



# Happy Relationships at Home, Work & Play

Lucy Beresford

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From the moment we are born we rely on others for our survival. But as we get older, we can sometimes find relationships upsetting and frustrating. In this insightful, warmly written book, psychotherapist and Psychologies agony aunt Lucy Beresford cuts to the chase of how to have harmonious, fulfilling relationships.

Whether it's with our partner, our kids, our boss or our mother-in-law, or perhaps most importantly ourselves, all our relationships require - at some stage in our lives - a little bit of tender loving care.

A helpful toolkit in dealing with everyday dilemmas, *Happy Relationships at Home, Work & Play* will boost your confidence, encourage insight and empower you to be the best you can be in all your relationships.

Lucy Beresford is a novelist, psychotherapist and broadcaster. She works at The Priory Hospital, Roehampton, and in private practice. She is also the Agony Aunt for Psychologies magazine and appears regularly on national and international television and radio, talking about mental health and well-being.

Her first novel, *Something I'm Not* looks at change and reinvention; she is working on her second novel, set in a psychiatric clinic in India.

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