotherapist with 25 years' experience. She is a leading expert in the field of post-traumatic stress disorder, and is trained in a number of trauma re-processing models which she then incorporates into her model of person-centred psychotherapy. She has established three psychotherapeutic programmes in London for trauma services, supporting victims of gun and knife wounding, witnesses to traumatic death, assault and rape. Anna also specialises in working with professionals and those in the public eye who have experienced a traumatic event or who are suffering from the debilitating effects of accumulated long-term stress. She is a domestic abuse survivor and campaigner, drawing on her own experiences along with her professional knowledge and helping those who have suffered abuse at the hands of a partner, as well as other trauma. For more information visit www.annapinkerton.com

**NEW
BOOK**

New "kindness therapy" helps victims of trauma smile again

TOP PSYCHOTHERAPIST WHO OVERCAME POST-TRAUMATIC STRESS DISORDER USING HER "KINDNESS THERAPY" TECHNIQUES LAUNCHES NEW BOOK TO REVEAL HOW OTHERS CAN DO IT TOO.

Anna Pinkerton, psychotherapist and leading expert in the field of post-traumatic stress disorder, is passionate about supporting people to recover, heal and move on from personal trauma. Her new book *Smile Again: Your Recovery from Burnout, Breakdown and Overwhelming Stress* (Power House Publications) is a transformational guide with practical and visionary methods to start on a journey of healing, using her unique Kindness Incorporated methodology.

In 2011 Anna was severely assaulted by her partner, which was the culmination of four years of physical and mental abuse. After being an expert in post-traumatic stress disorder for many years, Anna herself ended up suffering from it after her partner was arrested and convicted for the attack. Anna had to draw upon her professional training to deal with what had happened, reconstructing the relationship she had with herself so she could forgive herself and move on from the trauma. It was this experience that led Anna to create her Kindness Incorporated methodology.

The book will help readers to:

- » Become aware of the signs of stress, breakdown and trauma

- » Challenge what they have assimilated as 'normal' and adopt an attitude of kindness towards themselves
- » Recognise who they really are and what they really need from life
- » Start on a successful journey to healing

The techniques used in the book:

Built on the three principles of companionship, consideration and care, the aim of Kindness Incorporated (KI) is to encourage people to develop a healthy and kind relationship with themselves. Instead of shaming and blaming themselves for traumatic events in the past, KI urges people to transform this inner brutality into ease, resilience, opportunity and joy.

The book covers seven processes to healing, including overcoming stress with self-care, allowing help from family, friends and professionals, and creating a vision to help people move on from a traumatic experience.

Smile Again also uses simple drawings to help readers understand overwhelming experiences. Anna developed this simple imagery to support explanation and explorations of what people might be going through when verbal therapy alone cannot fully assist.

EXCLUSIVE ARTICLES AND INTERVIEWS AVAILABLE

Copies of *Smile Again* are available for review and competitions. Author Anna Pinkerton is available for interview and bylined articles, and can talk to the media about the following topics:



- The signs of domestic abuse
- Five steps to self-care after trauma
- Understanding trauma and facilitating recovery
- The role of shame in abusive relationships
- How Anna's own abusive relationship has informed her methodology