



MESSAGES to MYSELF

*Overcoming a Distorted Self-Image*

Author: Dr. Helen B. McIntosh — Reviewed by Bill Finley

*Messages to Myself* is mainly for people, more likely women, who either suffer from depression (or are close to someone who does) and already believe in the magical powers of God, Jesus Christ and acknowledge the fearful presence of Satan. The author skillfully integrates wise counseling with the monumental presence of God and the Scriptures that can fortify modern thinking.

In many ways, *Messages to Myself* is a How-To book that lays out step-by-step methods for dealing with the “curses of darkness” that befall a large percentage of our population. Having been verbally abused as a child, the author grew up believing that she was a “plain vanilla” nothing-worthwhile person and carried the feelings of low esteem into her adult life. Her relationship with her mother was particularly negative, a common condition!

“She leads the reader through the process of discovering the beauty of life with God at the center,” says Kay Arthur, a ministerial author. Other reviewers point out that Dr. McIntosh intelligently uses “a spiritual focus” to deliver psychological help to those seeking improved mental health.

Another testimonial says, “Dr. McIntosh gives us a wise, insightful book to help change painful thought patterns and damaging self-talk. I recommend this book to anyone who wants to challenge faulty thinking.” —Jan Silvius, author of *Big Girls Don't Whine; Look At It This Way; and Foolproofing Your Life*.

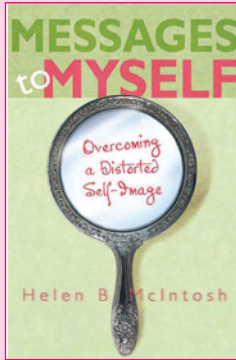
Dr. McIntosh comments that “the material is not intended as a substitute for professional counseling but as a help, guide, and encouragement to take a fresh look at your internal scripts or messages, and your language with others.” She promises “to be your language coach and to give you the tools for great and lasting changes

that will enhance your feeling of mental wellness.”

Her guidance and structured approach will lead the reader toward a positive review of troubling fears, regrets, negative feelings and anger by changing or releasing the damaging self-images that cause the depression. She states, “this book will...release you from the things that drain you and keep you from the life of freedom that God wants you to enjoy.”

Dr. McIntosh’s practical methods were forged by her changing her own fears and failures and she now sees her life work as helping others to do the same.

She says, “Since I invited Christ to come into my life as my Savior and Lord many years ago, I’ve been totally convinced that God loves me and has a plan for my life.” For those willing and able to follow into McIntosh’s pathways, this work could be a real lifesaver for many.



About the author:

**Dr. McIntosh** has a doctorate in Counseling Psychology, is a Licensed Professional Counselor (LPC), Certified in Reality Therapy (CRT), speaker, author, inventor of The Peace Rug. Dr. Helen McIntosh has spent over 18 years in public education—12 years as school counselor at Roan School in Dalton, Georgia where she developed the tools to meet the needs of students so they would no longer remain “victims.”

Her children’s book *Eric, Jose & The Peace Rug*, helps students learn to take care of conflicts without the involvement of teachers or peers.

(Publisher: Beacon Hill Press, June 2009. Cost \$13.99 paperback.) To order go to [amazon.com](http://amazon.com), [www.relationshiphelps.com](http://www.relationshiphelps.com), [www.beaconhillbooks.com](http://www.beaconhillbooks.com), your local bookstore or call 1-800-877-0700.