

# SOUL *Revival*

with Tricia Brennan  
Tricia draws on her clairvoyant  
ability and extraordinary  
intuition to get right to the  
heart of your problems.

Got issues? Life not working out the way you want?  
Let Tricia tune in and turn on your true potential.

## PRESSURE COOKER

The pressure of running my own small gourmet food company is bogging me down. My efforts versus my rewards are way out of balance. How can I bring back the joy in what I do?

*Crazed Cookie*

### DEAR CRAZED COOKIE,

You have fallen prey to the old belief that you can't have your cake and eat it too, which is not true. When was the last time you sat down to look at your fundamental beliefs about money and being compensated for your efforts? My radar tells me you have a belief that people don't take you seriously. To deal with the situation you become pushy and overcompensate with your efforts, or you give up and become despondent. Your mood swings scatter your energy and leave you feeling numb, which zaps your creativity. Subconsciously, you are looking for approval to endorse the value of your contribution, so take the pressure off yourself to perform.

## BUT WAIT, THERE'S MORE

Why do I continue to buy things when I'm trying to pay off my debts? I just bought a Roomba, yes, a robot vacuum cleaner, with a scheduler, from hsn.com (four easy payments - brilliant!). I need help!

*Shopaholic*

### DEAR SHOPAHOIC,

You are caught in a tug-of-war between the level-headed adult and the rebellious child who are pushing your shopping cart through the temptation zone. The naughty child part of you puts its hand in the cookie jar once too often and needs to be put on a leash. Rebellious behaviour generally leads to a breakdown and in your case the unruly child is knocking down the building blocks of your financial empire. You need to start being honest with yourself when it comes to your priorities. Those impulsive outbursts are costing you more than you think. If you make yourself a promise, stick to it! Otherwise you will end up feeling miserable later.

## YOU'VE GOT MALE

I am unlucky in love. I have just met someone via the internet who seems to be perfect and I am quickly falling for him. He is 12 years older than me. Can you tell me if this will work out or is it yet another dead end? Up until now I have mostly chosen guys who quickly become too dependent on me and then I end up feeling trapped and paying all the bills, which then makes me feel used.

*Star-crossed Lover*

### DEAR STAR-CROSSED LOVER,

Falling for a man is one quick way to wind up being downtrodden by him. If you are serious about standing next to a man on equal footing, you need to raise the bar on your self-worth and declare your preferences right from the start - then don't compromise. In order to change your romantic luck, you have to give up your negative beliefs and expectations. Don't leave the starting gate unless you are clear that this guy has what it takes to run the race.

## FAMOUS

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Often I think the  
things that excite  
me are the  
things that feel a  
little bit beyond  
my grasp.

Maggie Gyllenhaal spices it  
up by challenging herself.

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