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# End the Struggle and Dance with Life

## How to Build Yourself Up When the World Gets You Down

By Susan Jeffers PhD, Coronet Books – Non-Fiction: Self-Help, ISBN: 0-340-68178-0, Price: £5.99  
Review by Sylvie Brown

**I**f I had to choose one book to take to a desert island, it would be this.

The title says it all! 'End the Struggle and Dance with Life.'

Every chapter is a gold mine. It turns your perspective on life around, re-awakens you to the riches life has to offer, and helps you realise your true potential.

It's all about attitude. Why do we get bogged down by all the little things we think are so important? Why take life so seriously? The author says: 'If you are not enjoying yourself, you are wasting your time.'

So many of us spend so much of our time listening to our Lower Self – full of insecurities, anxieties, self-doubt and fear. We do anything and everything to keep busy and avoid stopping, for fear of what we might feel – worthless, empty and lonely.

'What's the worst that can happen?' she asks. When you connect with the Higher Self you realise that you actually have the strength from within to handle any challenge that comes your way.

Many of Sue Jeffers' strategies come from Eastern philosophies and practises, such as meditation, Tai Chi, focusing on life's riches, and looking mindfully and deeply.

What really hit home was the chapter on 'Climbing off the ladder to distress.' So many of us

spend so much of our time climbing up this ladder to 'success', to prove ourselves in some way, to get a nice house, car, more things and a nice life, that we forfeit our enjoyment of life itself – or even worse our health.

But, as she says: 'Goals are not our life! Life is our life!' We should 'focus on the process and not on the outcome'.

This book is full of wise tips, including letting go of 'the addiction to work which causes a struggle with living'. Sue also recommends letting go of all the things you think you 'should' be doing and of the need to control others.

Maybe we ourselves are the real cause of our over-complicated lives. Maybe life is a lot more simple than we think. What if our sole obligation in life was to be grateful and enjoy every moment? We can find exquisite moments of beauty in the most mundane of tasks, if we so choose to.

In order to re-tune ourselves to Higher Self thinking, we can use positive affirmations. One I found particularly powerful is 'It's all happening perfectly. Whatever happens in my life I'll handle it.

I'll make a triumph of it.'

Sue asks us to steer clear of 'victim mentality' and recommends we form 'gratitude' buddies to help us focus on all the positives in life. That is not to say we should avoid 'the land of tears' because sorrow is part of the human experience.

This book also encourages you to trust in the 'grand design' of the entire Universe. Even though we cannot possibly comprehend it all, and in particular all the suffering and illness. Sue talks of her experience with breast cancer, and how by trusting and embracing it, she came through all the stronger and wiser for it.

I continually refer to this book whenever I regress into "Lower Self thinking". The important thing is not to beat ourselves up for making what we think is the wrong decision. We are all human and 'If you've not made any mistakes lately, you must be doing something wrong!' because mistakes or wrong turns are opportunities for growth and learning!

By being in tune with yourself, trusting your intuition and following your heart, you can be sure you are on the right track.

