

Book Review

'A journey of personal discovery'

Local Richmond author, Sue Plumtree, talks about a personal journey which led her to write her book, *Dancing With The Mask*



While many of us go through changes in our professional and personal lives, very few of us can look back over the years and analyse those changes with the clarity of Sue Plumtree.

Sue's journey has taken her from life as a personnel manager for ActionAid, one of the leading Third World development charities, to a successful career as a life coach. Says Sue: 'For years I worked in various personnel related jobs. As well as ActionAid, I ran my own training business for 13 years, specialising in business communication skills for managers and was a lecturer at Westminster Business School. But I slowly began to realise that the things I had in my life were not making me happy. I was like a chameleon, always changing colour in order to be accepted, acceptable and liked.'

Life began to change for Sue when her first book, *Across A Crowded Room: How To Find And Keep The Love Of Your Life* was published to great acclaim on TV and radio in 1995. This led Sue to develop her 'Get On With Your Life'

series of courses and mini workshops Let's Talk About...' in Richmond. 'The moment I arrived in Richmond I knew I belonged here,' says Sue. 'Richmond is so beautiful. It has a special atmosphere, different from any other place I've lived in. I love walking along the river or sitting on Richmond Green.'

Sue's own very personal journey and work as a life coach led her to write *Dancing With The Mask* to help others make their own journey of discovery. 'I myself was coached for many years. During that time I learned how to love and how not to love and the lessons were transformational. I realised that there are thousands of women like me, struggling to create a happy life and fulfilling relationships and not knowing why it's not working. I hope this book helps them on their own journey.'

Sue is giving a book reading and signing copies at The Open Book bookshop, 10 King St, Richmond on Wednesday 1st October, 6.30-9.00pm.

This book is a journey of personal discovery shared at a deeply intimate level. It explores the huge change Sue makes in her core beliefs and the effects this has on her decisions and life choices. All choices have consequences and as Sue's journey evolves, she begins to recognise the consequences of choices made long ago. It is only when Sue stops pretending to be someone she's not that she finds peace and really lives. This is a journey from unconscious survival and existence into enlightened self-awareness and a blueprint on how to live each day to the full.



Dancing With The Mask
by Sue Plumtree
Publisher: Life Long
Publishing ISBN
978-0-9560270-0-9
Price £12