



This Way Up

Seven Tools for Unleashing Your Creative Self and Transforming Your Life

by Patti Clark



Non-Fiction - Self Help

320 Pages

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Book Review

Reviewed by Mamta Madhavan for Readers' Favorite

This Way Up: Seven Tools for Unleashing Your Creative Self and Transforming Your Life by Patti Clark is a uplifting book for all women who often find themselves at a crossroads in life after the death of a partner or because of their children leaving home. It's a struggle to have meaning and purpose in life when that stage comes. This book provides a step-by-step way out of the feeling of being lost and leads readers to a life filled with zest, joy, and creativity. The story revolves around Katya, a widow who feels lost after both her sons leave home. She transforms her life by practicing the seven tools: gratitude, meditation on love, meditation on forgiveness, positive focus, heart-centered goal setting, taking action on inspiration, and visualization. This book is a good tool for all those who are looking for some guidance to move through difficult times in life.

The experiences of Katya and her feelings of loss and loneliness are palpable and many readers will be able to connect well with these emotions. The book also makes readers look at the approach adopted by Katya after her sons leave home and use those techniques and insights to make positive changes in their lives. The task journal and the questions help readers to understand the concept easily and apply it in their lives when necessary, to bring abundance and lead a happy and fulfilling life. The author puts across the ideas in a simple manner and this book is encouraging to all those who want to have a new beginning in their lives.