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## Uncovering Messages We Tell Ourselves For Healthier Self and Relationships

*Author/Counselor Looks at What Keeps Us from Seeing God's True Perspective  
About Us, Shows How Changing Thoughtlife Is the Critical Difference*

Kansas City, KS.,--Many women and men experience a sense of darkness and self-absorption these days. It seems the more they look at their strong or subtle messages within, the darker they feel. The culture even perpetuates the darkness. They want to function in a more healthy lifestyle, but some say their season of darkness keeps them from seeing things the way they used to, doing the things they used to, and most importantly, believing the way they used to about themselves.

The effect is a sense of inadequacy and hopelessness along with a distorted identity of who they are and the role they play as spouse, caregiver, employee, friend, or grandparent. Many say they know they have a calling on their life, but they don't tell themselves that and they have a negative view of themselves.

They want to know, "Who is the person I see in the mirror? How do I sort through the messages within me?" Dr. Helen McIntosh, author, licensed counselor and Reality Therapy Certified counselor, explains: "Many times the women I speak with feel an overwhelming sense of inadequacy, despair, darkness, and shutdown.

Her book ***Messages to Myself: Overcoming a Distorted Self-Image*** (Beacon Hill Press, June 2009) is a guidebook to teach the reader how to reframe his or her beliefs and thoughts and how to invite God in to deal with their messages to themselves and other people." McIntosh's method goes beyond the temporary fixes or masking that some advisors give individuals to cover for their unhappiness and lack of self-confidence.

Add in the fact that the Christmas season brings a lot of stress with individuals giving and receiving messages with family and friends or dwelling on past relationships and hurts. All of this can often be isolating, hurtful, and depressing, says McIntosh. "In this season we are entering, messages flow freely. It matters what messages we are sending ourselves and others – both spoken and unspoken."

A common theme of, "I can't seem to get on with my life – how do I let God deal with my stuff?" comes up for the reader who often brings a poor self-esteem into the mix of a negative self-image. McIntosh's words to the reader are, "God longs to bring His answers, perspective, and light for the dark messages of someone who doesn't have a proper self-image. We don't have to figure out the answers on our own – we just have to connect with Him and hear His words to us in the form of Scriptures, a song, or a memory. God will give you what you need if you take the small step of asking Him."

Dr. McIntosh helps women and men through a recovery of the heart and mind – to see themselves properly through a mirror that isn't smudged, cracked, or meant for someone else.

For years, she has talked those who are struggling with ongoing depression and anxiety, and are having difficulties in their personal life and in their relationships. McIntosh formulated a plan to bring healthy and lasting life changes for adults and their children. This plan, contained in ***Messages to Myself*** offers readers simple, tangible, concrete help both in their thought patterns and in their relationships with others.

Says McIntosh, "The tools in my book have been used to help individuals get out of a place of critical, distorted thinking and move into a place of new freedom in their social and emotional health."

The author says, if not dealt with, the internal messages we give ourselves and the external messages we receive from others, can lead to a number of damaging problems, including depression and anxiety, anger issues, and even suicidal thoughts.

The content in the book reaches those who want to improve the way they think and process life on a daily basis. They may or may not even recognize that their way of thinking affects their behavior and how they view life. Says McIntosh, "Most people want to live differently but need help seeing things more clearly – looking at messages with new frames. This is what I've set out to do in my new book so people have a clear plan about what they choose to believe."

#### **About the Author:**

**Dr. Helen B. McIntosh** is a speaker, author, counselor, and inventor of The Peace Rug®. She has a passion for helping kids and adults with restoration. A Licensed Professional Counselor (LPC), Certified in Reality Therapy (RTC), and a National Board Certified Counselor (NBBCC), she has spent over 19 years in public education, 12 of which were as a school counselor in Georgia. She has a B.A. degree in Psychology from Hollins College in Virginia; a Master's degree in Guidance & Counseling from West Georgia College; a Specialist degree in Guidance & Counseling from the State University of West Georgia; and a doctorate in Counseling Psychology from the University of Sarasota. She has counseled children, young adults, and adults in local churches and schools - dealing with anger, abuse, neglect, depression, school violence, family, and social issues. She lives in Dalton, Georgia with her family.



She has written for *Guideposts* and *ParentLife*, and has been reviewed on *BookPleasures.com*, *Good News Tuscon*, *The Chattanooga Times-Free Press*, and *The Daily Citizen* newspapers. She has been interviewed in *HomeLife*, *Boomer Times* and *Senior Life*, *Miami Motherhood* and *Everyday with Marcus and Lisa*.

#### **Messages to Myself: Overcoming a Distorted Self-Image**

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