

This month, two *Psychologies* contributors discuss the value of self-help books. Plus, why not try a workshop on improving your relationship with money?

Come and **join us**

DEBATE: CAN SELF-HELP REALLY HELP YOU?

What are the best strategies to use if you want to improve your life? Do self-help books deliver, or are they full of empty promises? Can a book replace a trained counsellor? *Psychologies* columnists Philippa Perry and Oliver Burkeman discuss what to read, what to do and who to believe at Waterstone's flagship store in Piccadilly, London, at the second of our Life Curious series of events.

Psychotherapist Philippa Perry, writer of our monthly Casebook column and author of *Couch Fiction* (Palgrave Macmillan), and Oliver Burkeman, author of *Help! How To Become Slightly Happier And Get A Bit More Done* (Canongate) and of our monthly digest of classic self-help books, offer their words of wisdom on what will really work for you.



Psychologies deputy editor Clare Longrigg (far right) chaired a debate on friendship in the digital age at the Wilderness festival, with (from left) psychotherapist Emma Baskerville, senior lecturer at Leeds Metropolitan University Sarah Whiter, and technology journalist Zara Rabinowicz. To see what else we've been up to this year, visit psychologies.co.uk/events



Philippa Perry, Oliver Burkeman

PSYCHOLOGIES LIFE CURIOUS

Tuesday 18 October 2011, 6.30pm-9pm. The Simpson Room, 6th floor, Waterstones,

203-206 Piccadilly, London W1J 9HD. Tickets cost £20, including a wine reception, and are available from psychologies.co.uk/events

WORKSHOP: CHANGE YOUR RELATIONSHIP WITH MONEY

So many of us have an unhealthy relationship with spending and saving, which is why, on page 70, we're presenting you with seven steps to creating a more positive relationship with your cash.

But if this is one relationship you think needs more work, we recommend *Mirror, Mirror*, a workshop run by Life Clubs all about discovering where your financial skills lie. By working out who your financial heroes are, Nina Grunfeld and her team of life coaches will help you reassess the way you feel about,

and the way you deal with, your money. And, from January 2012, some of the most popular Life Club workshops will be available online.



Nina Grunfeld



Tuesday 1 November 2011. Life Clubs take place across the country in 17 locations. To find your nearest club and book tickets, visit lifeclubs.co.uk